



General Rowing Activities

Identifying the Hazard	Who is at Risk?	Severity 1-5 "S"	Chance 1-5 "L"	Risk "S"x"L"	Control Measures-Reducing the Risk	Outcome after control
Drowning due to Capsize, participant falling out of boat into water or swamping	Participants	5	2	10	Canal is narrow so shore and rescue is always close by. Water is a canal so no significant flow unless flooded. Coaches to carry throw lines at all times All participants taught to stay with the boat during induction Swimming competence for all participants to be checked and recorded (non-swimmers required to wear pfd) Coxes to wear pfd. Wellies must not be worn in boat. No rowing permitted during flood conditions, i.e. if water level above edge of basin.	Low
Hypothermia due to immersion in cold water	Participants	5	1	5	Quick response and rescue to minimise risk. Canal is narrow so shore and rescue is always close by. Coaches to carry thermal exposure blankets and mobile phone to summon assistance.	Low
Hypothermia. Participant (particularly coxes) getting too cold during outing	Participants	5	2	10	Advice issued to all members on suitable clothing to be worn. This to include not wearing a DryRobe or other heavy clothing when afloat Coaches to ensure participants are appropriately dressed Coaches to limit outing duration in cold/inclement weather	Low

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Heart attack /stroke/seizure due to over exertion or pre-existing medical condition	Participants	5	1	5	<p>Members required to declare known medical conditions on membership form.</p> <p>Location of defibrillators in the vicinity of the mile straight posted on the Safety Notice Board. Defibrillator installed at the club entrance</p> <p>Regular training in CPR provided for members</p> <p>All participants to be aware of need to clear landing stages in the event of an incident of this type,</p>	Low
Leptospirosis (Weil's disease), and other diseases due to ingestion of contaminated water/faeces or absorption through cuts, abrasions or blisters	Participants	5	2	10	<p>Advice on personal hygiene and symptoms given to all club members during induction and via RowSafe notice board</p> <p>Installation of hand sanitizer dispenser in boathouse</p> <p>Socks to be worn at all times when using club boats</p>	Low
Bird Flu/Zoonoses due to contact with wildfowl or wild animals	Participants	4	1	4	<p>All members warned not to touch dead or dying wildfowl/animals and notify RSPCA/ DEFRA if concerned about diseased/dead wildlife. Warning issued via induction and RowSafe notice board</p>	Low



Identifying the Hazard	Who is at Risk?	Severity 1-5 "S"	Chance 1-5 "L"	Risk "S"x"L"	Control Measures-Reducing the Risk	Outcome after control
<p>Collision between boats travelling in opposite or same direction.</p> <p>Collision between boats at entry or exit from basin</p> <p>Collision between rowing boats and other canal users</p>	Participants	4	3	12	<p>All members advised of local navigation rules via induction which are also displayed on RowSafe notice board.</p> <p>Inexperienced crews are not permitted on the water during specific time slots that are reserved for experienced crews.</p> <p>Members to dress to ensure they are conspicuous and wear high-visibility clothing when afloat.</p> <p>Members encouraged to shout warnings if collision appears likely and to stop their boat immediately. Members to be taught emergency stop techniques on all beginners courses.</p> <p>All members warned to keep a good look out for other craft and keep well clear particularly near lock and West Bridge mooring pontoon</p> <p>In all cases, if a coach is present on the bank they should remain vigilant and advise all crew of any hazards as they occur.</p> <p>Regular liaison between LRC and the Canals and Rivers Trust, including passing on details of barges involved in near-miss incidents</p>	Low
Collision with stationary objects Bridge produces narrow points	Participants	4	2	8	<p>Lead into bridge marked with buoys to show narrowing.</p> <p>When there is a temporary moored hazard due to work being undertaken on the canal, eg silt barge, request lighting and clare marking to ensure visibility</p>	Low

