

## **RowSafe 2018 Updates**

The 2018 updates address the opportunities for improvement identified by users and others, incorporate the Safety Alerts issued in the last year and extend the scope of RowSafe to include Ocean Rowing.

### **2.3 Radio Procedure**

The following item has been added in the indicated areas: -

Advice on Radio Licensing and Operators' Certificates of Competence will be provided in ClubHub.

## **3. Club Safety**

### **3.1 Club Risk Assessment**

The following item has been added in the indicated areas: -

The effectiveness and importance of safety equipment is described in the Safety Alert - Safety Equipment can save your life, together with a link to that Safety Alert.

#### **Club**

There is more information on flow over weirs here with a hyperlink to a video on flow over weirs.

### **3.2 Club Safety Plans and Safety Rules**

The following items have been added in the indicated areas: -

#### **Club**

Safety Rules should include

A hyperlink to the Safety Alert on Collision Avoidance has been added.

- Rules relating the use of launches has been extended by adding “including that drivers must be at least 18 years old unless accompanied by a responsible adult, see Safety Alert - Children Driving Launches” (with a hyperlink)

#### **Coaches**

- Ensure that they carry the safety equipment specified by the club at all times when coaching rowers afloat.

### **3.5 Training Camps and Rowing on Unfamiliar Waters**

The following items have been added in the indicated areas: -

#### **Training Camp Organising Committee**

Training Camp Organising Committees are expected to:

Request safety information from the host club or venue management, this may include the venue's own Safety Rules and Navigation Plan. A reference and hyperlink to the Safety Alert on Know the river, especially when visiting has been added.

### **3.6 Swimming Competence**

The following items have been added in the indicated areas: -

A reference and hyperlink to the Safety Alert on Cold water kills has been added.

#### **Further Information**

A hyperlink to the Royal National Lifeboat Institution guidance on Lifejackets has been added.

### **3.7 Capsize and Recovery**

The following items have been added in the indicated areas: -

#### **Everyone and Club and Coaches**

References and hyperlinks to the Safety Alert on Cold water kills have been added.

#### **Launch Drivers**

Launch Drivers are expected to:

- Be at least 18 years old unless accompanied by a responsible adult, see Safety Alert - Children Driving Launches. (with the hyperlink)

### **3.8 Man Overboard**

The following items have been added in the indicated areas: -

#### **Everyone**

Everyone is expected to:

- Have completed the online learning module on Cold Water and Hypothermia. A reference and hyperlink to the Safety Alert on Cold water kills has been added.

## 4. Event Safety

### 4.1 Event Risk Assessment

The following items have been added in the indicated areas: -

#### Event

Event Officers and Organising Committees are expected to:

- Ensure that their event has completed a Risk Assessment and that this covers activities under its influence or control, both on and off the water. The purpose of the risk assessment is to identify any further barriers or controls needed to ensure the safety of everyone involved. Factors to be considered include:
- Potential hazards such as obstructions, weirs, cold or hot weather, and limited access points. There is more information on flow over weirs here. <https://www.youtube.com/watch?v=EYI67uZkNvQ> .
- Take action to ensure the welfare of umpires and other officials.

### 4.5 Navigational Arrangements for Events

The following items have been added in the indicated areas: -

#### Event

Event Officers and Organising Committees are expected to:

- In head races during cold weather ensure that boats launch in the same order as they start so that nobody has to wait for a protracted time. (see Safety Alert – Not Getting Cold at Heads). Endeavour to ensure that waiting areas a prior to the start are beyond, rather than alongside, the course so that rowers have an opportunity to keep moving and thereby keep warm.

### 4.7 Event Safety Boat Providers

The following items have been added in the indicated areas: -

#### Event

Event Officers and Organising Committees are expected to:

- Ensure that Safety Boat Drivers:
  - Are at least 18 years old unless accompanied by a responsible adult, see Safety Alert - Children Driving Launches

A reference and hyperlink to the Safety Alert on Children driving launches has been added.

## 5. Competence

### 5.1 Steering and Navigation

The following items have been added in the indicated areas: -

#### Coxes and Steers

- Keep a good lookout at all times when afloat. Coxes who cannot see directly ahead should enlist the help of members of their crew.
- Watch out for swimmers at all times and be alert to unexpected floating objects. A reference and hyperlink to the Safety Alert on Look out for swimmers has been added.

