

# 3.5 Coastal & Open Water Rowing

## How do we manage the risk for those who like their rowing rough?

### Responsibilities

#### Personal

- Follow the guidance for the type of coastal and open water rowing you are participating in

#### Club

- Ensure all boats and equipment purchased and/or provided are in safe working order
- Manage the water based activities in accordance to local rules, conditions and implement appropriate water safety procedures

#### Coach

- Undertake a risk assessment prior to outing and implement necessary controls
- Perform duties as detailed in coaches roles and responsibilities in Row Safe guidance

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

- Perform duties as detailed in Water Safety Adviser roles and responsibilities in Row Safe guidance

#### Competition Organisers

- Ensure competitions are managed safely in accordance with the Row Safe guidance where relevant to the discipline of coastal and open water rowing

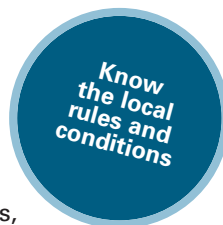
#### Launch Drivers

- Perform duties according to the guidance and recommendations of the relevant local coastal association

## Minimum standards to be adopted

In addition to ARA Row Safe guidance the following minimum standards will be adopted (safety plans, risk assessment, boats/blades, etc.):

- Boat buoyancy – to be established and maintained for all boats



- Launch drivers to have RYA Level 2 tidal water version, to wear lifejackets and to use kill cords at all times on the water
- Conduct a coastal water safety audit annually and submit this to Regional Water Safety Adviser and ARA
- Establish effective communications with the shore and emergency services for any emergency situation that is foreseeable
- Provide teaching sessions for all coxswains and rowers to ensure they understand the hazards and controls to be used in coxing/rowing on open water (understanding tide, wind strength and direction, waves)
- All crews instructed in correct techniques for beach launching, and recovery
- All coxswains to wear suitable PFDs for any outing

## Further good practice

(In addition to minimum standards to be adopted)

- Safety launch is available for all outings
- When no launch or driver is available, no crew goes out without an experienced coastal rower in the boat (either coxing or rowing)
- If a safety launch is not available ensure that a safety person is on the beach with radio contact to the crew(s) on the water
- If more than one crew is on the water they are all rowing in the same direction
- There is always a qualified First Aider available whenever an outing is taking place



## Further information

#### Row Safe – related sections

- 1.2 Risk Assessment
- 1.7 Weather & the Environment
- 1.8 Cold Water Immersion & Hypothermia
- 2.1 Safety Aids
- 5.1 Sunburn, Heat Stroke & Exhaustion

#### ARA website

- Coastal section with related links