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Boat swept over weir	Participants	5	1	5	All members advised of local navigation rules which are also displayed on RowSafe notice board.  Only experienced crews allowed beyond West Bridge  No crews to boat if water level above 0.34m	Low
Equipment failure resulting in injury	Participants	3	2	6	Members to check boats for compliance with BR standards before boating – bow ball, riggers and gates, stretchers and heel restraints, buoyancy, secure hatch covers, steering equipment and pfd (buoyancy aids).  3mm Dyneema cord to be used for all replacement heel restraints.	Low
Adverse weather Flooding	Participants	5	2	10	Competent person to assess risk prior to outing if water level higher than normal.  Outings prohibited if water level above edge of basin.  Club members made aware of the availability of river level data via the Environment Agency website at <a href="https://flood-warning-information.service.gov.uk/station/2158">https://flood-warning-information.service.gov.uk/station/2158</a> to check if water is rising or falling  If in doubt – don't go out	Low
Adverse weather High wind	Participants	4	3	12	Risk assessment to be undertaken by competent person. eg Coach or very experienced club member.  If in doubt – don't go out	Low



Identifying the Hazard	Who is at Risk?	Severity 1-5 "S"	Chance 1-5 "L"	Risk "S"x"L"	Control Measures-Reducing the Risk	Outcome after control
Adverse weather Lightning	Participants	5	2	10	Canal narrow and well below level of surrounding trees and buildings.  Participants to return to club house and take shelter inside building  Apply 30/30 rule (if lightning occurs, count the time until you hear the thunder. If it is 30 seconds or less, seek proper shelter immediately and remain inside until 30 minutes after the last lightening or thunder)	Low
Adverse weather Snow and Ice	Participants	4	3	12	Rock salt to be spread on club grounds to reduce risk of slips.  Risk assessment to be undertaken by a competent person before outing.	Low
Boating incident when water level is above landing stages	Participants	3	2	6	Use of crates on landing stages is prohibited	Low
Lifting boats on/off racks and in/out of water, carrying boats	Participants	3	3	9	All members to be taught correct technique for lifting and carrying boats during induction  Suitable steps for use when lifting boats off high racks provided  No sliders to be worn when using the tall steps	Low
Lifting, carrying and launching Explore 4x+ boats	Participants	3	3	12	A minimum of 6 people to carry these boats at all times	Low
Minor cuts and bruises due to handling equipment	Participants	3	3	9	Well stocked First-Aid kit to be maintained in boathouse.  List of Trained First-Aiders on Safety Notice Board	Low

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Runners or coaches following crews may run into low bridge	Participants / Coaches	3	2	6	Consider putting padding and high visibility tape on leading edges of bridges.  Coaches to carry a phone so they can summon assistance if required	Low
Coaches colliding with pedestrians, other cyclists on tow-path	Coaches, members of the public	3	3	9	Coaches' bikes to have bells.  Lights to be used after dark and in low visibility conditions.  Coaches to look where they are going  Sign installed by gate to towpath to alert users to possibility of cyclists on the towpath	Low
Coaches fall into the canal due to collision	coaches	4	2	8	Cyclists to exercise care at all times  Cyclists to consider not using cleats when coaching	
Injury due to poor rowing/sculling technique	Participants	3	3	9	All participants to be taught correct technique during induction.  Coaches to monitor participants during training sessions and take action to correct any faults	Low
Sun burn/Sun Stroke	Participants	2	3	6	Athletes to ensure that appropriate clothing and/or sun-cream worn. To be reinforced by coaches where appropriate, particularly for junior participants.	Low
Hyperthermia Overheating due to over exercising on hot day and/or wearing too much clothing and/or dehydration	Participants	3	3	9	Advice on appropriate clothing and carrying liquid refreshment to be provided on all beginners courses.  Limit duration of outings and exposure to sun on hot days.  Coaches to ensure junior athletes have adequate liquid intake	Low

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Exhaustion due to over-training	Participants	2	2	4	Coaches to ensure that training levels are appropriate to the participant's age and physical condition.	Low



