

Bridgnorth Rowing Club



General Risk Assessment 2025

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This Risk Assessment (RA) has been carried out in accordance with the British Rowing Row Safe guidelines 2024. The format followed is to:

- Identify the Hazards
- Identify Hazardous Events
- Identify Barriers to reduce the probability.
- Identify controls to reduce the severity of harm.

The findings have been listed across the following scenarios.

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Weather

Hazard	Hazardous Events	Barriers (to reduce the probability)	Controls (to reduce the severity of harm)
Hot Sunny Weather	Sunburn	<ul style="list-style-type: none"> Avoid outings at the height of the day. Reduce rowing intensity. Wear appropriate clothing. Use suncream where appropriate. 	<ul style="list-style-type: none"> Apply after sun where appropriate. Seek medical treatment if severe.
	Sun Stroke		
	Dehydration	Carry and drink water regularly during the day.	<ul style="list-style-type: none"> Continue to drink sips of water. Seek medical treatment if severe.
Cold Weather	Hypothermia	<ul style="list-style-type: none"> Thoroughly assess crew is dressed for the outing prior to deciding if the outing can be undertaken safely. Monitor crew comfort. Applying effective layers of clothing Using an appropriate hat Reduce the length of time out on the water if necessary. 	<ul style="list-style-type: none"> Withdraw to a warm environment asap. Seek medical attention asap.
	Cold Shock	<ul style="list-style-type: none"> Training and capsize drills. Explanation of Cold shock and its short-term effects. 	<ul style="list-style-type: none"> First aid training
Strong Winds	Capsize	<ul style="list-style-type: none"> Assess suitability of conditions against the crew's ability prior to boating using the club risk matrix. 	<ul style="list-style-type: none"> Mandate capsize drills for all club members. Rescue with launch
	Inability to land	<ul style="list-style-type: none"> Assess suitability of conditions against the crew's ability prior to boating using the club risk matrix. Provide additional coaching regarding how to cope in windy conditions. 	<ul style="list-style-type: none"> Ensure someone available onshore to assist with landing the boat
Lightning	Lightning strike leading to burns or electrocution	<ul style="list-style-type: none"> Assess weather forecast prior to boating. Leaving the water and seeking shelter on hearing thunder 	<ul style="list-style-type: none"> Administer first aid where appropriate. Call 999 for ambulance.
Poor visibility	Collisions with bank or other river users	<ul style="list-style-type: none"> Use of hi-visibility clothing by bow seat rowers or 	<ul style="list-style-type: none"> Train rowers what to do if the

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Hazard	Hazardous Events	Barriers (to reduce the probability)	Controls (to reduce the severity of harm)
		single scullers to improve visibility by other river users. <ul style="list-style-type: none"> • Ensure extra effort is made to keep a lookout. • Reduce boat speed appropriately. 	equipment is damaged.

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Water Hazards

Hazard	Hazardous Events	Barriers (to reduce the probability)	Controls (to reduce the severity of harm)
Fast Flowing Water	Inability to Land	<ul style="list-style-type: none"> Assess suitability of conditions against the crew's ability prior to boating using the club risk matrix. Crew/Cox Training and coaching 	<ul style="list-style-type: none"> Ensure someone available onshore to assist with landing the boat
	Collision with debris	<ul style="list-style-type: none"> Assess suitability of conditions against the crew's ability prior to boating using the club risk matrix. Heightened awareness of the risk and maintaining lookout for the potential debris on the water. 	<ul style="list-style-type: none"> Train rowers what to do if the equipment is damaged.
Very Cold Water	Capsize resulting in Hypothermia	<ul style="list-style-type: none"> Assess suitability of conditions against the crew's ability prior to boating using the club risk matrix. 	<ul style="list-style-type: none"> Ensure rowers bring change of clothes in the event of capsize. Provide first aid treatment for Hyperthermia. Provide warm drinks to casualty. Seek medical treatment if in any doubt.
Waterborne Diseases	Contracting Weils Disease and other water borne infectious diseases	<ul style="list-style-type: none"> Raise awareness of club members. Promote hand washing on completion of an outing. Ensure boats and blades are washed on completion of an outing 	<ul style="list-style-type: none"> Seek medical attention

