# Avon County Rowing Club Risk Assessment

Notes: Updated November 2024

Using 5 levels of probability and Severity from November 2021

Risk Assessment applies to all rowing users of Saltford Rowing Centre

### Risk Matrix

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  | **Probability** |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  | **Highly improbable *(has not been known to happen in rowing)*** | **Improbable *(has been known to happen in rowing)*** | **Possible *(could happen to about 1% of the club's active members per decade)*** | **Probable  *(could happen to about 1% of the club's active members per year)*** | **Highly probable *(could happen to about 10% of the club's active members per year)*** |
|  |  | 1 | 2 | 3 | 4 | 5 |
| **Severity** |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| **Slight** | 1 | Low | Low | Low | Low | Moderate |
| **First Aid** | 2 | Low | Low | Low | Moderate | Substantial |
| **A & E** | 3 | Low | Low | Moderate | Substantial | Intolerable |
| **Hospital admission** | 4 | Low | Moderate | Substantial | Intolerable | Intolerable |
| **Life changing or death** | 5 | Moderate | Substantial | Intolerable | Intolerable | Intolerable |

| **#** | **Hazardous event** | **Consequence** | **Probability** | **Severity** | **Risk Level - Pre-Control** | **Mitigation** | **Responsible** | **Risk Level - Post-Control** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |  |  |  |
|  | **On site property or land** |  |  |  |  |  |  |  |
| 1.1 | Car accident | Should be minor due to low speeds on track and in car park. Could result in damage to vehicles, shock or minor injury | 1 | 1 | Low | Any vehicle that is travelling fast or in an unsafe manner - driver to be spoken to and warned, if necessary.  Max speed 5mph signage | All Site Users | Low |
| 1.2 | Tripping/falling on rough ground/holes | Minor injury | 2 | 2 | Low | No action - rely on common sense of club members and visitors | Club Committees | Low |
| 1.3 | Tripping and falling in boathouse | Minor injury | 2 | 2 | Low | Boathouse floors to be kept clear | Club Committees | Low |
| 1.4 | Tripping over rope holding launch onto slipway | Minor injury and shock | 3 | 3 | Moderate | Warning cones along line of rope from anchor point to launch. Launch not to be left unattended | Captains and coaches | Low |
| 1.5 | Getting hurt by rigger in boathouse | Minor injury - scratches/bruises. Potential eye injury | 2 | 3 | Low | New members instructed to take care in boathouse when they join | Captains and coaches | Low |
| 1.6 | Blades, risk from falling when piled | Minor injury | 2 | 2 | Low | Racks provided for all blades, labelled and assigned | Captains and coaches | Low |
| 1.7 | Carrying boats, dropping boats | Minor injury and (possible) boat damage | 2 | 2 | Low | All members are taught to carry boats. Similar commands used by all members. | Captains and coaches | Low |
| 1.8 | Carrying boats on raft, risk of tripping on raft when carrying boats | Minor injury and (possible) boat damage | 3 | 3 | Moderate | All beginners taught to carry boats, clear commands given by one person. Anti-slip strips on rafts | Captains and coaches | Low |
| 1.9 | Boats blowing off trestles in windy conditions | Minor injury and (possible) boat damage | 3 | 2 | Low | Crews boating or returning always to ensure one member stays with the boat on trestles | Crews | Low |
| 1.10 | Slipping on concrete or raft due to muddy or flood conditions | Minor injury | 4 | 3 | Substantial | Sweeping concrete & raft when muddy. Anti-slip strips on rafts.Individuals to take extra care in flood conditions. | Club Committees | Low |
| 1.11 | Slipping on concrete or raft due to icy conditions | Minor injury and (possible) boat damage | 4 | 3 | Substantial | Individuals to take extra care around boathouse. Coaches to ask rowers to be careful when on raft/carrying boats on land Anti-slip strips on rafts | Individuals and coaches | Low |
| 1.12 | Falling between rafts | Minor injury, shock, cold | 3 | 3 | Moderate | Mark end of ACRC raft with yellow paint. Individuals to take extra care when coaching and in flood conditions when concrete/raft edges less clear | Club Committees | Low |
