



BRITISHROWING

RowSafe Updates - 2019

TEAMWORK | OPEN TO ALL | COMMITMENT

General updates

Hyperlinks have been checked and in some cases updated.

New links have been added to videos on:-

- Lights on large boats
- Sound Signals and
- Navigation Marks
- Day Shapes

Links have been added to Safety Alerts issued since the last revision

Chapter 1. Culture and Expectations

In 1.1 Roles and Expectations

The following have been added under Everyone is expected to:

Ensure that they have prepared for the activity that they are about to undertake, including having eaten appropriately and have sufficient drinking water.

Ensure that they are dressed appropriately for the conditions and that their hair, if long, is restrained such that it does not interfere with their rowing.

In 1.2 Positive Safety Culture

The following have been added under Leading people to change their behaviour:

There is more information in “Coaching Safe Behaviour”, together with the access information.

Chapter 2. Communication

In 2.1 Communication of Safety Information

The following have been added under Coaches are expected to:

Read, understand and implement the information in “Coaching Safe Behaviour”,

Chapter 3 - Club Safety

3.2 Club Safety Plans and Safety Rules

The following has been added under Safety Rules should include:

Rules relating to rowing in darkness, particularly for boats without coxes

3.4 Club Rowing Safety Adviser Job Description

A phrase has been added so that the first sentence reads:-

It should be noted that Club Rowing Safety Advisers are not responsible for rowing safety **but they are expected to provide advice on Rowing Safety.**

The same addition has been made in 4.4 Event Rowing Safety Adviser Job Description

Chapter 4 - Event Safety

The following has been added at the beginning:-

The term "Event" is used here to include all activities where rowers come together for a particular purpose. Some of these events (e.g. Regattas) are competitive and some (e.g. Tours) are not. In this case "Event" includes "Competition".

Chapter 4 - Event Safety

The following has been added at the beginning:-

In the week before your event consider whether it would be safe or fair to run it. Consider the weather forecast and its implications on:-

- travel to the event
- trailer towing
- parking of cars, towing vehicles and trailers
- unloading trailers at the event
- moving people and boats on land at the event
- walking in the launch area
- launching
- rowing to the start
- waiting on the water
- racing
- recovery of boats and people onto the land
- loading of boats onto trailers
- travel home

Chapter 4 - Event Safety

The following has been added at the beginning (continued):-

It is dangerous to tow trailers in icy or very windy conditions. The risks during transit to and from an event are often more serious than those at the event. Do not ask people to put themselves at risk.

The presence of ice on the water, or in the launch or recovery areas, and the presence of slippery conditions on land should also be taken into account. Do not expose people to these risks. Also consider the strength of the stream and the water conditions generally.

It is neither fair or safe to expect people, especially juniors, to wait on the water for extended periods. If it is too cold for people to be waiting on the water then consider whether the event should take place. Sometimes waiting on the water can be the result of an unplanned incident, this should be taken into account too.

Consider the welfare of officials, coaches, spectators, etc. You have a duty to care for them too.

Chapter 4 - Event Safety

The following has been added at the beginning (continued):-

Do not leave it too late. An early decision to postpone or cancel will be much appreciated. It means that clubs will not need to load their trailers and gives people time to find something else that they can usefully do on the day of the event.

Whilst the financial implications of cancelling an event can be significant it is also worth taking into account the goodwill that an early decision will deliver. People will remember the negative experiences they have had travelling to events that were cancelled late and be less keen to travel there again. The same applies to events that were not cancelled but should have been."

Chapter 4 - Event Safety

4.2 Event Safety Plans and Safety Rules

The following has been added under Event Officers and Organising Committees are expected to:

If the event is at sea then ensure that any support vessels, other than "coded vessels", comply with the Intended Pleasure Vessel Code

The following has been added under Event Safety Plans should include:

A boating schedule that ensures that there are no periods of delay and exposure during cold or hot weather.

The following has been added under Officers of participating clubs are expected to:

Ensure that the crews that they enter into an event have sufficient skill and ability to participate in that event.

