

# 1.3 Club Safety Plans

## Is your club as safely managed as it can be?

### Responsibilities

#### Personal

- Read, understand and follow the Safety Plan

#### Club

- Produce and communicate a Safety Plan for all your members and coaches to follow
- Modify the Safety Plan in the light of incidents, risk assessments and current good practice
- Actively promote a culture of safe practice

#### Coach

- Educate and train your crews in understanding and following the club's Safety Plan and that of other clubs when training away

#### Club Water Safety Adviser/Regional Water Safety Adviser

- Advise on the effectiveness of the Safety Plan

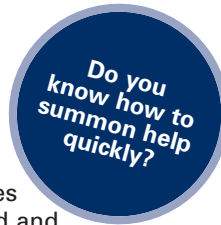
## Minimum standards to be adopted

#### Safety Plan

*It is the primary function of the Safety Plan to care for the safety of club members, other water users and the public at large.*

The club should prominently display:

- A plan of the local water highlighting hazards, navigation rules and circulation patterns and emergency access points (named and where necessary with postcodes)
- Instructions to cover any variation to normal procedures needed to manage risks resulting from tidal currents, stream, wind or other climatic conditions
- Visual Aids on safe practice, life saving and up to date resuscitation techniques
- Instructions for reporting incidents online
- Telephone numbers for Emergency Services including the exact location and directions to the club and any access points including postcode or identifiers used by the Emergency Services
- Vital telephone numbers relating to safety eg club officials, First Aiders, the local



accident and emergency hospital, navigation authority, river or harbour police, RLNI etc.

- Clear directions to the nearest and alternative telephone points
- The position of First Aid Boxes and equipment

A Safety Plan must be formulated and communicated by the club, by all appropriate means possible to educate and train its members including Induction Programmes for all new members.

All new members must receive a copy of the Safety Plan and participate in an Induction Programme.

## Further good practice

(In addition to minimum standards to be adopted)

- Emergency services local navigation authorities and other water users should be provided with a copy of the Safety Plan for any comment or suggestion to be made
- Safety Plans should be modified in the light of incidents or changes in good practice

Topics to be addressed by the Safety Plan should include:

- Rules for club members relating to their responsibilities in relation to safe practice
- When and where crews can train, warm up and cool down on the water
- The criteria for assessing the risks associated with any local on the water activity
- Rules relating to the training of junior members

**Emergency Action Plan** - members should be made aware of their roles and action to be taken in the event of an emergency

## Further information

#### Row Safe – related sections

- 1.7 Weather & the Environment
- 1.8 Cold Water Immersion & Hypothermia
- 1.9 Swimming & Capsize/Swamping Training

#### ARA website

- Example Club Safety Plan
- Example Risk Assessments