



## General Safety

We take Safety seriously at Abingdon Rowing Club and make every effort to ensure that everyone enjoys rowing safely. The Club's general Safety Regulations covers activity on the water for all rowers, additional notes for coxes and scullers, as well as guidance for driving launches and towing boat-trailers.

### **COMPLIANCE WITH THE ARA WATER SAFETY CODE**

British Rowing has issued a [Water Safety guide](#) which requires all clubs to comply with basic safety standards. The code prescribes the duties of care for athletes, coaches and coxswains.

#### **Safety is everyone's responsibility**

- All members of the club have a duty of care towards safe rowing.
- No one is allowed to boat on the water without prior agreement from the Captain or their Coach.
- All members of the club need to be aware what to do in case of a medical emergency.
- All members need to acknowledge in writing that they are aware of their duties and responsibilities on theirs and the club's safety.
- All members are responsible to report and incidents or damages.
- Coaches need to train the athletes on responsible conduct on the water and while training to safeguard the athletes' health.
- Coxswains and steer(wo)men need to be fully aware of navigation rules, hazards and what to do in case of an emergency or accident.
- The safety advisor needs to report risk assessments on a regular basis to the committee.

### **WHAT YOU MUST DO TO ENSURE YOUR OWN SAFETY**

#### **Safety for ARC Athletes**

- You **MUST** be able to swim **AT LEAST** 100 metres in light clothing.
- Know the rules of navigation. (See guide to Navigating the Abingdon Reach).
- If using a single without launch cover, have passed a capsized drill
- Bring a change of kit and towel to each session for use in the event of a capsized
- Report damage to boats to your captain and logged on the boat booking digital sheet
- Report incidents on the water to your captain and Water Safety Adviser, and fill out an incident report form.
- Assist any fellow water user in distress (please read first aid guidance on ARC Boat use).
- Read the British Rowing [Water Safety Code](#).
- Using a boat is only allowed when you have the specific permission to do so - if in doubt ask the Captain.
- When going out in the evening or at dawn, use navigation lights.
- Know how to make an emergency stop and be signed off as a capable cox.
- Avoid injury whilst training by warming up, stretching and focusing on technique.

#### **Safety for ARC Coxswains**

To cox or scull you need to have been signed-off as being capable.

#### **Safety for ARC launch drivers**

To drive a launch you need to have been signed off as being capable.

#### **Safety for ARC Boat Trailer Towing**

To tow our boat trailer you need to have been signed off as being capable.

## **WHAT TO DO IN CASE**

1. You have an accident or damage the boat... All cases of accident involving injury and/or damage to person or equipment shall be notified to your captain and the water safety adviser. The safety adviser will then forward you to the British Rowing page for filling out an incident form for recording the details of what happened. Keeping such records will assist both the Club and the ARA to identify trends on a local and national level. The observation of trends and unforeseen incidents form a valuable part of any future risk assessment.

### **Reports must contain:**

- A detailed summary of the incident, including date, time, names of boats and crew members, and light, wind and stream conditions.
- A sketch, if necessary, showing boats, obstructions, direction of travel and stream.
- Statements by those involved and by witnesses in other boats or on the bank if the incident is serious or involves substantial equipment damage.
- If the accident requires first aid treatment then the name of the first aider should also be recorded, and the treatment given.
- Details of Hospitals, doctors or any other agency, involved.
- Reports are to be filled in as soon as practical after the event, certainly within 7 days and whilst memories are fresh.

2. You see something at the club that you consider unsafe

The majority of the work done at the club is voluntarily so if you can do something about it, please do so immediately.