



**Milton Keynes Rowing Club
Risk Assessment for Club Activities**

Water Based Activities:

Hazard	Circumstances / issues	Assessment / Control Measures	Severity	Likelihood	Risk Level
<p>Collisions with: Other rowers Lake hazards Other water users</p>	<p>Injury and/or equipment damage caused by not keeping a proper look-out</p>	<p>Appropriate training given to all members who act as steers or cox. Ensure circulation pattern is adhered to. Lane marker buoys in place under the bridge. LTR and Development members restricted to south lake while acting as steersperson, and accompanied by launch, until considered competent by appropriate captain. Ensure all members understand priorities in relation to wind and powered vessels. Volunteer members trained in first aid Emergency contact numbers displayed on Safety Noticeboard Emergency contact numbers for members kept in club locker</p>	<p>Harmful</p>	<p>Likely</p>	<p>Moderate</p>
<p>Capsize</p>	<p>Circumstances: Most likely when progressing to fine 1x or 2x/- due to lack of concentration or poor technique, but also as a result of collision. Issues: Immersion, becoming trapped in the boat.</p>	<p>LTR & Development crews have floats fitted to boats and/or use stable boats. Progression to fine boats once appropriate captain is satisfied with competency. All members to attend capsize training and have swimming ability assessed. Must wear PFDs if poor swimmer. Single scullers must assess their ability relative to water conditions on each outing, and restrict themselves to south lake or not row at all if in doubt. Cold water immersion procedures displayed on Safety Noticeboard. Launch equipped with throw lines and blankets. All boats fitted with heel restraints, which must be checked before each outing. Lone single scullers are not permitted on the lake.</p>	<p>Summer: Harmful Winter: Extremely Harmful</p>	<p>Likely</p>	<p>Summer: Moderate Winter: Substantial</p>
<p>Swamping</p>	<p>Caused by adverse weather conditions or wash from launch</p>	<p>Rowing not permitted if there are white caps on waves or the wind gusts are 25mph or more, or 15mph for LTR and development rowers. Low-wash launch is in use.</p>	<p>Harmful</p>	<p>Unlikely</p>	<p>Moderate</p>
<p>Adverse water/weather conditions</p>	<p>Increased risk of collision, equipment damage, capsize and swamping due to: High winds Lightning Fog Ice</p>	<p>Rowing is not permitted if there are white caps on waves, wind gusts exceed 25mph (15mph for LTR and Development), the bank opposite the club house is not visible due to fog, there is ice on the lake. If the lake is flooded, the extent of flooding and therefore unseen hazards must be assessed by the captains/safety officer prior to rowing.</p>	<p>Harmful</p>	<p>Variable depending upon time of year</p>	<p>Moderate</p>

Hazard	Circumstances / issues	Assessment / Control Measures	Severity	Likelihood	Risk Level
Equipment failure during rowing	Unable to return to the bank Boat taking on water	Thorough boat checks by crew prior to each outing LTR assessed that checks can be carried out competently Regular maintenance scheduled Log each outing and condition of boat upon return and inform Maintenance Team Leader of any issues Do not use boats with red label 'do not use' attached	Harmful	Unlikely	Moderate
Rowing in hours of darkness	Increased risk of collision with other rowers or hazards.	Experienced steers and coxes only should be out on the lake in the dark. Boats must be fitted with white lights at the stern (static) and bow (flashing).	Harmful	Unlikely	Moderate
Use of Launches	Driver or passenger falling into the lake Capsize Mechanical failure	Only trained drivers (RYA level 2 or higher) are permitted to drive the launch All users must wear buoyancy aids Driver must have kill-cord attached Stable launch to be used Ensure regular servicing	Slightly harmful	Unlikely	Tolerable
Poor preparation for outing	Over-exertion Sun/heat stroke Dehydration	Warm-up thoroughly at the beginning of the outing, or use ergometer prior to outing Ensure skin is adequately protected from the sun with clothing and sun cream Take adequate water for the outing	Harmful	Unlikely	Moderate
Water-borne diseases	Potential for contact with blue/green algae Weil's disease Gastro-intestinal illness	Posters displayed in each of the changing rooms regarding protection Do not drink or wash with water from the lake Wash thoroughly after contact with lake water Cover cuts and abrasions with water-proof dressings Do not throw people in the lake	Harmful	Unlikely	Moderate

