

Risk assessment template

Company name: Truro River Rowing Club - Rowing

Assessment carried out by: Gill Rylance

Date of next review: 31/05/2021

Date assessment was carried out: 15/06/2020

What are the hazards?	Who might be harmed and how?	What are you already doing to control the risks?	What further action do you need to take to control the risks?	Who needs to carry out the action?	When is the action needed by?	Done
Injury from manhandling equipment	All rowers. Injury sustained by poor handling of oars in boat prior to rowing.	All rowers are given safety briefing before first row with the club to ensure they are fit to carry out the activity. Instructions and assistance from Coxswain and other rowers in boat is given if required. New rowers complete health	Refresher briefings for all rowers but particularly for new and developing rowers.	H&S rep / person responsible for training session. Coxswain and others rowers in boat.	Ongoing – annual reminder for returning members. At start of training sessions for new rowers for first 3-4 sessions then as deemed necessary by responsible Club member.	Ongoing from assessment date.

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Contd		declaration and all rowers do so annually on renewal of membership.				
Injury from rowing activity – incl skeleto-muscular strains.	All rowers may sustain injury from rowing action if new to the sport, have a pre-existing condition or weakness, known or unknown.	<p>Health declaration including pre-existing injuries is completed on joining Club and on membership renewal.</p> <p>Coxswains check with all rowers at beginning of each session concerning any injuries.</p> <p>Full training programme is undertaken commencing with</p>	<p>N/A</p> <p>To be included in future Coxswain training/briefings</p>	<p>Membership Sec.</p> <p>All coxswains and those responsible for cox training.</p> <p>As above.</p>	At time of joining and annually from thereon.	Ongoing

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Contd		<p>New Rowers programme through Development Crew from where rowers opt for competitive or social rowing.</p> <p>Training is led by suitably qualified or competent persons and follows a progressive course until rowers are competent.</p>	<p>Committee to consider encouraging additional persons to become qualified coaches in association with CPGA and British Rowing.</p>	<p>Committee / existing coaches and coxswains.</p>		
Health issues arising as a result of physical exertion of rowing.	All rowers may experience an unusual shortness of breath, chest pain or other such symptoms.	Health declaration by all rowers including pre-existing or underlying conditions is completed on joining Club and on	<p>Consideration given to individual cases by Committee on membership applications and/or Coxswains during a training session.</p> <p>Rowers to be advised they</p>	<p>Committee/ Coxswains All rowers.</p> <p>Committee /</p>	<p>On renewal of membership.</p> <p>On application to</p>	<p>Ongoing</p> <p>Ongoing</p> <p>Ongoing</p>

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Contd		<p>membership renewal.</p> <p>Coxswains conduct check with all rowers at beginning of each session concerning any health issues.</p>	<p>might wish to consult GP prior to engaging in rowing due to the physical nature of the sport.</p> <p>Coxswains should raise concerns with H&S rep or another member of the Committee and confidential enquiries to be made with the person concerned if deemed necessary.</p>	<p>Membership Sec</p> <p>Committee member/ Coxswains</p>	<p>club.</p> <p>At an appropriate time as soon as possible after matter is raised.</p>	Ongoing
<p>Health issues arising as a result of coxing (mainly races)</p> <p>Contd</p>	<p>Coxswains. Additional stress and responsibility for a crew may exacerbate or reveal an unknown or underlying health issue, e.g. heart condition, etc</p>	<p>All members whether rowers or not are required to complete a health declaration.</p>	<p>Continue annual declarations for all members.</p> <p>If a member declares an underlying/existing health issue, consideration to be given to requesting regular updates/declarations depending on the issue.</p>	<p>All members.</p> <p>Committee to review declarations.</p>	Ongoing	Ongoing

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More information on managing risk: www.hse.gov.uk/simple-health-safety/risk/

Published by the Health and Safety Executive 10/19