

# Northern Region

## Rowing Safety

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**BRITISH**ROWING

# Programme



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

# Safety Culture



- Denial
  - We have no safety problems!
- Pathological
  - Who cares as long as we're not caught!
- Reactive
  - Safety is important; we do a lot every time we have an accident!
- Calculative
  - We have systems in place to manage all hazards.
- Proactive
  - Safety leadership and values drive continuous improvement.
- Generative
  - Safety is how we do business round here.

# Events



- All BR Events should have ERSA
  - Names to RRSA a.s.a.p.
- Risk Assessment and Safety Plans to RRSA
  - at least 8 weeks before Event
  - I will review any areas of concern with ERSA
- Event must be sanctioned by Region
- Private matches should follow the same basic principles to ensure their safety

# Safety Alerts



- On British Rowing website
- Junior Ergos

# Audits



- New system – for one year only!
- 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 – 131
  - Simple capsized – 67
  - Collision – 36
  - Others - 28
- Wing-rigger mounting incidents
- Clubs – 40 of which 35 are active
- Makes rowing look unsafe
- Why do incidents occur?

# Incidents



- 77% caused by human error
  - 35% poor lookout
  - 13% non-adherence to local code
  - 23% both the above combined!
  - 10% poor steering
- Keep a good lookout
- How many strokes between views?
- If in doubt, SHOUT!



# Equipment



- Launch Safety
- Life Jackets
- Trailers
- 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



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

# Lighting



- Night and poor visibility
- ColRegs: White all-round, flashing on bow
- Wear at Durham; white front, red rear
- Wear bright clothing at bow
- Minimum visibility 200m – day or night

# Boat



- Maintenance – Formula 1
- Heel restraints – short and strong; <53mm
- Bow Balls – properly fitted
- Hatch Covers – properly fitted
- Boat ID – no racing without ID

# Skills



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

# Umpiring



- Safety is the primary duty of an Umpire
- Instructions for Competitors
- Control Commission
- Circulation Patterns
- Start Procedure