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Rowing On the River

Hazard	Hazardous Events	Barriers (to reduce the probability)	Controls (to reduce the severity of harm)
Other River Craft	Collision with other river users	<ul style="list-style-type: none"> Obey navigation rules of the river. Singles and Bow rowers wear High-Vis tops. Let other crews know if other unexpected craft are in the vicinity 	<ul style="list-style-type: none"> Teach capsizes and buddy rescue to all crews. Recover to the bank and call for assistance if necessary.
Bends and Currents	Being pushed out into oncoming river traffic	<ul style="list-style-type: none"> Assess river conditions prior to boating, using the club risk matrix. Provide coaching/guidance on the expected river conditions on the club waters. Maintain vigilance near bends, looking out for traffic. 	<ul style="list-style-type: none"> Slow down and prioritize moving back over into the correct part of the river, over maintaining the pace.
Anglers	Fishing line entanglement	<ul style="list-style-type: none"> Crew/Cox vigilance Communicating to other crews of known areas where lines are far out into the river. Where possible, ask the angler to “drop lines” while passing. Move further out into the river to avoid the line if safe to do so. 	<ul style="list-style-type: none"> Slow down immediately if you realise you’ve become entangled. Cut/untangle lines from kit where necessary. Use a first aid kit in the clubhouse if necessary. Calmly attempt to resolve the matter with the angler.
	Verbal Abuse	<ul style="list-style-type: none"> Communicate politely. Explain the navigation rules that must be adhered to if applicable to the discussion. Write to the relevant angling clubs annually (at the start of the summer season, ideally) to connect with the clubs to promote goodwill 	<ul style="list-style-type: none"> Discuss the matter with another club member on returning to the clubhouse.



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Going Afloat and Landing

Hazard	Hazardous Events	Barriers (to reduce the probability)	Controls (to reduce the severity of harm)
Boat and Oar and maneuverability while being carried	Musculoskeletal Injuries	<ul style="list-style-type: none"> • Instructions in correct way of handling a boat – check for compliance. • Ensuring all crew members (or alternatives) assist in lifting/carrying the boat. 	<ul style="list-style-type: none"> • Use of first aid kit • Seek medical attention if necessary
	Collisions with members of the public while crossing the public path	<ul style="list-style-type: none"> • Ensure the path is clear prior to lifting/maneuvering the boat. • In busy periods, posting additional club members at relevant points on the path to politely ask members of the public to briefly wait until the boat is clear. • Ensure Oars are carried with the spoon in front of the person carrying them, to always ensure visibility of the spoon. • Limit the number of oars carried by a rower to a manageable number. 	
Condition of the boating area	Slipping on steps down to the boating area.	<ul style="list-style-type: none"> • Ensure the crew ascend steps together, slowly. • Ensure steps are clear prior to lifting the boat. • Regularly weeding/sweeping of the steps. 	
	Slipping on the planks on the landing stage	<ul style="list-style-type: none"> • Assess the condition of planks prior to boating and boat from concrete if viable. • Highlight condition of planks if being boated from 	
Fast Moving Water	Loss of boat control during launching	<ul style="list-style-type: none"> • Assess suitability of conditions against the crew's ability prior to boating using the club risk matrix. • Additional club members on the landing stage to help where necessary. • Coaching 	<ul style="list-style-type: none"> • Use throw line to aid recovering boat where necessary
	Difficulties in landing		



Using The Motor Launch

Hazard	Hazardous Events	Barriers (to reduce the probability)	Controls (to reduce the severity of harm)
Boat Handling/Launching	Musculoskeletal Injuries	<ul style="list-style-type: none"> Ensure safe minimum number of people (6) available to assist launching 	
Operating the launch	Collision with boats or other objects	<ul style="list-style-type: none"> Launch drivers are RYA Level 2 qualified or their competence has been assessed by experienced club members. Maintain low speed on the river. Assess conditions prior to launch. Do not use it in low visibility. Driver always uses kill-cord 	<ul style="list-style-type: none"> First aid kit and tow rope carried on board. Boat hook, bailer, paddle, and spare lifejackets stored on board.
	Falling In/Capsize	<ul style="list-style-type: none"> Minimise movement around the launch while afloat. Do not overload launch with passengers 	<ul style="list-style-type: none"> Driver always uses kill-cord. Driver and passengers must wear life jackets. Drivers and passengers must not wear wellington boots. Stay with the boat where possible.
	Engine Fire	<ul style="list-style-type: none"> No smoking in or near the boat Service the engine regularly Carry out visual checks of the engine prior to use. 	<ul style="list-style-type: none"> Fire extinguisher carried on board

