



Cambridge Rowing Experience

Risk Assessments

Area	Hazard	Barriers	Hazardous Event	Control	Harm
Stairs to upstairs	Steps	Nonslip strips placed on step edges on stairs to first floor	People trip on steps	Ensure high lumen lighting is used so area is well lit	Injury from falling
Clubhouse	Fire	Smoke detectors installed in room. Full fire safety plan	Fire in building	Fire extinguishers checked annually. Alarm tested weekly. Exit signs to direct people in event of fire	Burning, smoke inhalation causing injury or death
	Bar area	Fridge and stock to be checked by CCRC bar stewards on monthly basis and unsafe items disposed of	Food / drink becomes out of date	Food / Drink regularly checked by CCRC bar stewards. Any food / drinks brought by CRE, to be consumed within BBD	Food poisoning/disease
		All alcohol locked when relevant club members are not present	Juniors have access to alcohol	Key can only be accessed by bar stewards, captains and CRE representative	Impacts of alcohol consumption
Gym	Beams	Hazard markings on beams	People hit head on beams	Padding on beams	Head or upper body injury
	Weights	No CRE guests permitted to use weights without permission from CRE representative	Injury due to improper use of weights	First aid kit	Skeletal or muscular injury from dropped weights or misuse of weights
	Camera /safeguarding	DBS checked coach present when under 18's using gym	Footage of athletes recorded for improper use	Wired and closed camera system so that no recording or 3rd party access can take place	Safeguarding issues
Changing room	Mixed access to changing areas by juniors and adults	Junior coach to "close" changing rooms for use by adults when juniors are changing putting signage in place	Safeguarding	Club welfare policies	Welfare officer consulted on policy and at hand
	Area outside shower liable to get wet	Nonslip flooring. Advice on how to unblock showers.	People slip on wet floor	First Aid kit	Injury from falling
Boat Bay	Water on electrics in boat bay e.g. on sockets for charging cox boxes	Electrics near front to have splash proof protection	Electrocution	All changes made by qualified electrician	Injury or death from electrocution
	Protruding riggers on stored boats	Racks in middle to be movable	People hit riggers	Good lighting and First aid kit	Injury from riggers and/or damage to boats being taken out
	Fire	Smoke detectors installed in all rooms. Fire extinguishers in all rooms	Fire in building	Fire extinguishers checked annually. Alarm tested weekly. Exit signs to direct people in event of fire	Burning, smoke inhalation causing injury or death
	Injury from oars	Clear racking locations for all oars. Learn to Row course to include details of how to carry oars	People hit by oars	Good lighting and First aid kit	Injury from oar

On bank	Boats fall from trestles	Crews leaving boats out to secure them properly	Boats fall off racks	Good lighting and First aid kit	Injury to rowers and/or damage to boats
	Injury from oars/riggers/boats	Policy that CRE representative or cox is responsible for bank safety when taking boats out	People fall into river	Safety throw rings on riverbank. Annual safety briefing	Injury from fall, drowning
River	High winds / river levels	Flag system set by CUCBC setting out when rowing is permitted	Crews get wet/cold or capsize	CRE to assess weather conditions at that time. Coaching bags (with throw line, space blanket, rigging tools and first aid kit)	Hypothermia, drowning
	Hitting bank	Crews to obey flag system and risk assessment of conditions prior to outing. Bow pair and Stern pair to fully comprehend coxing calls	Risk of damage to boat	Coaching bags (with throw line, space blanket, rigging tools and first aid kit)	Damage to boat, injury, hypothermia, drowning
	Fishermen	Crews briefed on risk. Coxes and steers people to steer avoiding fishing lines and be polite to fishermen	Collision with fishing lines, especially round bends, with risks of injury	Coaching bags (with throw line, space blanket, rigging tools and first aid kit)	
	Wier / lock	Coxes and steers people to be briefed on dangers of locks and weirs	Boat goes over weir or into lock	Coaching bags (with throw line, space blanket, rigging tools and first aid kit)	Injury, hypothermia, drowning
	Leptospirosis and similar	All participants briefed on risk from open cuts and need for covered tops to water bottles	Illness from contaminated water on cuts or ingested	CRE representative to assess and advise people to see doctor in event of incident	Illness
	Cold	Captains and crew coordinators to advise on appropriate level of clothing	Athlete's body temperature falls	Remind participants to wear water / windproof clothes appropriate to conditions. Suggest an extra pair of clothes.	Hypothermia
	Heat	CRE coordinators to advise on importance of sunscreen, hats and water	Can cause weakness, dizzy spells and exhaustion	Remind participants about sun protection.	Sunburn / Heat exhaustion / Heat stroke
	Catching crabs	Advice provided during Learn to Row course	Oar hits body	Coaching bags (with throw line, space blanket, rigging tools and first aid kit)	Skeletal or soft tissue injury, water immersion
	Over exertion	Coach, cox and steersperson to be mindful of level of exercise and to check how athletes are feeling before and during outings	Underlying health issues exposed e.g. heart or stress fractures	Coaching bags (with throw line, space blanket, rigging tools and first aid kit)	Respiratory/heart issues, fractures, exhaustion, fainting
	Capsize / Swamping	Crews to obey flag system and risk assessment of conditions to take place each day before outing. Capsize drills explained in Learn to Row course		Coaching bags (with throw line, space blanket, rigging tools and first aid kit)	
	Anti-social behaviour from people on bank	Participants advised not to engage with anti-social behaviour on bank. CRE to report all incidents to CRA and Police	People on bank throw rocks or other projectiles	Coaching bags (with throw line, space blanket, rigging tools and first aid kit) First aid to include trauma bandage.	Injury from projectiles
	Collisions with other river users, canal boats etc.	River plan showing circulation pattern and local hazards clearly displayed in boat bay and entrance to clubhouse	Boats collide with other river users	Coach bag, throw lines and space blankets to be stored at with cox boxes and clearly marked. Annual safety briefing for coaches and coxes. All rowers to be able to swim 100m	Injury from collisions, drowning