



Safety Alert - Respect your Boundaries

If you have a position of responsibility in your club or at your competition, then please take care to understand the boundaries of your role and the limitations that this imposes on you. Please respect those boundaries. Even well-meaning actions can have unfortunate consequences.

For example, do not be tempted to intervene if a rower feels that they need first aid or medical attention, even if the delay would impact on the prospects of the crew. If you do, then you risk being held legally liable for all the harm that results. It is best to focus on the safety and welfare of the individual and not on their success at the competition.

It is acceptable to assist someone in taking their own prescription medications (e.g. asthma inhaler, heart attack tablets/spray, etc.). However it is not acceptable to administer a drug that is a 'prescription only medicine' that has not been prescribed by a healthcare professional for that individual (not even a nurse or a paramedic can do that).

Please also be aware that giving and taking a medicine, even some over the counter medicines, can contravene the World Anti-Doping Agency requirements. Some common preparations, such as Actifed, are prohibited in rowing competitions. The status of medical preparations can be checked on the website here [Global DRO - Home](#). There is advice for coaches here [Coaches | UK Anti-Doping](#).

It may be tempting to undertake medical testing of rowers; however, this is fraught with difficulties. Athletes have a right to privacy.

Any form of testing needs the informed consent of the rower (or parent or carer in the case of juniors). Informed consent ensures that rowers understand the potential risks and benefits of procedures before participating. "Consent" implies free, voluntary agreement to participate, without coercion or unfair inducement. Any such testing should be undertaken under the supervision of a doctor who specialises in sports medicine.

Even weighing rowers and coxes is problematic. There is guidance here [British Rowing releases Weighing Rowers and Coxes Guidance - British Rowing](#).



Global
DRO
Home



Coaches
- UKAD



BR
Weighing
Guidance

Be aware of the consequences of your actions - it is so easy to do harm.

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[This Safety Alert is a safety guidance document. Please read our safety message and disclaimer.](#)