Rowing Alone

Identifying the Hazard	Who is at Risk?	Severity 1-5 "S"	Chance 1-5 "L"	Risk "S"x"L"	Control Measures-Reducing the Risk	Outcome after control
Rowing alone has the same hazards as general rowing activities but the risks are greater	Participants	5	3	15	<p>Only authorised competent scullers capable of recovering a capsized boat without assistance to row alone. Unsupervised lone sculling by juniors is not permitted.</p> <p>Athletes should check that their boat conforms to RowSafe guidelines before going afloat, with particular attention to heel restraints and floatation compartments.</p> <p>Athletes should leave outing details with a responsible adult and check in with them after the outing</p> <p>A mobile phone should be carried in an accessible position in the boat and in a waterproof container.</p> <p>No lone sculling permitted in adverse weather conditions or during flood conditions.</p>	Low



Rowing in the dark

Identifying the Hazard	Who is at Risk?	Severity 1-5 "S"	Chance 1-5 "L"	Risk "S"x"L"	Control Measures-Reducing the Risk	Outcome after control
Rowing in the dark has the same hazards as general rowing activities but the risks are greater	Participants	5	3	15	<p>Only competent crews with authorised coxwains or steerspersons are allowed on the river after dark.</p> <p>Bright white light to be fixed to the boat fore and aft. Light to be checked at the end of each length. Crews must return to the boathouse immediately if the light is failing.</p> <p>Coaches to carry throw lines at all times</p> <p>No rowing/sculling permitted after dark in adverse weather conditions or during flood conditions.</p> <p>Participants to receive formal briefing from RSA before rowing in the dark.</p> <p>Participants to wear light coloured or hi-vis clothing to increase visibility.</p>	Low
Hypothermia due to immersion in cold water	Participants	5	1	5	Single sculling alone in the dark when water temperature is below 5 deg C is not permitted	Low
Coaches colliding with others on the canal bank	Coaches, members of the public	4	3	12	<p>Lights to be fixed to bikes as required for cycling on public roads.</p> <p>Bell to be fixed to bike.</p>	Low



**Beginners /Juniors/Vulnerable Adults/Adaptive Rowers**

Identifying the Hazard	Who is at Risk?	Severity 1-5 "S"	Chance 1-5 "L"	Risk "S"x"L"	Control Measures-Reducing the Risk	Outcome after control
					<b>Beginners /Juniors/Vulnerable Adults/Adaptive Rowers are to be supervised by a coach during all activities until their competence has been assessed</b>	
Injury due to lifting and carrying boats	Participants	4	3	12	All participants to be taught correct technique for lifting and carrying boats during induction and reminded of this as necessary  Coaches to ensure adequate assistance is provided by other members when boats are lifted or carried by Juniors or Adaptive Rowers.  Minimum of 6 people to carry Explore 4x+	Low
Abuse or bullying.	Juniors/ Vulnerable Adults	3	2	6	Club Welfare Officer to ensure that all coaches and any other members working with children/vulnerable adults have current DBS check.  Coaches to have BR coaching qualification including participant welfare  Encourage members to undertake Safeguarding and Protecting Children course	Low
Injury due to incorrect use of weights	Participants	4	3	12	Under 15's are prohibited from using the weights.  Correct technique to be taught during compulsory weight training induction.	Low



Identifying the Hazard	Who is at Risk?	Severity 1-5 "S"	Chance 1-5 "L"	Risk "S"x"L"	Control Measures-Reducing the Risk	Outcome after control
					Unsupervised use of weights is prohibited until competence has been assessed by an authorised competent person	
Inappropriate supervision of competent crews	Participants	4	2	8	All parents assisting with juniors to receive safety briefing from CRSA	Low
Failure to take appropriate measures to ensure safety of adaptive rowers that take into account individual needs	Adaptive Rowers	5	2	10	Complete individual risk assessment with each athlete. Ensure they are fully engaged in completing this and take ownership of it	Low

**Transporting people, boats and equipment to events**

Identifying the Hazard	Who is at Risk?	Severity 1-5 "S"	Chance 1-5 "L"	Risk "S"x"L"	Control Measures-Reducing the Risk	Outcome after control
Death or injury due to road traffic accident – collision with other vehicles	Drivers/ Passengers	5	3	15	Drivers to comply with rules of the road and BR guidance of trailer towing.  Trailer driver to be accompanied at all times and to take regular breaks/ swap drivers	Medium
Trailer Towing  Damage to boats and equipment.  Conviction for traffic offence	Drivers/ Passengers	3	3	9	Only authorised competent persons permitted to tow the trailer.  Trailer towing to be undertaken in accordance with BR Guidance and complete online training module  Trailer to be professionally serviced annually	Low



