

6. People

Rowers and their clubs are expected to take responsibility for their own safety and that of others and Event Organisers are expected to provide a safe environment in which rowers and others can enjoy their sport.

There are additional risks associated with some groups of rowers and these are covered in this chapter.

This chapter of RowSafe contains the following sections:

6.1 People new to Rowing	91
6.2 Adaptive rowers	94

6. People

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RowSafe provides general guidance to clubs and their members on safe practice in rowing. It is however the responsibility of each club to maintain up-to-date risk assessments and define and monitor its own safety practices, guidance and procedures specific to its environment and activities, which clubs shall ensure are made known to their members and members shall comply with the same.

Whilst every effort is made to ensure that the medical and other similar information and guidance in this manual is accurate and reflective of best practice at the time of publication, it is the users' responsibility to ensure that such information and guidance is up to date before acting upon it. British Rowing accepts no responsibility for the content of third party websites accessed through links in this publication.

6.1 People new to Rowing

People who are new to rowing may not be aware of the hazards and risks associated with an activity and need additional support and supervision so that they can keep themselves and others safe.

Expectations

Everyone

Everyone is expected to:

- Provide extra guidance and support for people who are new to the sport.
- Ensure that new rowers are not exposed to risks that they would find substantial or intolerable.

New Rowers

New rowers are expected to:

- Attend the club's Induction Programme and follow the advice and guidance in the Club Induction Pack (see [RowSafe 2.2](#)).
- Provide the club with relevant information such as swimming ability.
- Inform the club of any reason that they may be at risk due to current or previous illness or injury.
- Operate within their competence level by recognising their growing level of knowledge and understanding.
- Ask a coach or Club Official about any aspects of safety they are concerned or unsure about.
- Take responsibility for their own safety and the safety of others affected by their activities.
- Be aware of key club and sport policies and rules and where to find them.
- Report incidents to the club and British Rowing.

Club

Club Officers are expected to:

- Ensure that the Club Risk Assessment includes risks associated with new rowers.
- Provide an Induction Programme for new rowers. This should have an emphasis on safe behaviour.
- Explain the Club Safety Rules to new rowers.
- Ensure that all new rowers take part in the Club Induction Programme. The Club Induction

Programme (see [RowSafe 2.2](#)) should include information about:

- Local hazards, including weather conditions, and navigation rules
 - First Aid facilities and Emergency Response Plan
 - Club Safety Plan and rules
 - Safety aids
 - Clothing and hair
 - Cold water immersion and hypothermia
 - Club structure and communications
 - Boats – types, manual handling, boat checking and quarantining
 - What to do in the event of a capsize or man overboard
 - Incident reporting
- Ensure a higher level of care is promoted with beginners, [juniors](#), adaptive rowers and adults at risk.
 - Support the principle that safety is everyone’s responsibility.
 - Encourage all members to set an example for beginners to follow.
 - Ensure that sufficient coaches and safety cover are available to train and supervise new rowers.
 - Make lifejackets available to all rowers and ensure that they are worn by non-swimmers and juniors who have not completed a capsize drill.
 - Record personal information about the new rower including contact details, swimming ability, emergency contact and parental or guardian consent for juniors.
 - Provide advice on any health or injury issues that may affect their safety, particularly when rowing, or refer them to their medical professional as appropriate.

Coaches

Coaches are expected to:

- Ensure all rowers have an adequate Club Induction Programme - and check their understanding of what is expected of them.
- Set standards that rowers will follow - lead by example.
- Ensure a higher level of duty of care is promoted with beginners, juniors, adaptive rowers and adults at risk.
- Encourage new rowers to ask about anything they are unsure of.
- Encourage rowers to adopt safe behaviour (see Coaching Safe Behaviour, go to RowHow, then click on “Coaching Qualifications” then “Club Coach - UKCC Level 2 Certificate in Coaching Rowing (Jan 2014 onwards)” then scroll down to “Essential Reading” and click on “Coaching Safe Behaviour”
- Provide advice on any health or injury issues that may affect their safety, particularly when rowing, or refer them to their medical professional as appropriate.
- Ensure that all beginner juniors use sculls with appropriate spoon size, blade length and handle size.

Regional Rowing Councils

Regional Rowing Councils are expected to:

- Provide support and advice to clubs in their region on people new to rowing.

British Rowing

British Rowing:

- Provides guidance to clubs through RowSafe.
- Provides an [Incident Reporting System](#).
- Provides [Safety Alerts](#) and other safety communications.
- Provides safety training material on its website.
- Provides courses that include safety.
- Provides the framework for Learn to Row courses.
- Provides coach education that helps coaches to support people new to rowing.
- Provides advice on adaptive rowing.

