

Sample Head of the River Race

Risk Assessment

Please note that this is to illustrate how the ARA risk assessment estimator can be used and planned action to control risk to an acceptable level documented so that a Safety Plan, including an Emergency Action Plan, can be produced.

The same method can be used for all competitions and assessing risk for club activities

Risk Estimator - Source; British Standard 8800 2004

	Severity of Harm		
Likelihood of harm	Slight Harm	Moderate Harm	Extreme Harm
Very unlikely	Very low risk	low risk	low Risk
Unlikely	low risk	Medium risk	Medium risk
Likely	Medium risk	Medium risk	High risk
Very likely	Medium risk	high risk	Very high risk

Category of risk	Evaluation of tolerability
Very low risk	Acceptable
Low risk	Risks should be reduced so that they are tolerable or acceptable
Medium risk	
High risk	
Very high risk	Unacceptable

Risk level	Tolerability; guidance on necessary action and timescale
Very low risk	These risks are considered acceptable. No further action is necessary other than to ensure that the controls are maintained.
Low risk	No additional controls are required unless they can be implemented at very low cost (in terms of time, money and effort). Actions to further reduce these risks are assigned low priority. Arrangements should be made to ensure that the controls are maintained.
Medium risk	Consideration should be given as to whether the risks can be lowered, where applicable, to a tolerable level, and preferably to an acceptable level, but the costs of additional risk reduction measures should be taken into account. The risk reduction measures should be implemented within a defined time period. Arrangements should be made to ensure that the controls are maintained, particularly if the risk levels are associated with harmful consequences.
High risk	Substantial efforts should be made to reduce the risk. Risk reduction measures should be implemented urgently within a defined time period and it might be necessary to consider suspending or restricting the activity, or to apply interim risk control measures, until this has been completed. Considerable resources might have to be allocated to additional control measures. Arrangements should be made to ensure that the controls are maintained, particularly if the risk levels are associated with extremely harmful consequences and very harmful consequences.
Very high risk	These risks are unacceptable. Substantial improvements in risk controls are necessary, so that the risk is reduced to a tolerable or acceptable level. The activity should be halted until risk controls are implemented that reduces the risk so that it is no longer very high. If it is not possible to reduce risk the activity should remain prohibited.

NOTE Where the risk is associated with extremely harmful consequences, further assessment is necessary to increase confidence in the actual likelihood of harm.

Risk	Probability VU/U/L/VR	Severity S / M / E	Risk Level	Planned Action to Control Risk to a Tolerable Level
Incident through difficult weather or water conditions.	Likely	Moderate	High	Weather and water conditions assessed and either only allow higher levels of competence to compete or cancel the event.
Lightning	Very Unlikely	Extreme	High	Action plan involving weather warnings and using the 30/30 rule to delay or cancel as advised in ARA document
Collisions between competitors travelling in opposite directions	Unlikely	Moderate	Medium	1. Crews informed of navigation rules. 2. Crews not allowed to row back down the course once proceeding upstream to the start. 3. Crews monitored by marshals when returning to the landing stages after racing enforcing the circulation pattern.
Collisions with commercial passenger boat	Unlikely	Moderate	Medium	Negotiation with proprietor to avoid travelling on course during the two short periods when the crews are racing.
Collisions with other boats	Unlikely	Moderate	Medium	1. Crews informed of navigation rules 2. Sign informing others 3. Course monitored throughout its length 4. Safety launches placed along course – all in radio contact
Collision with bridges	Unlikely	Moderate	Medium	1. Rules not allowing overtaking at bridges. 2. Safety Launch positioned near bridge vicinity.
Capsize proceeding to the start and during the race	Unlikely	Moderate	Medium	1. Course monitored throughout its length. 2. Safety launches placed along the course. 3. Vehicle access points identified to transfer victim quickly. 4. All marshals/monitors/safety launches in radio contact
Capsize at the start marshalling area	Unlikely	Moderate	Medium	1. Start Marshals to direct crews and monitor safety. 2. Safety launch patrolling 3. First aid and vehicle at the start area.
Capsize at the finish area	Unlikely	Moderate	Medium	1. Finish Marshals in place. 2. First Aid post at the finish. 3. Safety Launch in place
Collisions/contact between racing crews	Likely	Slight	Low	1. Monitor presence increased at difficult bends to give warnings. 2. Safety launch placed near difficult bends.
Hypothermia (non-immersion) whilst racing or marshalling.	unlikely	Moderate	Medium	1. Competitors warned to be appropriately dressed for the conditions. 2. Marshals advise adults where there is concern. 3. Juniors removed by marshals if considered at risk.

Risk	Probability V/U/L/VR	Severity S / M / E	Risk Level	Planned Action to Control Risk to a Tolerable Level
Incidents requiring first aid only.	Likely	Slight	Low	1. First Aid provided by British Red Cross with identified treatment area at the finish and first aiders with a vehicle at the start. 2. Doctor on site at finish. 3. All Marshals/Monitors/Safety Launches in radio contact
Incidents requiring hospital treatment	Likely	Moderate	High	1. Ambulance Service notified of event and provided with Safety Plan including access points. 2. Fire Brigade (with rescue launches) similarly notified. 3. Doctor on site at finish. 4. Accident and emergency hospital identified.
Competitors in the water	Likely	Moderate	High	Under ARA rules: 1. All competitors must be competent swimmers. & coxswains must wear a personal flotation device. 2. Marshals/monitors issued with throw bags. 3. Safety launches positioned along the course.
Unsuitable equipment	Unlikely	Moderate	Medium	Under ARA rules all clubs must supply properly and regularly maintained equipment for their members which is safe and adequate for its intended purpose. Random detailed checks together with visual checks will be made by marshals.