#### Launch Drivers

Launch drivers (and Coaches when driving launches) are expected to:

- Be at least 18 years old unless accompanied by a responsible adult, see Safety Alert - Children Driving Launches

References and hyperlinks to the Safety Alert on Children driving launches and the RNLI Guidance on Lifejackets have been added.

### 5.2 Launch Driving

The following items have been added in the indicated areas: -

#### Club

A Reference and hyperlink to the Safety Alert – Check your Lifejacket has been added

#### Launch Drivers

Launch drivers are expected to:

- Be at least 18 years old unless accompanied by a responsible adult, see Safety Alert - Children Driving Launches

References and hyperlinks to the Safety Alert on Children driving launches and the RNLI Guidance on Lifejackets have been added.

#### Further Information

References and hyperlinks to the Safety Alert on Children driving launches and Check your Lifejacket, and the RNLI Guidance on Lifejackets have been added.

## **6. People**

### **6.1 People new to Rowing**

The following item has been added in the indicated area: -

#### **Coaches**

- Ensure that all beginner juniors use sculls with appropriate spoon size, blade length and handle size.

## **7. Equipment**

### **7.1 Boats and Blades**

The following item has been added in the indicated area: -

#### **Equipment Checklist**

A reference and hyperlink to the Safety Alert on Heel Restraints has been added.

- The forward port and starboard rigger on all boats, other than single sculls, should be protected by a backstay. There is also a hyperlink to the announcement on the website.

### **7.3 Safety Aids**

The following item has been added.

The effectiveness and importance of safety equipment is described in the Safety Alert - Safety Equipment can save your life, together with a link to that Safety Alert.

#### **Club**

A reference and hyperlink to the Safety Alert on check your Lifejacket has been added.

#### **Further Information**

A hyperlink to the Royal National Lifeboat Institution guidance on Lifejackets has been added.

### **7.4 Launches**

The following item has been added.

#### **Further Information**

Hyperlinks to the Safety Alert on check your Lifejacket and the Royal National Lifeboat Institution guidance on Lifejackets have been added.

## **8. Health**

### **8.1 Cold Water Immersion and Hypothermia**

#### **Everyone**

A reference and hyperlink to the Safety Alert on Cold water kills has been added.

### **8.6 Coping with Illness and Diseases**

#### **8.6.2 Chronic Conditions and Diseases**

#### **Diabetes**

A reference and hyperlink to the Safety Alert on Diabetes and launch driving has been added.

## **9. Topics Covered in Risk Assessments**

### **9.1 Weather**

A reference and hyperlink to the Safety Alert on Cold water kills has been added.

### **9.3 The Water**

References and hyperlinks to the Safety Alerts on Cold water kills and Blue-green algae, and a video on flow over weirs have been added.

### **9.9 Ocean Rowing**

A new section has been added and is documented separately.

## **10. Rowing on the Sea**

The title has been changed from Coastal Rowing and Ocean Rowing has been included in the Index

### **10.1 Coastal and Inshore Rowing**

The following item has been added.

#### **Club**

- Ensure that crews keep a good lookout for swimmers

References and hyperlinks to the Safety Alerts on Look out for Swimmers, and Check your lifejacket, and to the RNLI Guidance on Lifejackets have been added.

## **10.2 Fixed Seat Sea Rowing**

The following item has been added.

### **Club**

- Ensure that crews keep a good lookout for swimmers

References and hyperlinks to the Safety Alerts on Look out for Swimmers, and Check your lifejacket, and to the RNLI Guidance on Lifejackets have been added.

## **10.3 Ocean Rowing**

A new section has been added and is documented separately.

### **10.3.1 Ocean Rowing Safety Equipment**

A new section has been added and is documented separately.

## **11. Land Training**

### **11.1 Indoor Rowing**

The following item has been added in the indicated areas: -

#### **Coaches**

Coaches are expected to:

- Ensure that the rowers adopt good posture and correct technique.

## **13. Auditing**

### **13.1 Safety Inspections**

The following item has been added in the indicated areas: -

#### **Examples of items that could be in a monthly Safety Inspection**

- The condition and availability of safety equipment (see RowSafe 7.3 & 7.4.1) such as:
  - Lifejackets (see Safety Alert - Lifejackets) A reference and hyperlink to the Safety Alert on Check your Lifejacket has been added.