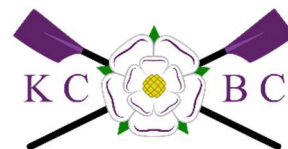


King's College Boat Club Risk Assessment



This risk assessment references the following useful websites and webpages:

- [10 Golden Rules for Safety \(www.cucbc.org/handbook/golden_rules\)](http://www.cucbc.org/handbook/golden_rules)
- [Rules of the River \(www.cucbc.org/handbook/rules\)](http://www.cucbc.org/handbook/rules)
- [Safety Regulations \(www.cucbc.org/handbook/safety\)](http://www.cucbc.org/handbook/safety)
- [Flag \(www.cucbc.org/flag\)](http://www.cucbc.org/flag)
- [Guidelines for Coxes and Coaches \(www.cucbc.org/handbook/coxes_coaches\)](http://www.cucbc.org/handbook/coxes_coaches)
- [Conservators of the River Cam \(www.camconservancy.org\)](http://www.camconservancy.org)

Some specific advice is given below, but this document is not designed to be a substitute for reading and understanding both the Club's rules and CUCBC's rules.

ON THE WATER

The Club expects that all river users will be familiar with CUCBC's Ten Golden Rules for Safety, and that coxes and coaches are familiar with the Rules of the River Cam and Guidance outlined by CUCBC.

Risk identified	Consequences	Action
Adverse weather conditions – Always check the weather forecast before boating.		
High winds	Swamping, crews unable to return easily to the BH, capsizing, etc..	Check the CUCBC flag and follow CUCBC boating advice. If cox, rowers, or coach is in doubt of crew ability, then do not go out on the water.
Heavy rain	Hypothermia, swamping.	Wear suitable waterproof clothing and bring a change of clothes. Coaches carry hypothermia blankets where possible. Coaches and crew members to watch for signs of coldness and act, such as returning the crew to the boathouse. If boat is filling with water, pull into riverbank.
Fog	Collisions leading to injuries and damage to equipment.	Check the CUCBC flag and follow CUCBC boating advice. If cox, rowers, or coach is in doubt of crew ability, then do not go out on the water. Bright lights required on bow and stern.
Low temperatures	Hypothermia.	Wear suitable clothing for rowing in cold conditions and bring a change of clothes. Coaches carry hypothermia blankets where possible. Coaches and crew members to watch for signs of coldness and act, such as returning the crew to the boathouse. Do not boat if ice exceeds 1 mm thick more than 2 m from bank.
High temperatures	Dehydration, heat stroke.	Ensure that all crew members have adequate water in the boat, and have considered wearing hats, sun cream, and appropriate clothing.
Lightning strike	Lightning injuries (direct strike, side flash, ground strike).	Change plans if lightning forecast. Do not boat if less than 30 s between lightning flash and clap of thunder. Wait at least 30 mins after last clap of thunder. If on the river, get off the water and find shelter immediately.

Other river users – Always check CUCBC and CamCon websites for river closures/river user updates.		
Other rowing crews	Collisions leading to injuries and damage to equipment.	Coxes should be adequately trained and not allowed out without a coach until they are deemed fully competent. The same shall be the case for steerers in coxless boats. If possible, always boat with a bank party. Coaches/bank parties should ensure that they can be heard by the cox/steerer and are keeping an eye on the movements of other crews.
Other river users, e.g., motorised craft	Collisions leading to severe injury, drowning, and damage to equipment.	Coxes, steerers, and coaches should know the rules of the river. Do not assume that other river users are familiar with local river rules. Make intentions clear and pass with caution. Avoidance of collisions with barges or fishing tackle should be a priority. Assume that barges are not as nimble as small watercraft, so give way to their traffic.
Wildlife	Collisions leading to injuries to rowers and wildlife.	Coxes/steerers should take particular care when near the riverbank on bends and inlets where there might be nesting birds. Consider if action to avoid wildlife will result in more significant risk to the crew, e.g., collision with other boats.
Towpath users	Blades on towpath causing injury.	Care should be taken when pulling into the bank, such that blades do not hit people on the bank and do not obstruct the towpath.
Personal conditions – Always check with crew members that they are well enough to boat.		
Pre-existing medical conditions	Injuries, potentially fatal medical issues.	Rowers and coxes with pre-existing medical conditions should obtain medical advice before starting rowing, which should then be communicated to the Club and recorded. Coaches should be made aware of any relevant medical conditions.
Exhaustion	Potential fatal medical issues.	Coaches and crew members should monitor rowers during and after physical exertion, particularly in race and erg test situations. If there is a concern that someone is becoming unwell, then contact the emergency services.
Injuries from rowing	Injuries.	Rowers should be taught about correct posture, technique, the importance of warming up properly, and stretching to minimise risk of injury. Members should not push others far beyond their ability level.
River conditions and river water – Always assess river condition before boating.		
Capsizing	Cold shock, hypothermia, drowning.	All members should ensure that heel restraints and lifejackets are correctly set-up before boating. All crews should be familiar with what to do in the event of a capsize and have signed off that they are able to swim 50 m in light clothing.
Waterborne diseases	E.g., Weil's disease.	Boats and equipment should be washed regularly. Crews should wash their hands after every outing, especially if hands are blistered, and change any wet clothing. Seek medical advice if feeling ill after ingesting river water.

