



Welsh Sea Rowing

Risk Assessment Checklist

For Club Rowing

Name and Address of Safety Officer	Paul Fox, Randilow Cottage, Checkley Lane, Wrinehill, Crew, Cheshire, CW3 9DB	Activity	Fixed Seat Rowing
Rowing Club and Location	Shropshire Adventure Rowing Club, West Midland Showground, Gravel Hill Ln, Shrewsbury SY1 2PF	Date	02.04.24

Hazard	Who Might Be Harmed?	How Could Individuals Be Harmed?	Current Level of Risk (with no controls) e.g. trivial, tolerable, moderate, etc	Existing Precautions? Are These Adequate?	Record Any Actions Needed	Level of risk once actions have been carried out (Can activity go ahead?)
<i>e.g. Other water users – busy harbour with lots of pleasure craft</i>	<i>Participants and other water users</i>	<i>Collision</i>	<i>Moderate</i>	<i>Harbour circulation pattern on notice board</i>	<i>Harbour navigation included as part of rower induction - Establish regular meetings with other water user groups</i>	<i>Tolerable</i>
The Water Environment						
Depth of water	Participants	Drowning	Moderate	Life vests and safety floats	Safety induction included as part of new member induction	Tolerable
Cold water	Participants	Hypothermia, drowning	Moderate	Life vests and safety floats	Safety induction included as part of new member induction	Tolerable
Course; Straight/bendy	<i>Participants and other water users</i>	Collision	Tolerable	Cox course training	Safety induction included as part of new member induction	Tolerable
Waves/Swell	n/a	n/a	n/a	n/a	n/a	n/a
Tides/currents (particularly in narrow areas such as harbour or estuary entrances)	n/a	n/a	n/a	n/a	n/a	n/a
Wash from other boats	Participants	Injury Hypothermia exposure	n/a	n/a	n/a	n/a
The Weather						
Wind	Participants	Injury – wind chill hypothermia	Moderate	Yes – ensure correct clothing for conditions	Check weather before launching	Tolerable
Cold, heat, fog, ice, snow, storms, lightning	Participants	Injury – wind chill hypothermia	Moderate	Yes - Don't launch in extreme weather	Check weather before launching	Tolerable

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The time of year, water temperature	Participants	Hypothermia/exposure	Moderate	Yes – ensure correct clothing for conditions	Check weather before launching	Tolerable
Visibility, e.g. mist, rowing at night	Participants/other water users	Collision causing Injury or death	Moderate	Yes – ensure adequate lighting	Check lights are working and sufficient for conditions	Tolerable
Physical Hazards						
Other water users	Participants/other water users	Collision causing Injury	Tolerable	Yes - Rules of river navigation	Crew awareness of other water users and rules	Tolerable
Submerged objects/rocks	Participants	Collision causing Injury	Moderate	Yes - Crews awareness of river hazards	Keep crews informed of river hazards	Tolerable
Sand bars / mud flats	Participants	Collision causing Injury	Tolerable	Yes - Crews awareness of river hazards	Keep crews informed of river hazards	Trivial
Moored Boats	Participants/other water users	Collision causing Injury	Tolerable	Yes - Crews awareness of mooring	Keep crews informed of hazards	Trivial
Buoys	Participants	Collision causing Injury	Trivial	Yes – buoys are uncommon on the river	Keep crews informed of hazards	Trivial
Harbour walls / Breakwater	Participants	Collision causing Injury	Tolerable	Yes – Docking with care	Ensure docking is done with consideration to conditions	Tolerable
Fishing nets/lines	Participants/other water users	Collision causing Injury or death	Trivial	Yes – stay clear of fisher men	Keep away from anglers / fisher men	Trivial
Launches and propellers	Participants	Collision causing Injury or death	Tolerable	Yes - Stay clear of motorised boats	Keep to navigation rules of the river	Tolerable
Water Borne Hazards/Diseases						
Weils disease	Participants	Disease	Tolerable	Yes wash hands and maintain hygiene	Hygiene	Tolerable
Other water borne diseases	Participants	Disease	Tolerable	Yes wash hands and maintain hygiene – avoid water ingestion	Hygiene	Tolerable
x						
Hazards on the Land						
Tripping/slipping	Participants	Skeletal injury/sprains and bruising	Moderate	Yes – use care during launch and recovery	Work as a team to launch and recover	Tolerable