Identifying the Hazard	Who is at Risk?	Severity 1-5 "S"	Chance 1-5 "L"	Risk "S"x"L"	Control Measures-Reducing the Risk	Outcome after control
Transporting boats on vehicle roof  Damage to boats and equipment.  Conviction for traffic offence	Drivers/  Passengers	3	3	9	Only authorised competent persons permitted to transport boats on their vehicle.  Drivers to comply with BR Guidance and complete online training module	Low
Incident or injury due to traffic on site when trailer is being loaded	Participants, Drivers	2	2	4	Inform all club members of loading plans  Ensure there is sufficient space for vehicles to move safely on and off site while loading is in progress  Cancel football carparks if there is a clash with trailer loading	Low
Boats incorrectly rigged after transport	Participants	3	2	6	Proper rigging procedures to be taught by coaches. Inexperienced crews to be supervised when rigging. Rigging to be included in safety briefing for parents.	Low



**Participation in events/training outings at other venues**

Identifying the Hazard	Who is at Risk?	Severity 1-5 "S"	Chance 1-5 "L"	Risk "S"x"L"	Control Measures-Reducing the Risk	Outcome after control
Swamping - Water conditions could be much rougher than experienced at Leicester	Participants	5	2	10	Competent person to undertake risk assessment prior to outing. Additional buoyancy bags to be installed in boat if deemed necessary.  Sponges for bailing out to be issued to crews	Low
Collision with other water craft or fixed objects	Participants	5	3	15	Competent person to obtain information from event organisers or other sources and brief all participants on local hazards prior to outing	Low
Adverse weather	Participants	5	3	15	Competent person to assess local conditions prior to outing.  If in doubt – don't go out	Low
Collision as a result of not following correct circulation pattern on unfamiliar water	Participants	4	3	12	For events, coaches circulate event safety information and to check that all competitors have read it. For training outings hold a safety briefing before going out on the water to include information on local navigation rules	Low



**Land Training/Training in Clubhouse**

Identifying the Hazard	Who is at Risk?	Severity 1-5 "S"	Chance 1-5 "L"	Risk "S"x"L"	Control Measures-Reducing the Risk	Outcome after control
Physical injury due to incorrect use of Ergos	Participants	3	3	9	Correct technique to be taught during induction. Unsupervised use of ergos is prohibited until competence has been assessed by a competent person.	Low
Physical injury due to incorrect use of weights	Participants	4	3	12	Correct technique to be taught during weight training induction. Unsupervised use of weights is prohibited until competence has been assessed by an authorised competent person Members advised to increase training load gradually. Members advised not to train alone	Low
Physical injury due to equipment failure	Participants	4	2	8	Regular servicing of all land training equipment Members to report and defects to committee	Low
Transmission of infection due to poor hygiene	Participants	3	2	6	Provision of materials to wipe down equipment after use	Low
Slips, trips, falls whilst running along towpath	Participants	3	3	9	Assess conditions before commencing run	Low
Slips, trips, falls due to equipment being left in the wrong place	Participants	3	2	6	Members advised to put equipment away after use Regular clean ups to remove unused items	Low



**Maintenance of Equipment, Facilities and Grounds**

Identifying the Hazard	Who is at Risk?	Severity 1-5 "S"	Chance 1-5 "L"	Risk "S"x"L"	Control Measures-Reducing the Risk	Outcome after control
Use of substances hazardous to health. eg filler, paint, cleaning chemicals	Members	3	3	9	Members encouraged to wear PPE as recommended by the product manufacturer.  Always read the instructions	Low
Falls from height  Access on to roof of club house  Repair/maintenance of light fittings at high level  Cleaning of windows and gutters	Members	5	4	20	Access onto roof is prohibited to club members.  Specialist company to be employed and specific method statement provided if roof access is necessary  Aluminium tower scaffold to be used for access to high level fittings  Specialist cleaning company to be employed to carry out this work	Low
Electrocution  Maintenance of electrical fixtures and fittings	Members	5	3	15	Specialist electrician to be employed to undertake testing/maintenance of all electrical fixtures and equipment	Low
Injury to limbs, eyes etc when using tools	Members	4	3	12	Equipment to be used in accordance with manufacturer's instructions  Wear appropriate PPE	Low