| 1.13 | Sickness due to cuts/injuries becoming infected, or poisoning | Illness | 2 | 3 | Low | Antiseptic hand wash available | Club Committees | Low |
|  |  | Food poisoning | 2 | 2 | Low | Clearing up rubbish and keeping boathouse clean | Club Committees | Low |
| 1.14 | Becoming cold before/after outing | Hypothermia | 2 | 3 | Low | Instruction to all rowers to arrive in adequate clothing during cold weather | Captains and coaches | Low |
|  |  |  |  |  |  | Coxes encouraged to wear suitable warm clothing underneath life jacket. | Captains and coaches | Low |
| 1.15 | Becoming hot before/after outing | hyperthermia leading to heat stroke and/or heat exhaustion | 2 | 3 | Low | Instructions to all rowers to bring fluids to outings, wear a hat and apply sun screen | Captains and coaches | Low |
| 1.16 | Injury on unseen objects in flood conditions | Minor injury, shock, cold | 2 | 3 | Low | Implement flood plan and supervised moving of boats | Captains and coaches | Low |
|  | **On the water, rowing/sculling** |  |  |  |  |  |  |  |
| 2.1 | Capsize or swamping by adults or juniors | Usually just a dunking, but could be more serious – cold water shock, hypothermia or drowning | 4 | 2 | Moderate | Teaching by qualified coaches | Captains and coaches | Low |
|  |  |  |  |  |  | Rowers encouraged to wear lightweight clothing, tie their hair up and no wellies allowed in boats. | Captains and coaches |  |
|  |  |  |  |  |  | All coxes wear manually operated life jackets. | Captains and coaches |  |
|  |  |  |  |  |  | Throw lines and thermal blankets available in the clubhouse, boathouses and in coaching launches | Captains and RSAs |  |
| 2.2 | Capsize or swamping by adults not able to get back into boat or to place of safety |  | 2 | 2 | Low | All adults sign to say they can swim 100m in clothes. Rowers encouraged to tie their hair up so it cannot get caught. | Captains and coaches | Low |
|  |  |  |  |  |  | A capsize drill is offered for adults and they are encouraged to do it, particularly if they like to scull when no-one is around. | Captains and coaches |  |
|  |  |  |  |  |  | Adult beginners in coxless training boats only allowed to scull in sight of rafts. | Captains and coaches |  |
| 2.3 | Capsize or swamping by juniors |  | 4 | 2 | Moderate | Capsize drill/swimming test ( 100m clothed ) obligatory for juniors who must wear a life jacket until this has been completed satisfactorily. Juniors are taught and encourage to help each other and to stick together. All encouraged to tie their hair up and wear appropriate clothing - no sweat pants or hoodies. | Junior Coaches | Low |
|  |  |  |  |  |  | Junior beginners in coxless training boats only allowed to scull in sight of rafts. | Captains and coaches |  |
|  |  |  |  |  |  | Intermediate juniors only allowed halfway up straight (500m past Coaches' Corner) and sent out in groups. Junior parents are normally walking on the tow path on the straight. | Junior Coaches |  |
|  |  |  |  |  |  | Experienced juniors allowed to top of straight. No juniors allowed through bridge without coach in launch. | Junior Coaches |  |
| 2.4 | Collision with moving object (rowing crew or other boat or craft) | Usually results in equipment damage, but could cause serious injury or capsize - leading to hypothermia or drowning | 3 | 3 | Moderate | Coxing training - including annual talk and coaching from qualified coaches. Rowers advised to wear light or hi vis clothing. | Captains and coaches | Low |
|  |  |  |  |  |  | Meetings between Water Safety Advisors of all clubs on river to agree 'rules of the river' | WSA |  |
|  |  |  |  |  |  | Coxless boats instructed to keep looking around | Captains and coaches |  |
|  |  |  |  |  |  | All members taught navigation rules which are in the Safety Policy and displayed on Boathouse Safety Board.  Points on the river are designated as turning points.  The area by the pontoons and upstream past the moorings to Coaches Corner / Head Finish is designated a slow zone. Ie no firm rowing.  No overtaking on bends.  Only overtake when it is clear to do so.  Members are advised not to linger on corners or in blind spots. | Captains and coaches |  |