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Falling	Participants	Skeletal injury/sprains and bruising	Moderate	Yes – use care during launch and recovery	Work as a team to launch and recover	Tolerable
Lifting and carrying	Participants	Skeletal injury/sprains and bruising	Moderate	Yes – work as a team	Work as a team	Tolerable
Land training	Participants	Skeletal injury/sprains and bruising	Trivial	Yes		Trivial
Travelling to and from venues	Participants	Skeletal injury/sprains and bruising	Trivial	Yes	Experienced driver particularly with boat trailer	Trivial
Towing boats	Participants	Skeletal injury/sprains and bruising	Tolerable	Yes	Experienced driver with boat trailer	Trivial
Fire; storage of petrol for launches	N/A not normally used for river rowing by the club.					
Participants with low levels of fitness or health problems	Participants	Skeletal injury/sprains and bruising/fatigue/cardio issues	Moderate	Yes – health awareness	Fitness check when joining	Moderate
Equipment Hazards						
Unsuitable/inappropriate equipment	Participants	Skeletal injury/sprains and bruising	Tolerable	Yes – bosun checks equipment	Crews to report equipment issues	Tolerable
Lack of safety and rescue equipment	Participants	Injury or death	Tolerable	Yes – safety equipment is provided by SARC and crews	Ensure all rowers comply with requirements and club expectations	Tolerable
Poorly maintained equipment	Participants	Injury or death	Tolerable	Yes – bosun checks equipment	Crews to check pre-launch	Tolerable
Cracked or damaged hull	Participants	Injury or death	Tolerable	Yes – bosun checks equipment	Crews to check pre-launch	Tolerable
Insufficient buoyancy	Participants	Injury or death	Tolerable	Buoyancy bags in boats	Crews to check pre-launch	Tolerable
Bung	Participants	Injury or death	Trivial	Yes – pre-launch check	Crews to check pre-launch	Tolerable
Steering mechanism	Participants	Injury	Tolerable	Yes – pre-launch check	Crews to check pre-launch	Tolerable
Equipment failure	Participants	Injury or death	Tolerable	Yes – pre-launch check	Crews to check pre-launch	Tolerable
Swivels/rowlocks and pins	Participants	Injury	Tolerable	Yes – pre-launch check	Crews to check pre-launch	Tolerable

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Topnuts (where swivels are used)	Participants	Injury	Tolerable	Yes – pre-launch check	Crews to check pre-launch	Tolerable
Buttons/collars (where used)	N/A					
Unsuitable/inappropriate clothing	Participants	Injury or death	Tolerable	Yes – pre-launch check adequate clothing for conditions	Crews to check weather pre-launch	Tolerable
Poorly maintained launches and engines	N/A not normally used for river rowing by the club.					
The Activity Itself						
Performing tasks unsuitable for participants	Participants	Injury	Tolerable	Yes - Crew awareness	Crew awareness	Tolerable
Poor posture / movement patterns	Participants	injury	Tolerable	Yes – Crew awareness	Coaching and training	Tolerable
Hazards of Behaviour, e.g. Poor Coaching Practice						
Not educating others of hazards, risks and health and safety requirements	Participants	Injury or death	Tolerable	Yes – Crew awareness	Maintain and improve coaching practise	Tolerable
Lack of awareness of hazards by participants	Participants	Injury or death	Tolerable	Yes – Crew awareness	Maintain and improve coaching practise	Tolerable
Not educating participants to recognise risks	Participants	Injury or death	Tolerable	Yes – Crew awareness	Maintain and improve coaching practise	Tolerable
Lack of awareness of hazards by coach	Participants	Injury or death	Trivial	Yes – Crew awareness	Maintain and improve coaching practise	Trivial
Coach: participant ratios that are inappropriate	Participants	Injury or death	Tolerable	Yes – Crew awareness	Maintain and improve coaching practise	Tolerable
Potentially Harmful Situations						

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Collision	Participants	Injury or death	Tolerable	Yes – Crew awareness and river navigation rules	Maintain crew awareness	Tolerable
Swamping	Participants	Injury or death	Tolerable	Yes – crew awareness	Maintain crew awareness	Tolerable
Capsizing	Participants	Injury or death	Tolerable	Yes – training and crew awareness	Check equipment pre-launch	Tolerable
Being trapped in boat	Participants	Injury or death	Tolerable	Yes – training and crew awareness	Check equipment pre-launch	Tolerable
Immersion in water/Man Over Board	Participants	Injury or death	Tolerable	Yes – training and crew awareness	Crew training	Tolerable
Hypothermia/ heat stroke	Participants	Injury or death	Tolerable	Yes – training and crew awareness – correct clothing	Crew Training	Tolerable
Any Other Hazards Identified						
Night rowing weather	Participants	Injury or death	High	Yes - Awareness of weather conditions check forecast. Crew awareness – correct clothing and equipment	Pre-launch risk assessment check forecast	Tolerable
Night rowing river and current	Participants	Injury or death	High	Yes - Awareness of river levels check before launch. Crew awareness	Pre-launch risk assessment check river level	Tolerable
Night rowing slips and trips	Participants	Injury or death	Medium	Yes - Risk of slips and trips, Crew awareness	Check hazards provide lighting particularly on boat ramp - Correct footwear.	Tolerable
Night rowing collision on river – debris	Participants	Injury or death	Medium	Yes - Risk of river debris in current. Cox continuous observation	Check boat lights and good hazard awareness and observation from Cox	Tolerable