4.8 Adaptive Events (also in 6.2 Adaptive rowers)

The following has been added under Officers of Participating Clubs are expected to:

Ensure that rowers with a lower leg prosthesis are able to release themselves from the prosthesis (or the prosthesis from the boat) in the event of an emergency.

Chapter 5 - Competence

5.1 Steering and Navigation

The following has been added under Coxes and steers (including scullers) are expected to:

"Be aware of the effects of flow round bends in rivers and being swept into danger" with links to the Safety Alerts on "Flow-around bends in rivers" and "Don't be swept into danger".

Chapter 6. People

In 6.1 People new to Rowing under Club Officers are expected to:

Ensure that all new rowers take part in the Club Induction Programme. The Club Induction Programme should include information about:

“Hair” has been added to “Clothing”

The following has been added under Coaches are expected to:

Encourage rowers to adopt safe behaviour

Chapter 7 - Equipment

7.1 Boats and Blades

The following has been added under Equipment Checklist:

No part of the rigger, or any other structure, restricts the ability of rowers to remove their feet from the shoes in an emergency

and the guidance on Heel Restraints has been updated to be

Quick release foot stretchers. In all boats the foot stretchers, shoes or other devices holding the feet of the rowers shall be a type which allows the rowers to get clear of the boat with no delay in an emergency.

Where shoes or other devices holding the feet will remain in the boat, each shoe or device shall be independently restrained such that when the heel reaches the horizontal position the foot will be released from the shoe.

Where shoes or other devices holding the feet will not remain in the boat, each shoe or device must be able to be released by the rower without using their hands or with a single quick hand action of pulling on one easily accessible strap or release device.“ *(This is to make RowSafe consistent with the Rules of Racing.)*

Chapter 7 - Equipment

7.1 Boats and Blades (continued)

The following has been added under Club Officers are expected to:

Ensure that the cox's area of bow loaded boats has no protrusions or other obstructions that would catch on the cox's lifejacket straps, or clothing, or hair in such a way that it could impede their exit from the boat. Also ensure that the straps and clothing are adjusted so that they will not catch on any part of the boat.

The diagram of the 2x with no backstays has been removed.

Chapter 7 - Equipment

7.4 Launches

The following has been added under Club Officers are expected to:

Ensure that any launch that is not fit for use is labelled and quarantined so that it will not be used until it has been repaired.

7.4.1 Launch Safety Kits

“Fire Extinguisher” has been added to the list of recommended equipment and removed from the list of optional equipment.

Chapter 8. Health

In 8.3 First Aid

A link has been added to the lifesaver app, and the safety pins have been removed from the First Aid kit diagram.

In 8.4 Waterborne Infections and Diseases

The following has been added under Everyone is expected to:

Clean open wounds, such as blisters or calf abrasions with an anti-bacterial substance.

Chapter 8. Health

In 8.6.2 Chronic conditions and diseases, under Epilepsy

The text of the Medical Panel guidance has been added, this is as follows:

Rowers, coaches (driving launches) and coxswains with epilepsy should not be allowed on the water when there is a possibility of further seizures placing themselves and others at significant risk.

In line with the recommendations of the DVLA, this period of significant risk is defined as within one year following a seizure, and for six months whilst reducing medication or stopping medication. In these cases, where there is significant risk of further seizures, rowers, coaches (driving launches) and coxswains should not be allowed on the water, except where there is a special individualised risk assessment of the individual and the event.

Chapter 8. Health

In 8.6.2 Chronic conditions and diseases, under Epilepsy (continued)

The text of the Medical Panel guidance has been added, this is as follows:

Asleep seizures (nocturnal seizures) are seizures that occur whilst falling asleep, when asleep, or on waking up. Rowers, launch drivers and coxswains who have an asleep seizure should not row, drive a launch or cox until they are seizure-free for one year. Those who continue to have only asleep seizures should contact their General Practitioner or medical specialist to be assessed as to their suitability to row, drive a launch or cox.