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In The Boathouse

Hazard	Hazardous Events	Barriers (to reduce the probability)	Controls (to reduce the severity of harm)
Racked Boats	Head injuries	<ul style="list-style-type: none"> Provide instruction in racking boats safely and monitor for compliance. 	<ul style="list-style-type: none"> Use of first aid kit Use of AED Seek medical attention if necessary
Sloped floor leading out of the boat house	Slipping on wet floor	<ul style="list-style-type: none"> Provide suitable signage. Use non-slip tape on floor to improve floor condition 	
Indoor rowing and other gym equipment	Musculoskeletal injuries from misuse	<ul style="list-style-type: none"> Provide instructions in correct use. 	
	Tripping on discarded weights	<ul style="list-style-type: none"> Ensure weights bay is kept tidy 	
	Over exertion	<ul style="list-style-type: none"> Define reasonable training goals when creating a training plan. Promote good practice regarding when to stop training 	
Stairs	Slipping on stairs	<ul style="list-style-type: none"> Ensure lighting in the stair area is suitable. Use non-slip floor tape on the steps to aid traction. Promote use of handrail 	
Ladders	Falling from ladder	<ul style="list-style-type: none"> Ensure good practice is followed. Use "buddy system" to ensure the ladder is kept secure during use. 	
Kitchen Area	Oven Burns	<ul style="list-style-type: none"> Regulate the number of club members in the kitchen to mitigate overcrowding. Ensure correct use of the oven. 	<ul style="list-style-type: none"> Run affected areas under cold tap for 10 minutes. Use a first aid kit as required. Seek further medical attention if required.
	Boiling water from kettle	<ul style="list-style-type: none"> Regulate the number of club members in the kitchen to mitigate overcrowding. Ensure correct use of kettle (not overfilling) 	



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Fire	Danger to life and property	<ul style="list-style-type: none">• No smoking policy.• Alarm system (air horns only)• Detection (battery operated only)• Flammable items stored in locked metal container outside building.• Monthly fire safety inspection (recorded)• Signage and emergency lighting• Fire Safety Risk Assessment reviewed regularly (separate document)	<ul style="list-style-type: none">• Fire extinguishers throughout building (Inspected annually and certificate issued)
Electricity	Electrocution	<ul style="list-style-type: none">• Clubhouse wiring system inspected and tested and certified by a competent person every 5 years.• Portable equipment is PAT tested annually.	<ul style="list-style-type: none">• Use of first aid kit• Seek medical attention if necessary



Transportation of Boats

Hazard	Hazardous Events	Barriers (to reduce the probability)	Controls (to reduce the severity of harm)
Loading/Unloading Trailer	Musculoskeletal injuries from loading/unloading.	<ul style="list-style-type: none"> • Ensure enough members are available to assist in loading boats onto the trailer • Use of boat lifters to assist in raising/lowering boats to the higher racks 	<ul style="list-style-type: none"> • Ensure boat lifters are made available
Transporting boats via trailer	Trailer overturning	<ul style="list-style-type: none"> • Trailer drivers must hold an appropriate license and be appropriately experienced. • Trailer vehicles must be in good condition and the trailer must be serviced and equipped appropriately. • All lights must be serviceable. 	
	Trailer shedding load	<ul style="list-style-type: none"> • Use of high-quality, well-maintained ties. • Boat ties to be used appropriately and checked prior to moving off. 	



Miscellaneous

Hazard	Hazardous Events	Barriers (to reduce the probability)	Controls (to reduce the severity of harm)
Non-Disclosure of Pre-Existing Medical Conditions	Jeopardized outing leaving crew at risk.	<ul style="list-style-type: none"> Encourage all members to volunteer relevant information at point of joining/renewing and if new information becomes available. 	<ul style="list-style-type: none"> Plan sessions around the members needs accordingly.