

3.2 Juniors

Stay safe and have fun in rowing

Responsibilities

Juniors

- Attend the induction programme and follow the advice and guidance provided
- Take responsibility for your own safety and the safety of others affected by your activities
- Ask a coach or club official about any aspects of safety you are concerned or unsure about



Parents and Carers

- Ensure that your child is able to attend the induction programme
- Keep coaches informed about any special needs, medical conditions or allergies that your child may have
- Ensure your child is appropriately dressed for the weather and activity, eg warm clothes, sun hat, sun protection, cream, drinks etc as appropriate
- Ensure that you keep the club up to date with any changes in contact details, especially emergency numbers

Club

- Ensure all juniors are effectively inducted into the club and safe rowing practice through a planned induction programme
- Ensure a higher level of Duty of Care is promoted for all juniors
- Support the principle that safety is everyone's responsibility
- Ensure the health, safety and welfare of the individual is the overriding principle
- Ensure that all members set a good example for juniors to follow



Coach

- Ensure all juniors have completed an appropriate induction programme – and check the learning outcomes
- Be an excellent role model by maintaining appropriate standards of behaviour – lead by example
- Listen and respond to concerns raised by juniors regarding safety or other matters
- Ensure a higher level of Duty of Care is promoted for juniors
- Understand and adopt the Safeguarding & Protecting Children Policy and procedures set out by the ARA and relevant guidance documents relating to water safety and safeguarding children
- Ensure that you do not work in isolation

Club Water Safety Adviser/Regional Water Safety Adviser

- Monitor compliance with the minimum standards set in the guidance for juniors when on the water and within the environs of the club

Competition Water Safety Adviser

- Ensure that the welfare and safety of juniors is taken into account when planning competitions

Club Welfare Officer

- Promote a child-centred approach within the club
- Promote the ARA Safeguarding & Protecting Children Policy
- Monitor compliance with good safe practices for juniors at clubs and competitions

Minimum standards to be adopted

Before any activity takes place the following information should be recorded by the club:

- Swimming ability – provide advice on the level required
- Parent, carer or guardian's consent in writing to act 'in loco parentis' for the administration of emergency first aid or other medical attention if the need arises
- Personal contact details for emergency contacts
- Written consent given by a parent or carer before any activity takes place
- Written consent given by a parent or carer before taking photographs or videos

Local induction systems should to be set up by clubs to ensure that juniors successfully complete an appropriate induction programme that places an emphasis on safe practice on the water and within the environs of the club. On completing the induction programme, juniors should have been given basic information or training on the following topics:

- Risk assessments – what they are and why they need to be done
- Local hazards – what are they? Where are they? How are they controlled?
- Navigation rules – communicate these, where and where not to go and reasons for rules
- Emergencies – what to do, how to summon help – nearest telephone (mobile phone dead zones)
- Equipment – function and safety checks to perform before each outing including boat buoyancy checks and need to check when returning to the club
- Manual handling – how to lift, carry and handle boats and equipment
- First Aid – who is the First Aider? Where is the First Aid Box?
- Incident reporting – what needs reporting, to whom and why?
- Safety equipment – what types, storage, rules on using and how to use, maintenance and location
- Club Officers – Water Safety Adviser, Captain, Club Welfare Officer, etc. who they are, what they do and where their contact details can be found
- Capsize/swampings - what to do if it happens to you or someone else

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- PFDs – what types, rules on wearing, storage, how to use, maintenance and location
- Clothing – what to wear and what not to wear and why?
- Cold water immersion and hypothermia – issues/controls, reporting
- Supervision – when they can and cannot go afloat, session times, duration
- Boat booking board – how and why to use this, need in emergencies
- Weather – be aware of local forecasts and conditions
- Boat outing restrictions – temperature, water conditions, tidal, times of the day/year
- Water-borne diseases – symptoms, hygiene, etc.
- Night and poor visibility rowing – rules, lights, etc.
- Safety Notice Boards - location
- Boat types - suitability
- Personal responsibility for safety

The club should ensure that juniors know where to obtain further information on the above topics.



Clubs should have the following controls in place to cover junior activities:

- Risk assessments – these should cover age, swim ability, capsize, water/air temperature, weather conditions, stream, current, hazards – other water users, skill level/experience, boat type, clothing, any known medical conditions or allergies
- Trained coaches – Level 2 for water activities
- Safety launches – drivers RYA 2 or equivalent trained
- Boat outing board – outing times - duration
- Safety Notice Board – latest guidance, emergency numbers, Water Safety Adviser, incident reporting, detailed plan of water – hazards, navigation rules, flow patterns etc.
- Safeguarding poster with contact details for Club Welfare Officer
- Capsize drill – system for ensuring juniors know what to do, via practices, demonstrations, video, etc.
- Communication system for summoning emergency assistance
- System for restricting access to damaged equipment
- If a junior is unable to swim a suitable PFD **must be worn** whilst on the water
- Codes of Conduct for juniors, parents and coaches displayed in the club

Avoid jargon

Further good practice

(In addition to minimum standards to be adopted)

- Document induction – capture details of when conducted and what was covered
- Guidance on outings in respect of particular disabilities or illnesses (eg epilepsy)
- Swimming and capsize drills performed regularly – use local swimming pool
- Policy on wearing of PFDs for juniors – set one, communicate and enforce
- Log books – need to record progress of juniors, to improve development, monitor safety and enable communication between coaches and athletes
- Throw lines – need for all members to practise their use
- First aid room or recovery room
- System for reporting damaged equipment to all members
- Navigation – use of charts, drawings, diagrams
- Juniors – parents to be encouraged to attend first session
- Juniors should be encouraged to draw up, adapt or adopt their own code of conduct to promote ownership and adherence

Why do we do things this way?

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ARA Epilepsy Policy: 'Those who suffer from epilepsy should not be allowed on the water when there is a significant risk of further seizures. In line with the recommendations of the Driving Vehicle Licence Agency (DVLA), this period of significant risk is defined as within one year following a fit and whilst reducing medication and for six months after stopping it, except where there is a special individualized risk assessment of the rower and the event. Equally launch drivers should follow this advice.'

Further information

Row Safe – related sections

- 1.2 Risk Assessment
- 1.3 Club Safety Plans
- 1.8 Cold Water Immersion & Hypothermia
- 1.9 Swimming & Capsize/Swamping Training
- 2.1 Safety Aids

ARA website

- Row Safe: Key Points for your Safe Rowing
- ARA Safeguarding & Protecting Children Policy and guidance

Other

- Level 2 Coaching Manual