|  |  |  |  |  |  | Other river users notified of affiliated and informal events | Event Team Leaders |  |
|  |  |  |  |  |  | Training crews to be off the water during scheduled events | Captains and coaches |  |
|  |  |  |  |  |  | All club members notified of informal events such as time trials - requested to be careful | Captains and coaches |  |
|  |  |  |  |  |  | Backstays on bow riggers of all boats used for faster crews, to reduce risk of injury in high speed collision | Captains and coaches |  |
| 2.5 | Collision with static object (trees, bank, moored boat, fishing equipment, etc.) | Usually results in equipment damage, but could cause serious injury or capsize - leading to hypothermia or drowning | 3 | 3 | Moderate | When dangerous weather conditions are present only crews of sufficient experience/skill allowed on the water - includes high stream, winds, flooding, fog, ice | Captains, WSA or any Club committee member of coach | Low |
|  |  |  |  |  |  | When new safety hazard is identified (e.g. fallen tree in river) this is written up on board in main boathouse and circulated in Rowing Notices | Captains and coaches |  |
| 2.6 | Equipment failure leading to incident (capsize, injury, etc.) | Dunking | 2 | 3 | Low | Boat checks in accordance with Row Safe - periodic full check, crews to check every outing | Individual rowers | Low |
|  |  |  |  |  |  | Blade checks before outing - crew to check collar(s) is/are secure | Individual rowers |  |
| 2.7 | Catching a crab at speed | Can cause bruising, cracked rib or ejection from the boat | 2 | 3 | Low | Teaching by qualified coaches | Coaches | Low |
|  |  |  |  |  |  | Novice rowers not to be included in fast, experienced crews | Coaches |  |
| 2.8 | Medical emergency whilst rowing | May take time to get person to medical help. Could also cause a capsize or collision | 2 | 4 | Moderate | Anyone with known medical condition that could render them incapable of continuing to row not allowed in single or pair - e.g. heart problems, severe asthma, epilepsy, etc. | Individual rowers, Captains and coaches | Low |
| 2.9 | Lightning strike | Electrocution - leading to capsize | 1 | 5 | Moderate | Education about danger of lightning - crews not to boat if too dangerous. Use of weather apps for advanced warning. | Captains and coaches | Low |
| 2.10 | Being swept over weir | Damage to boat/oars, with possibility of injury, capsize, drowning, hypothermia | 2 | 4 | Moderate | Novice and junior crews to turn before bend below club at all times. Experienced crews to turn before bend when stream is fast. | Coaches and Rowers | Low |
| 2.11 | Crew out of control rowing or turning in flood conditions | Injury and/or boat damage | 2 | 4 | Moderate | Personal, and crew risk assessment on advisability of outing, taking into account river and weather conditions. | Rowers | Low |
|  | **On the water in launch** |  |  |  |  |  |  |  |
| 2.12 | Getting swamped as launch overcrowded | Usually just a dunking, but could be more serious – cold water shock, hypothermia or drowning | 1 | 1 | Low | Launches are plated to show max weight of crew. | Launch drivers | Low |
| 2.13 | Falling overboard into running engine | Serious injury - could lead to drowning, blood loss, shock, hypothermia | 1 | 4 | Low | Kill cord always present, and used by drivers | Launch drivers | Low |
| 2.14 | Getting swept away with no working engine |  | 2 | 4 | Low | Captain or RSA does not allow launches on water if the stream is too strong | Captains and WSAs | Low |
|  |  |  |  |  |  | Complete Row Safe kit including paddle, anchor and whistle carried in launch at all times.  Everyone on a launch must wear a manual inflatingWlife jacket at all times | Captains and WSAs |  |
| 2.15 | Ramming the bank or being danger to other river users |  | 2 | 1 | Low | Only competent drivers allowed to drive club launches - must have completed RYA power boat course and passed assessment or have been approved by Captain on the basis of experience and competence. | Captains | Low |