In certain circumstances awake seizures may not affect consciousness, attention and the ability to act in any situation, nor cause any functional impairment. Rowers, launch drivers and coxswains who have awake seizures where they:

Chapter 8. Health

In 8.6.2 Chronic conditions and diseases, under Epilepsy (continued)

The text of the Medical Panel guidance has been added, this is as follows:

- remain fully conscious during the seizures;
- the seizures do not impair or stop the individual functioning normally;
- have only ever had awake seizures;
- have never had a seizure that affects their consciousness, attention and ability to act in any situation;

may be permitted to row or cox following medical review.

Clubs and rowing facilities should be informed that:

- an individual has had epilepsy
- a suitable period of time has elapsed since the last seizure
- medical consultation has taken place

The club/rowing facility should risk assess the situation and develop an action plan with the individual to manage a seizure, with appropriate medical advice where required.

Chapter 8. Health

In 8.6.2 Chronic conditions and diseases, under Epilepsy (continued)

The text of the Medical Panel guidance has been added, this is as follows:

There is no restriction to indoor rowing. Clubs and rowing facilities should be made aware of the possibility of seizures in an individual. The club/rowing facility should risk assess the situation and develop an action plan with the individual to manage a seizure.

Chapter 9 - Topics covered in Risk Assessments

The following paragraph has been added near the beginning:-

Risk Management Plans are a step in developing a Risk Assessment. They list Hazards and possible Hazardous Events, together with Barriers (to reduce the probability of Hazardous Event occurring) and Controls (to reduce the severity of harm should a Hazardous Event occur).

9.1 Weather

The following have been added under Event Officers and Organising Committees are expected to:-

Establish a boating schedule that ensures that there are no long periods of exposure to cold or hot weather.

and

Avoid rowing or sculling without a cox in darkness. (added under Barriers)

Chapter 9 - Topics covered in Risk Assessments

In 9.7 Faulty, Incorrectly Set and Poorly Maintained Equipment

The hazard “Heel restraints broken or too loose” has been extended to include “shoes not securely fixed to the stretcher.”

In several sections the fitting of backstays in the foremost rigger on each side of the boat has been added in “Controls”.

Chapter 9 - Topics covered in Risk Assessments

In 9.9 Ocean Rowing Risk Management Plan

The following has been added:-

Note 5: Drogues, parachute anchors and towed lines

Drogues or parachute anchors are deployed to reduce the downwind drift of the boat and to hold it in a stable direction with respect to the following waves. This will reduce the probability of broaching and capsize.

Broaching occurs when a boat runs quickly down a wave front and turns parallel to the wave front in the trough. The boat is then broadside on to the next wave and at risk of being capsized.

The line used to connect the drogue or parachute anchor to the boat should be securely fixed to a strong-point on the stern of the boat. The length of line (distance between the drogue or parachute anchor) should be as long as practicable.

Chapter 9 - Topics covered in Risk Assessments

In 9.9 Ocean Rowing Risk Management Plan

The following has been added (continued):-

Note 5: Drogues, parachute anchors and towed lines (continued)

A towed line is used to provide a crew member who has fallen overboard with a last chance to be recovered into the boat. It should consist of a long floating line with a floating light at the end. It should be deployed whenever the downwind speed of the boat is such that it would be difficult to turn the boat and row upwind towards a casualty in the water.

Chapter 10 - Rowing on the sea

In 10.1 Coastal and Inshore Rowing

A new section on coxes has been added as follows:-

"Coxes are expected to:

- Wear a lifejacket at all times when afloat
- Ensure that the crew has checked the boat
- Check, prior to each launch, that:
 - Their boats have sufficient buoyancy for the conditions likely to be encountered
- Know and understand the sound signals and lights used by other vessels.
- Learn about local hazards, local rules of navigation and navigation marks particularly when
- visiting unfamiliar venues.
- Read and understand the principles of coxing"

This is supported by hyperlinks.

Please contact safety@britishrowing.org if you have any comments or questions