High river conditions	Collisions with hidden obstructions or large debris leading to injuries and damage to equipment.	Check the CUCBC flag and follow CUCBC boating advice. If cox, rowers, or coach is in doubt of crew ability, then do not go out on the water. Coxes should have relevant experience to deal with conditions and to aim to stay within the confines of the normal river channel.
Fast flowing water	Swamping/capsizing when spinning, crews pushed onto weirs or unable to return easily to the BH, etc..	Check the CUCBC flag and follow CUCBC boating advice. If cox, rowers, or coach is in doubt of crew ability, then do not go out on the water. Coxes should have relevant experience to deal with conditions, spinning well before Baitsbite lock and exercising caution around corners.

IN THE BOATING AREA

Risk identified	Consequences	Action
Flooding of boating area	Slips, falls, water immersion, dropping boats leading to injuries and damage to equipment.	As the Cam is a controlled river it is unlikely that flooding will occur without some warning. Take time to prepare suitably before boating (if allowed by CUCBC flag). Mark the edges of the bank with suitable markers. Wear suitable footwear when wading into the flooded hard. Take small steps near the edge of the hard.
High winds	Boat handling problems, dropping boats leading to injuries and damage to equipment.	Exercise caution when carrying boats in strong winds, particularly if gusty. Consider using more people to carry the boat, keep at waists or shoulders. If cox, rowers, or coach is in doubt of crew ability, do not boat.
Other boating crews	Impact with hull/rigger causing injury and damage to equipment.	All crew members should be aware of other crews and people on the hard. Communicate intentions and warnings clearly to others, taking time to move the boat carefully from the boat bay to the water (and the reverse).

ON THE TOWPATH

Risk identified	Consequences	Action
Other towpath users	Collision with others leading to injuries.	Coaches should exercise caution when cycling along with crews, paying attention to other towpath users as well as the crew on the water.
Towpath conditions	Falls leading to injuries or water immersion.	If the towpath is very wet, icy, covered in snow, or obstructed. Coaches should exercise caution when cycling along with crews, paying attention to the towpath as well as the crew on the water. Consider returning both coach and crew to the BH if towpath conditions are unsafe.

IN THE BOATHOUSE

Risk identified	Consequences	Action
Flooding	Movement of unstable items in the BH causing serious injuries and damage to equipment.	As the Cam is a controlled river it is unlikely that flooding will occur without some warning. Before flooding, move equipment off the floor/to higher racks. Once water enters the

		boat bays, do not enter without explicit permission of the BH manager.
Fire	Death and injuries.	Take care not to leave anything unattended that could cause a fire. Keep fire doors shut. If there is a fire, then leave the building via the safest route and go to the assembly point. Only attempt to fight small fires with extinguishers if you are confident in doing so.
Manual handling of heavy equipment	Injuries.	Ensure that all members lift and carry boats correctly, bending their knees and not their back. Use an appropriate number of people to carry each boat class.
Workshop equipment	Death and severe injuries.	Only authorised personnel may enter and use equipment in the workshop, as agreed with the BH manager or boatman.
Injury from use of rowing machines	Injuries.	Rowers should be taught about correct posture, technique, and erg use; as well as the importance of warming up properly and stretching to minimise risk of injury. Members should not push others far beyond their ability.
Electrocution	Death and injuries.	Regularly check the condition of any electrical wiring in boats and the BH. Send coxing equipment away for servicing by a professional. Pass on any concerns about electrics to the BH manager or boatman. If in doubt, do not use it.

ON UNFAMILIAR WATER

As well as the risks identified in the 'ON THE WATER' section above. The following are additional relevant for boating on unfamiliar stretches of water, both for training and competition.

Risk identified	Consequences	Action
Unfamiliar navigation rules	Collision with other river users or fixed obstacles in the water leading to injuries and damage to equipment.	All crew members should be familiar with the navigation rules of the off-Cam waterway, either from the local waterway authority, their host rowing club, or the competition organisers. If cox, rowers, or coach is in doubt of crews' navigational ability, then do not boat.
Unfamiliar water conditions	Swamping, crew unable to cope with conditions, capsizing, etc..	Crews should seek advice from their host club or competition organisers about water conditions, as well as checking the weather forecast and stream/tide conditions. If cox, rowers, or coach is in doubt of crews' navigational ability, then do not boat.
Other water users	Collision with vessels not encountered on the Cam, leading to serious injuries, damage to equipment, and capsizing/sinking.	Coxes and steerers should be alert to other river users, giving way to less nibble craft, including sail boats. Familiarisation with navigation rules is essential, along with correct procedure to avoid collision.
Unfamiliar emergency procedures	Unable to get off the water leading to further injuries and death.	Crews should familiarise themselves with emergency procedure documents of either their host club or competition organisers before boating. When training on unfamiliar water, consider a launch or bank party.