

Northern Region

Rowing Safety

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BRITISHROWING

Programme



- Safety Alerts
- Audits
- Incidents
- Equipment
- Skills
- Umpiring

Safety Alerts



- On British Rowing website
- Weil's Disease (Leptospirosis)
- Head Injuries (CRT5)
- Concussion
 - <https://bjsm.bmj.com/content/51/11/872>

Concussion



CONCUSSION RECOGNITION TOOL 5[©]

To help identify concussion in children, adolescents and adults



RECOGNISE & REMOVE

Head impacts can be associated with serious and potentially fatal brain injuries. The Concussion Recognition Tool 5 (CRT5) is to be used for the identification of suspected concussion. It is not designed to diagnose concussion.

STEP 1: RED FLAGS – CALL AN AMBULANCE

If there is concern after an injury including whether ANY of the following signs are observed or complaints are reported then the player should be safely and immediately removed from play/game/activity. If no licensed healthcare professional is available, call an ambulance for urgent medical assessment:

- Neck pain or tenderness
- Double vision
- Weakness or tingling/ burning in arms or legs
- Severe or increasing headache
- Seizure or convulsion
- Loss of consciousness
- Deteriorating conscious state
- Vomiting
- Increasingly restless, agitated or combative

- Remember:**
- In all cases, the basic principles of first aid (danger, response, airway, breathing, circulation) should be followed.
 - Assessment for a spinal cord injury is critical.
 - Do not attempt to move the player (other than required for airway support) unless trained to do so.
 - Do not remove a helmet or any other equipment unless trained to do so safely.

If there are no Red Flags, identification of possible concussion should proceed to the following steps:

STEP 2: OBSERVABLE SIGNS

Visual clues that suggest possible concussion include:

- Lying motionless on the playing surface
- Slow to get up after a direct or indirect hit to the head
- Disorientation or confusion, or an inability to respond appropriately to questions
- Blank or vacant look
- Balance, gait difficulties, motor incoordination, stumbling, slow laboured movements
- Facial injury after head trauma

STEP 3: SYMPTOMS

- Headache
- "Pressure in head"
- Balance problems
- Nausea or vomiting
- Drowsiness
- Dizziness
- Blurred vision
- Sensitivity to light
- Sensitivity to noise
- Fatigue or low energy
- "Don't feel right"
- More emotional
- More Irritable
- Sadness
- Nervous or anxious
- Neck Pain
- Difficulty concentrating
- Difficulty remembering
- Feeling slowed down
- Feeling like "in a fog"

STEP 4: MEMORY ASSESSMENT

(IN ATHLETES OLDER THAN 12 YEARS)

Failure to answer any of these questions (modified appropriately for each sport) correctly may suggest a concussion:

- "What venue are we at today?"
- "Which half is it now?"
- "Who scored last in this game?"
- "What team did you play last week/game?"
- "Did your team win the last game?"

Athletes with suspected concussion should:

- Not be left alone initially (at least for the first 1-2 hours).
- Not drink alcohol.
- Not use recreational/ prescription drugs.
- Not be sent home by themselves. They need to be with a responsible adult.
- Not drive a motor vehicle until cleared to do so by a healthcare professional.

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ANY ATHLETE WITH A SUSPECTED CONCUSSION SHOULD BE IMMEDIATELY REMOVED FROM PRACTICE OR PLAY AND SHOULD NOT RETURN TO ACTIVITY UNTIL ASSESSED MEDICALLY, EVEN IF THE SYMPTOMS RESOLVE

Audits



- New system – completely changed
- Keeps your records indefinitely
- Holds RAs and other safety docs
- Include Events your club runs
- They are your documents – to help you
- I assume you have been honest
- I am not a policeman
- I want to help you improve

Incidents



- Very few reported – 174 (+63)
 - Simple capsizes – 78 (+23)
 - Collision – 47 (+21)
- Why do incidents occur?
- 77% caused by human error
- Circulation Patterns
- Lookout
- If in doubt, SHOUT!
- Indoor incidents - obstructions

Equipment



- Launch Safety
- Life Jackets
- Trailers & Roof Racks
- Lighting
- Boat

Launch Safety



- Life Jacket
- Kill cord
- Starter interlock
- Launch Bag
- Training

Life Jackets



- Must be worn
- Fitted correctly
- Crotch strap
- Maintenance
 - Visual check for damage
 - Cylinder checks for tightness and corrosion
 - Webbing check for damage
 - Inflation check with pump

Trailers & Roof Racks



- Trailers must be maintained
- Every club should have a guidance leaflet
- Tow with an appropriate vehicle
- Check boat ties for damage
- Lights or flags on overhangs, including sides
- Drivers should be trained in towing
- Drivers should have a co-driver with them

Lighting



- Night and poor visibility
- ColRegs: White all-round, flashing on bow
- River Wear at Durham; white front, red rear
- Wear bright clothing at bow
- Minimum visibility 200m – day or night
- Bright, not emergency bike lights
- Visible from the side (turning around)

Boat



- **Heel restraints** – short and strong; $\leq 50\text{mm}$
 - 2019 new rules allow shoes to reach horizontal
 - This allows feet to be trapped during capsizes
- **Shoe laces** – not too tight
- **Bow Balls** – properly fitted
- **Hatch Covers** – properly fitted
- **Maintenance** – Formula 1
- **Boat ID** – no racing without ID

Skills



- Stopping
- Picking up a “Man Overboard”
- Turning around
- Getting attached to a stake-boat
- Getting Straight
- “Scratching”

Umpiring



- Safety is the primary duty of an Umpire
- Instructions for Competitors
- Control Commission
- Circulation Patterns
- Start Procedure
- Rules of Racing
- Local Guidance by Richard Mortimer
 - <http://www.nerowing.com/rules-of-racing/#/>