Further Information

- [RowSafe 2.2](#) - Make up of Club Induction Pack
- British Rowing Incident Reporting System - incidentreporting.britishrowing.org
- British Rowing Guidance on Water and Indoor Rowing by Schoolchildren - britishrowing.org/wp-content/uploads/2016/01/BR-Guidance-Document-On-Water-and-Indoor-Rowing-by-School-Children-Final-2016.pdf?78251f
- British Rowing Incident Reporting System - incidentreporting.britishrowing.org
- Coaching Safe Behaviour, (go to [RowHow](#), then click on “Coaching Qualifications” then “Club Coach - UKCC Level 2 Certificate in Coaching Rowing (Jan 2014 onwards)” then scroll down to “Essential Reading” and click on “Coaching Safe Behaviour”
- Safety Alert Archive - britishrowing.org/knowledge/safety/safety-alert-archive

6.2 Adaptive rowers

There may be additional hazards and risks associated with adaptive rowers depending on the extent of their disability. They may need extra guidance, support and supervision to keep them and others safe. They may also need additional facilities or equipment.

Safety Plans, Rules and Emergency Response Plans should include any additional actions required to keep adaptive rowers safe. Clubs and events only need to review risk and take action for the adaptive rowers who row at their club or event.

Expectations

Everyone

Everyone is expected to:

- Take responsibility for themselves and others and understand how their actions could affect the safety of adaptive rowers.
- Understand what actions are required to keep adaptive rowers and themselves safe.
- Provide support and guidance for adaptive rowers.
- Ensure that adaptive rowers are not exposed to risk that they would find substantial or intolerable.
- Report any incidents or concerns about the safety of adaptive rowers to the club and to British Rowing.

Adaptive rowers

Adaptive rowers are expected to:

- Provide their club with relevant information about their disability that may affect their own safety and the safety of others and any known “warning signs”.
- Complete British Rowing’s [‘Pre-Activity Health Questionnaire’](#) for Adaptive Rowing and make this information available to the club.
- Operate within their capabilities.
- Provide the club with emergency contact details and information about actions to be taken in event of a medical emergency.
- Ensure that if they have a lower leg prosthesis then they are able to release themselves from the prosthesis (or the prosthesis from the boat) in the event of an emergency.
- Ensure that any medicines that are needed are carried by the rower and that the people who are in a position to do so know how to find them and administer them.
- Ensure that their needs are included in the Club Safety Plan and Emergency Response Plan and, where appropriate, Event Safety Plans, Emergency Response Plans and Alternative Arrangements Plans.

- Ask a coach or club official about any aspects of safety they are concerned or unsure about.
- Be aware of the [Adaptive Rowing Safety Guidance for Event Organisers](#).
- Check that equipment is safe for them to use and report any defects.
- Seek additional medical advice when appropriate.

Carers

Carers are expected to:

- Attend initial discussions with the club and attend its induction programme.
- Ensure that the club, coaches and competition organisers are provided with relevant information relating to the disability, warning signs and requirements.
- Ensure the club is kept up-to-date with any relevant changes in the disability, requirements and emergency contact details.
- Understand the [Adaptive Rowing Safety Guidance for Event Organisers](#).

Club

Club Officers are expected to:

- Ensure that the Club Risk Assessment includes risk for those adaptive rowers who row at the club.
- Ensure an appropriate level of care is promoted for adaptive rowers.
- Discuss the rower's needs and aspirations.
- Define any additional Safety Rules required to keep adaptive rowers safe.
- Provide and maintain any additional safety and rescue equipment or facilities required to keep adaptive rowers safe.
- Ensure that sufficient coaches and safety cover are available to train and supervise adaptive rowers.
- Provide adaptive rowers with advice on any issues associated with their disability that may affect safety, particularly when rowing, or refer them to their medical professional as appropriate.
- Ensure that coaches and others supporting adaptive rowers know what to do in an emergency and have access to emergency contact details for adaptive rowers.
- Establish and practise procedures for managing incidents, including capsizes or man overboard, involving adaptive rowers.
- Check equipment is appropriate and safe when adaptations are made.
- Seek advice on equipment that is suitable for each adaptive rower.
- Where necessary, make modifications to club facilities to accommodate adaptive rowers.
- Understand the [Adaptive Rowing Safety Guidance for Event Organisers](#).

For adaptive rowers, Club Safety Plans should include:

- Procedures for launching and recovering boats with adaptive rowers.
- Access arrangements for adaptive rowers.

For adaptive rowers, Club Safety Rules should include:

- Criteria for assessing risks associated with adaptive rowers.
- Actions to be taken in an emergency involving adaptive rowers, including capsize or man overboard.