Land Based Activities:

Hazard	Circumstances / issues	Assessment / Control Measures	Severity	Likelihood	Risk Level
Moving boats between racking and water	<p>Strains caused by incorrect lifting technique</p> <p>Injury from equipment being dropped</p> <p>Equipment damaged</p>	<p>All members assessed on boat handling as per Boat Handling Safety document</p> <p>LTR instructed on safe handling</p> <p>Members must ask for help if they are not capable of lifting boats or they cannot reach the rack</p> <p>Members must inform the Maintenance Team Leader of any damage arising from handling</p>	Harmful	Unlikely	Moderate
Carrying/storing blades	<p>Hitting members/public with spoon or blade handle</p> <p>Trip hazard</p>	<p>Do not carry too many blades at one time or ask for help</p> <p>Be aware of what is behind you as well as in front</p> <p>When not in the racks, blades should be placed either on the bank next to the pontoon, not on the path, or in the marked area outside of the clubhouse.</p>	Slightly harmful	Unlikely	Tolerable
Pontoon	<p>Slipping due to ice or bird excrement</p> <p>Stumbling over equipment</p>	<p>First person to area to remove bird muck with the pressure washer</p> <p>First person to area to apply salt in icy conditions and warn others of hazard</p>	Slightly harmful	Unlikely	Tolerable
Boat Racks	<p>Potential for members to collide with boat racks</p> <p>Boats blown off by wind</p>	<p>Cross members of racks should be wrapped in hazard tape</p> <p>All boats secured to racks with two straps around the hull and rack arm</p>	Harmful	Unlikely	Moderate
Ergometers and Circuit Training	<p>Over-exertion</p> <p>Injury due to incorrect use of equipment or unfamiliarity with exercise</p>	<p>Instruction on correct ergometer technique given to new members</p> <p>Training plan in place for periodised workouts covering duration and intensity</p> <p>Warm-up thoroughly on the ergometer before embarking on session</p> <p>Training/demonstration given on exercises undertaken during circuit training and monitored by person leading the session</p>	Harmful	Unlikely	Moderate
Access to Premises	<p>Access to car park, boat compound, clubhouse and water are all intersected by a public footpath</p>	<p>Restrict speed of vehicle as you enter the car park, keeping a good look-out for pedestrians</p> <p>When carrying boats to/from the compound/water, keep a good look-out for pedestrians and give way</p>	Extremely Harmful	Highly Unlikely	Tolerable

Hazard	Circumstances / issues	Assessment / Control Measures	Severity	Likelihood	Risk Level
COSH	MKRC share facilities with the Sailing and Canoe Clubs. Chemicals may be in use in relation to boat cleaning and maintenance which are hazardous to health if ingested	All materials used in the cleaning and preparation of boats must be stored in clearly labelled packaging and stored in the MKRC bay area only	Extremely Harmful	Highly Unlikely	Tolerable
Transporting Boats	Accident involving car and trailer Trailer overturning Trailer mechanical failure	Insurance in place Cars well maintained Trailer loaded and nose weight assessed according to BR guidelines Trailer is always followed by another club vehicle Trailer regularly maintained	Extremely Harmful	Unlikely	Moderate

Prepared by: Liz Fryer	Position: Safety Officer	Date: 18 th November 2015
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Approved by: Louise Rivett	Position: Club Chairman	Date: 19 th November 2015

Risk Estimator – Source; British Standard 8800 2004

	Severity of Harm		
Likelihood of Harm	Slight Harmful	Harmful	Extremely Harmful
Highly Unlikely	Trivial Risk	Tolerable Risk	Tolerable Risk
Unlikely	Tolerable Risk	Moderate Risk	Moderate Risk
Likely	Moderate Risk	Moderate Risk	Substantial Risk
Very Likely	Moderate Risk	Substantial Risk	Intolerable Risk

Risk Level	Tolerability; guidance on necessary action and timescale.
Trivial Risk	No action is required other than to ensure that the controls are maintained. These risk are considered acceptable.
Tolerable Risk	No additional controls are required. Consideration may be given to more effective solution or improvement.
Moderate Risk	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.
Substantial Risk	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.
Intolerable Risk	These risks are unacceptable. Substantial improvements in risk controls are necessary, so that the risk is reduced to a tolerable or acceptable level. 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.