New Section: Risks relating to use of site and to facilities arising from flood conditions

Context: On 3<sup>rd</sup> Jan 2024 the water level at the Freeman’s Weir measuring gauge registered a new high of 0.74m, well above the previous maximum of 0.57m. At this level water entered the boat store under the front shutters and via the back door, covering the floor. As the water receded it left significant deposits of silt on the car park and area around the boat house and a new ‘island’ stretching from the basin entrance to the landing stages, significantly narrowing the width of the access channel. This additional section of the club risk assessment reflects this experience

Identifying the Hazard	Who is at Risk?	Severity 1-5 “S”	Chance 1-5 “L”	Risk “S”x”L”	Control Measures-Reducing the Risk	Outcome after control
Travel to and from the club	All participants	3	3	9	Members to check traffic information before travelling to the club. Coaches to advise on alternative training options if travel is not possible	Low
Ingress of water into the boat store leading to possible damage to equipment and compromising of utilities		2	3	6	Sand bag front and back doors if water reaches 0.6m and is rising with additional rainfall expected, if it is possible to do so safely  Turn power off or isolate some parts of the building  Avoid storing things on the floor	
Slips on silt left when water recedes	All participants	3	3	9	Clear silt away at earliest possible opportunity	
New areas of shallow water resulting from deposit of silt and debris in basin or on the canal leading to possible capsize or boats becoming grounded	All participants	2	3	6	Undertake a visual assessment as soon as water level falls. Share findings with all squad leads and coaches to pass on to athletes.  Post information on the boating board to alert those going out on the water.	



Identifying the Hazard	Who is at Risk?	Severity 1-5 "S"	Chance 1-5 "L"	Risk "S"x"L"	Control Measures-Reducing the Risk	Outcome after control
Infection caused by polluted water or silt	All participants	3	3	9	Clear silt Ensure access to wipes and hand gel Promote good hygiene especially hand washing after outings Dispose of contaminated items	Low
Overfilling the football car park	Vehicle drivers and passengers	2	3	6	Car park team to check information about water levels and weather to assess how conditions might change during the time vehicles are on site Reduce capacity of car park or not open it at all to reflect water levels	Low
Untethered objects being carried away by floodwater, causing hazards elsewhere	General public				Ensure nothing is left outside that might be carried away Ensure anything that cannot easily be moved, eg benches is firmly tethered	Low

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Prepared by: Name: Sally Horrocks Position: Club Rowing Safety Adviser Date: May 2025

Reviewed By: Name: Position: Date:

Approved by: Name: Position: Date:

Next Review Date: May 2026

**Severity (S):** 5 Fatality  
4 Serious injury (inc permanent)  
3 Major injury (inc >3 day absence)  
2 Minor injury (inc <3 day absence)  
1 Trivial injury

**Likelihood (L):** 5 Certainty  
4 Probable  
3 Possible  
2 Remote  
1 Improbable

## Control Plan

<b>Very low risk</b>	No action is required
<b>Low risk</b>	No additional controls are required. Consideration may be given to more effective solution or improvement
<b>Medium risk</b>	Efforts should be made to reduce the risk. Risk reduction measures should be implemented within a defined time period. Where the moderate risk is associated with harmful / serious consequences further assessment may be necessary to establish more precisely the likelihood of harm as a basis for determining the need for improved control measures.
<b>High risk</b>	The activity should not be started until the risk has been reduced. Considerable resources may have to be allocated to reduce the risk. Where the risk involves activity already in progress, urgent action should be taken.
<b>Very high risk</b>	Activity should not be started or continued until the risk has been reduced. If it is not possible to reduce risk even with unlimited resources, activity has to remain prohibited.

Authorised Competent persons are to be authorised by the committee

pdf = personal flotation device (buoyancy aid)

PPE = Personal Protective Equipment. eg hard hat, gloves, goggles, overalls, boots etc