|  |  |  |  |  |  | Any drivers found to be a hazard on the river to be banned from using club launches until they have been successfully retrained and assessed | Captains and Club Committees |  |
|  | **Running, circuit, weights and ergo training** |  |  |  |  |  |  |  |
| 3.1 | Tripping, crossing roads when out running | Minor injury - cuts and bruises | 3 | 1 | Low | Brief juniors on importance of ensuring shoes laces are done up properly | Coaches | Low |
|  |  |  |  |  |  | Run organiser to ensure the course of the run is in well lit areas and avoids running on the road where possible | Coaches |  |
|  |  |  |  |  |  | Runners to wear HV clothing in dark conditions | Individuals / Coaches |  |
| 3.2 | Pulled muscles whilst exercising | Usually temporary pain, but could lead to chronic back trouble, etc. | 3 | 2 | Low | Warm up properly prior to stretching or using weights | Individuals / Coaches | Low |
|  |  |  |  |  |  | Supervision by coach qualified in strength and conditioning | Coaches |  |
|  |  |  |  |  |  | Instruction on using ergos before using for first time - to ensure good technique | Coaches |  |
| 3.3 | Falling off equipment | Bruises, broken bones | 3 | 2 | Low | Use appropriate exercises | Coaches | Low |
|  |  |  |  |  |  | Assist athlete when learning new exercises | Coaches |  |
|  |  |  |  |  |  | Supervision by qualified coach | Coaches |  |
| 3.4 | Malfunctioning equipment | Pulled muscles, bruises or broken bones | 2 | 3 | Low | Check stretch cords regularly | Individuals / Coaches | Low |
|  |  |  |  |  |  | Warn steppers of narrow benches | Individuals / Coaches |  |
|  |  |  |  |  |  | Supervision by qualified coach | Individuals / Coaches |  |
| 3.6 | Knocking into each other whilst exercising due to congestion | Bruises | 3 | 2 | Low | Ensure adequate room around each athlete | Individuals / Coaches | Low |
|  |  |  |  |  |  | Zoom erg and weight training for people to exercise at home |  |  |
|  |  |  |  |  |  | Minimise number of people active at once in small space | Individuals / Coaches |  |
|  |  |  |  |  |  | Only 3 or 4 steppers per bench | Individuals / Coaches |  |
|  | **Head races, regattas, time trials, informal race events** |  |  |  |  |  |  |  |
| 4.1 | Tripping, slipping & falling on rafts due to wet, frost, mud, tree roots | Cuts, bruises, strains | 4 | 3 | Substantial | Power wash rafts before events. Keep clean & remove hazards and supervise launching and assist crews where needed | Race committee, event organisers | Low |
|  |  |  |  |  |  | Qualified First Aiders on hand | Safety Advisor for event |  |
| 4.2 | Capsize - any crews, but particularly inexperienced crews | Difficult to get out of in event of capsize - hypothermia, drowning | 2 | 3 | Low | Vetting of competitors by coaches. Ability to withdraw competitors if conditions beyond their experience | Race committee, event organisers | Low |
|  |  |  |  |  |  | Fully equipped safety boats. Race Monitors on bank. Communications co-ordinator. Safety review after each event. Good hygiene practice to guard against Weil's disease | Safety Advisor for event |  |
| 4.3 | Capsize or sinking, due to poorly maintained boats in dangerous condition | Difficult to get out of in event of capsize/swamping - hypothermia, drowning | 2 | 3 | Low | Most boats will be checked by experienced people under the supervision of a qualified BR umpire to ensure that the crews using them have complied with the Row Safe Code of Practice - bow balls, heel restraints, buoyancy compartments etc | Umpires | Low |
|  |  |  |  |  |  | Fully equipped safety boats. Race Monitors on bank. Communications co-ordinator. Good hygiene practice to guard against Weil's disease | Safety Advisor for event |  |
| 4.4 | Collision between boats (competitors, officials, other river users) - due to inexperience, accident, failure to follow instructions, or keep proper lookout. Could also be caused by adverse wind or river conditions | Difficult to get out of in event of capsize - hypothermia, drowning | 3 | 3 | Moderate | Race monitors equipped with whistles, phones & megaphones. Communications co-ordinator | Race committee, event organisers | Low |