Coaches

Coaches are expected to:

- Ensure an appropriate level of care is promoted for adaptive rowers.
- Encourage adaptive rowers to ask about anything they are unsure of.
- Provide advice on any issues associated with their disability that may affect their safety, particularly when rowing, or refer them to their medical professional as appropriate.
- Identify ability and develop a needs analysis for each individual.
- Ensure that adaptive rowers understand how the Club's Safety Plan and Rules apply to them.
- Use any specialist knowledge that they may have to assist the club and the athlete.
- Maintain effective communication with rowers with a sensory impairment (visual, hearing impaired) who may require additional support using radio and/or signage as appropriate.
- Understand the rower's disability and know what action to take in an emergency and who to contact.
- With the rower's permission, communicate any information that affects safety to other rowers and coaches.
- Check equipment is suitable and safe when adaptations are made for each adaptive rower.
- Seek advice on equipment that is suitable for each adaptive rower.
- Understand the [Adaptive Rowing Safety Guidance for Event Organisers](#). Where appropriate, ensure that adaptive rowers understand how Event Safety Plans, Emergency Response Plans and Alternative Arrangement Plans apply to them.



Events

Event Officers and Organising Committees are expected to:

- Ensure that the Event Risk Assessment includes risk for those adaptive rowers who are participating in the event.
- Cater for the needs of adaptive rowing participants, including access, medical support, equipment and buddy support.
- Permit coaches to maintain effective communication with rowers who have a sensory impairment (visual, hearing impaired) and require additional support using radio and/or signage as appropriate.
- Be aware and communicate any rescue issues for individual adaptive rowers.
- Ensure that safety boats have at least two crew. Both crew should wear a buoyancy aid or lifejacket and one should be prepared to enter the water to effect a rescue.
- Ensure all safety boats are on the water before adaptive rowers go afloat and ready for immediate use during rowing activities. Rigid inflatables with low freeboard, or drop-nose safety boats are preferred.
- Ensure all umpires, officials and safety boat drivers have the information that they need to keep adaptive rowers safe.
- Ensure people who need to know are aware when adaptive rowers are on the water.
- Know what action to take in an emergency.
- Communicate information where appropriate with other athletes and coaches.
- Understand the [Adaptive Rowing Safety Guidance for Event Organisers](#).

Regional Rowing Councils

Regional Rowing Councils are expected to:

- Provide support and advice to clubs and events in their region on adaptive rowers.

British Rowing

British Rowing:

- Provides guidance to clubs through RowSafe.
- Provides an [Incident Reporting System](#).
- Provides [Safety Alerts](#) and other safety communications.
- Provides safety training material on its website.
- Provides courses that include safety.
- Provides advice on adaptive rowing for clubs, events, coaches and rowers.

Further Information

- Adaptive Rowing Safety Guidance for Event Organisers - <https://www.britishrowing.org/wp-content/uploads/2017/04/Adaptive-Rowing-Safety-Guidance-For-Event-Organisers-2.pdf>
- British Rowing Incident Reporting System - incidentreporting.britishrowing.org
- Safety Alert Archive - britishrowing.org/knowledge/safety/safety-alert-archive
- [RowSafe 4.8](#) - Adaptive Events
- Pre-Activity Health Questionnaire' for Adaptive Rowing - <https://www.britishrowing.org/wp-content/uploads/2017/04/British-Rowing-Pre-Activity-Health-Questionnaire-complete.doc>
- Go Rowing - Adaptive Rowing - britishrowing.org/go-rowing/learn-to-row/adaptive-rowing
- Getting started - Adaptive Rowing - britishrowing.org/go-rowing/learn-to-row/adaptive-rowing/getting-started
- Adaptive Rowing Classification - britishrowing.org/go-rowing/learn-to-row/adaptive-rowing/classification
- Clubs - Introducing Adaptive Rowing - britishrowing.org/club-support/developing-your-club/growing-your-club/introducing-adaptive-rowing
- Safety Alert - Adaptive Rowing Straps - britishrowing.org/wp-content/uploads/2015/09/Safety-Alert-February-2015-Adaptive-Rowing-Straps.pdf

Useful Websites

- Attention Hyperactivity Deficit Disorder: www.adhd.org.uk
- British Blind Sport: www.britishblindsport.org.uk
- Cerebral Palsy Sport England & Wales: www.cpsport.org
- Disability Sport Events: www.disabilitysport.org.uk
- Down's Syndrome Sport: www.downs-syndrome.org.uk/news/dsactive/
- English Federation of Disability Sport: www.efds.co.uk
- LimbPower: www.limbpower.com
- Mencap: www.mencap.org
- National Autistic Society - www.autism.org.uk
- Royal National Institute of Blind People (RNIB): <https://www.rnib.org.uk>
- Special Olympics Great Britain: <http://www.specialolympics.org/>
- The British Dyslexia Association: www.bdadyslexia.org.uk
- Tourette's Syndrome (UK) Association: <https://www.tourettes-action.org.uk/>
- UK Deaf Sport: www.ukdeafsport.org.uk
- UK Sports Association for People with Learning Disability: www.uksportsassociation.org