|  |  |  |  |  |  | Clear instructions to crews & monitors | Race committee, event organisers |  |
|  |  |  |  |  |  | Fully equipped safety boats. Race Monitors on bank. Communications co-ordinator. Clear procedure for stopping race in emergency | Safety Advisor for event |  |
|  |  |  |  |  |  | In HoR races determine starting intervals and order of starting by mix of crews | Umpires |  |
|  |  |  |  |  |  | Cancel racing or restrict racing to experienced/skilled crews if conditions are adverse | RSA/Race Committee |  |
| 4.5 | Collision with bridge, bank, fallen trees, logs, fishing lines, obstacles due to failure to follow instructions, or keep proper lookout. Could also be caused by adverse wind or river conditions | Difficult to get out of in event of capsize - hypothermia, drowning | 3 | 3 | Moderate | Race monitors equipped with whistles, phones & megaphones to communicate with competitors and other river users. Monitors should have radios to communicate with safety boats and other personnel | Race committee, event organisers | Low |
|  |  |  |  |  |  | Clear instructions to crews & monitors, Starting intervals. Buoying obstacles, removing logs, frequent checks on weather and river conditions | WSA/Race Committee |  |
|  |  |  |  |  |  | Fully equipped safety boats. Race Monitors on bank. Communications co-ordinator. Clear procedure for stopping race in emergency | WSA/Race Committee |  |
|  |  |  |  |  |  | Cancel racing or restrict racing to experienced/skilled crews if conditions are adverse | WSA/Race Committee |  |
| 4.6 | River surge | Twerton flood gates open | 3 | 1 | Low | The Environment Agency will be informed and RSA for event will check if any surges are planned for that day | Safety Advisor for event | Low |
| 4.7 | Slipping due to muddy conditions on river bank | Strains, bruises | 3 | 3 | Moderate | Individuals' awareness of conditions |  | Low |
|  |  |  |  |  |  | Qualified First Aiders on hand | Safety Advisor for event |  |
| 4.8 | Hitting people when moving boats, blades, etc. | Hitting people - bruises, cuts, eye injuries | 3 | 2 | Low | Responsibility of coaches - awareness of equipment movement | Coaches | Low |
|  |  |  |  |  |  | Qualified First Aiders on hand | Safety Advisor for event |  |
| 4.9 | Walkers or joggers get hit by boats on towpath because of careless manoeuvring of boats on way to raft. Members of the public don't know how boats are moved | Hitting people - bruises, cuts, eye injuries | 2 | 2 | Low | Notices on footpath to warn passers-by of race activity | Safety Advisor for event | Low |
|  |  |  |  |  |  | Trained First Aiders on hand whilst event is in progress | Safety Advisor for event |  |
| 4.10 | Officials fall in or are injured - slip on getting in/out of boat transport, collision, slip on bank | Cuts, bruises, strains | 2 | 3 | Moderate | All officials to wear buoyancy aids if on boat | ACRC, Officials | Low |
|  |  |  |  |  |  | Safety boats on hand | Safety Advisor for event |  |
|  |  |  |  |  |  | Qualified First Aiders on hand | Safety Advisor for event |  |
|  |  |  |  |  |  | Other people warned about dangers when on rafts or other, potentially, dangerous areas | ACRC, Officials |  |
| 4.11 | People get injured on private land owned by Marina | Claims for compensation | 3 | 2 | Low | BR insurance has been checked - it covers compensation claims on private land used for the event - Contact with BR insurance person who will handle claim | Race Committee or organiser | Low |
|  |  |  |  |  |  | Only race officials to be allowed on Marina land - notices posted to this effect | Race committee, event organisers |  |
|  | **Catering at Events** |  |  |  |  |  |  |  |
| 5.1 | Gas bottle leak in outside catering | Caterers inhale butane gas | 2 | 2 | Low | Connect bottles correctly | Catering supervisor | Low |
|  |  | Explosion | 2 | 3 | Moderate | Connect bottles correctly and no smoking in catering area | Catering supervisor | Low |
| 5.2 | Hot urn or kettle | Burns or scalds | 2 | 3 | Moderate | Caterers trained and supervised and First Aiders on site. | Catering supervisor | Low |
| 5.3 | Windy weather blowing outside catering equipment around | Burns or scalds | 2 | 3 | Moderate | Secure equipment or move it inside, especially hot water urn. First Aiders on site | Catering supervisor | Low |
| 5.4 | Cooking/catering equipment being used by other than their owners | Cuts from sharp knives | 2 | 3 | Moderate | First Aiders on site. | Catering supervisor | Low |
| 5.5 | Unhygienic food preparation and serving | Food poisoning of customers | 2 | 2 | Moderate | Catering supervisor with food hygiene certificate, implementing basic rules re gloves and food and money handling | Catering supervisor | Low |
|  | **One-off events away from the club - training camps, etc.** |  |  |  |  |  |  |  |
| 6.1 | Lots of boats and bits in yard at same time while loading trailer | Tripping and catching clothing and causing injury on boats | 3 | 1 | Low | Controlled loading and keeping riggers and seats together in crates | All | Low |
| 6.2 | People climbing onto trailer or at full stretch loading boats onto top of trailer | Pulled muscles or fall from trailer | 2 | 3 | Low | Securing trailer, having lots of people to help, using boat lifters to get boats into top of trailer | All adults, junior coaches for junior events | Low |
| 6.3 | Car accident on way to/from event | Could be very high if major accident | 2 | 4 | Moderate | Check drivers are experienced and have required licence to drive vehicle (e.g. minibus) | All drivers | Low |
| 6.4 | Insurance does not cover transporting people to events | Cost of compensating anyone involved in an accident, including 3rd parties, could be very high | 2 | 4 | Moderate | Anyone offering transport to events or training camps instructed to check insurance details before starting out | All drivers | Low |
| 6.5 | Person gets left at event, unable to get back | Cause stress for person and family | 2 | 2 | Low | All drivers to check passengers and ensure they have everyone who needs lift home | Event organiser | Low |
|  | Transport of boats and other equipment to/from the event |  |  |  |  |  |  |  |
| 6.6 | General incident with trailer or trailer driver while equipment being transported | Trailer stranded, possibly in unsafe position | 2 | 2 | Low | For short journeys to capsize drills and local races, driver to notify others of arrival and departure times and carry functioning mobile phone | Trailer drivers | Low |
|  |  |  |  |  |  | For journeys over 2.5 hours i.e. further than London, driver only to travel in appropriate weather conditions and carry passenger for support with comms and awareness. |  |  |
| 6.7 | Trailer jack-knifes | Can be major as vehicle can flip or be swept into incoming traffic | 2 | 4 | Moderate | Ensure the towing vehicle is capable of transporting the trailer safely. Must be within the weight limit | Trailer drivers | Low |
|  |  |  |  |  |  | Nose-weight of trailer must be checked before every journey - check against towing vehicle specification | Trailer drivers |  |
| 6.8 | Trailer breaks down | If wheel falls off, or parts of trailer fail, could result in other road users being at risk | 2 | 4 | Moderate | Periodically check condition of trailers and repair any damage/wear and tear | Captains | Low |
|  |  |  |  |  |  | Visual check of trailer by driver of towing vehicle before each journey | Trailer drivers |  |
| 6.9 | Boat/other equipment falls off due to being insecurely tied on | Damage to equipment and potentially high risk to other road users | 2 | 4 | Moderate | Driver has responsibility to check condition of boat ties and that all boats and equipment are secured adequately before driving off | Trailer drivers | Low |
| 6.10 | Boat/other equipment damaged on trailer due to inexperience of driver | Damage to equipment and potentially high risk to other road users | 2 | 4 | Moderate | Driver to engage a look out person to help with manoeuvring at the club and, if necessary, with road and traffic hazards | Trailer drivers | Low |
| 6.11 | Injury or illness of club members or helpers on trip | Could be away from medical help | 2 | 3 | Moderate | Organiser of trip to check first aid/medical provision prior to leaving | Trip organiser | Low |
|  |  |  |  |  |  | Have contact list for every person on trip to alert family/next of kin in case of emergency | Trip organiser |  |
|  | **Infectious diseases -Waterborne** |  |  |  |  |  |  |  |
| 7.1 | Leptospirosis/ Weil's Disease - contact with slow moving water carries a small risk | Illness, possibly severe | 2 | 4 | Moderate | Antiseptic wash, showers available - offer of a shower for anyone who falls in | Individuals, competitors, officials | Low |
|  |  |  |  |  |  | Advice on dangers and need for good hygiene | Race committee, event organisers |  |
|  | **Notifiable Infectious Diseases / Pandemic - Covid19 etc** |  |  |  |  |  |  |  |
| 7.2 | Exposure to virus/disease for clinically extremely vulnerable people | |  |  | | --- | --- | | Illness, possibly severe |  | | 3 | 5 | intolerable | Requested not to row | Committees and rowers | n/a |
| 7.3 | Exposure to virus/disease for clinically vulnerable people | Illness | 3 | 4 | substantial | Requested to be scrupulously careful and row in private boats | Committees and rowers |  |
| 7.4 | Exposure to virus/disease from other people on site | Illness | 3 | 3 | moderate | Boat size and raft usage as allowed by current BR guidance. Use monitored by Google Form and data kept for Track and Trace. QR Code also available for users of NHS Covid19 App | Committees and rowers | low |
|  |  |  |  |  |  | Mask use mandated in boathouse when getting crew boats out. Members to minimise numbers in boathouse. Wear masks on rafts until boat pushed off and put on again as come into raft to disembark. | Committees and rowers | low |
| 7.5 | Exposure to virus/disease when opening FB and using alarm |  | 2 | 3 | low | Rowers asked to bring cleaning equipment and clean what they touch before and after touching and wash their hands | Rowers | low |
| 7.6 | Exposure to virus/disease when using toilets in FB |  | 3 | 3 | moderate | Rowers asked to bring cleaning equipment and clean what they touch before and after touching and wash their hands | Rowers and committees through cleaning contract | low |
| 7.7 | Exposure to virus/disease when using changing facilities and club room |  | 3 | 3 | moderate | changing room and club room closed | Rowers and committees | Low |
| 7.8 | Exposure to virus/disease when using club boats |  | 2 | 3 | low | Rowers asked to bring cleaning equipment and clean what they touch before and after touching and wash their hands | rowers | Low |
| 7.9 |  |  | 2 | 3 | low | Rowing in controlled bubbles according to BR guidance. | crews | low |
|  |  |  |  |  |  | Row whole crew only to maximise social distancing | crews | Low |
| 7.10 | Exposure to virus/disease when using club blades |  | 3 | 3 | moderate | Blade handles should be cleaned and hand washing still advised | rower | Low |
| 7.11 | Minor injury needing First Aid | Infection - Covid 19, disease or gunk from river | 2 | 4 | moderate | Injured person to administer own First Aid. If help needed, helper can wear gloves from First Aid box but both should wash hands afterwards | rowers | Low |
| 7.12 | Collapse while on site or on water | Lasting heart damage or death | 1 | 5 | moderate | Call 999 and use defib from shelf in FB. Use gloves in defib case. | rowers | Low |
| 7.13 | River less populated with helpful rowers  during limited permitted rowing | Being in the water longer than usual if you fall in | 2 | 2 | low | Be aware and bring spare kit to put on after shower in ground floor of FB | rowers | Low |
| 7.14 | River more populated with RIBs, power boats and paddle boards during limited permitted rowing | Being sunk by fast boats and other users but possibly also rescued by them | 2 | 2 | low | Be aware and bring spare kit to put on after shower in ground floor of FB | rowers | Low |
| 7.15 | In adequate safeguarding as fewer DBS coaches on site | Good practice not observed | 1 | 3 | moderate | Two parents or one DBS coach on site if juniors are rowing | Committees and parents | low |