

Wallingford Rowing Club Safety Plan

2023 to 2024

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On The Water Collapse Procedure for Wallingford Rowing Club

PREPARATION

Crews without coaches alongside are recommended to take a mobile phone with you.
Download this document and save it on your phone so that you can easily access it.
This document has possible landing spaces for helicopters and boats
As many people as possible should learn how to do CPR there is guidance at
<https://www.bhf.org.uk/how-you-can-help/how-to-save-a-life/how-to-do-cpr/learn-cpr-in-15-minutes>

KEY NOTES

IF ANYONE DEVELOPS CARDIAC CHEST PAIN THEY SHOULD STOP ROWING IMMEDIATELY
Do not attempt to do CPR in the boat - it will not work and can cause further injuries
If the person is breathing try to get to a landing stage where an ambulance can attend.
If the person is not breathing try to get the person to the nearest bank ASAP to start CPR
Do not stop CPR until an ambulance has arrived - it is recommended to swap the person providing CPR every 2 minutes so that they do not get tired.
The emergency call handler should know where the nearest defibrillator is.

PROCEDURE

CHECK THE PERSON

Shake the collapsed persons shoulder and ask the person if they are alright
If the collapsed person is not responding, try to wake them with a painful stimulus
For Example Rub your knuckle hard into their breast bone.
If they do not respond look after their airway. Their head should be tipped back.
This may allow them to start breathing again
Check to see if they are breathing regularly by watching for chest movements.

ARE THEY BREATHING?

YES

Start to row towards a safe landing place.
While rowing call emergency services
The person behind the collapsed person should check that the airway remains open.

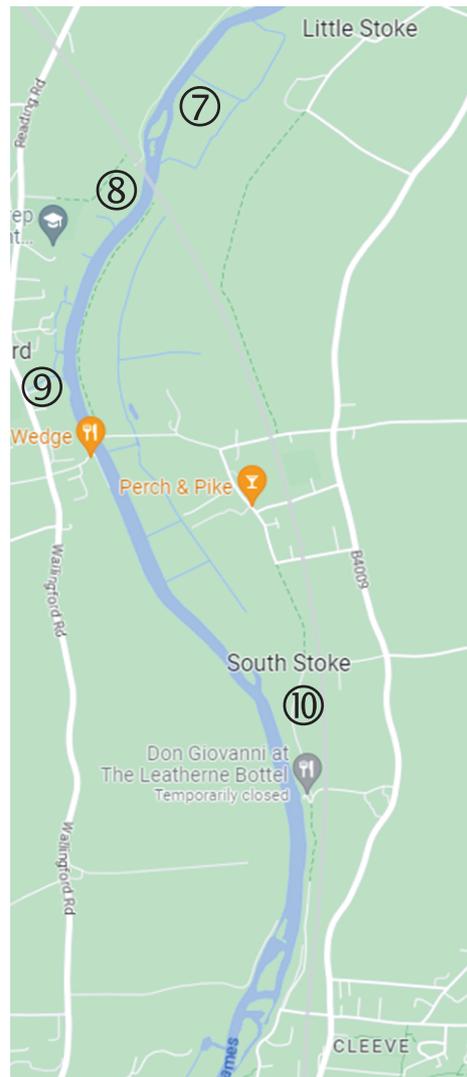
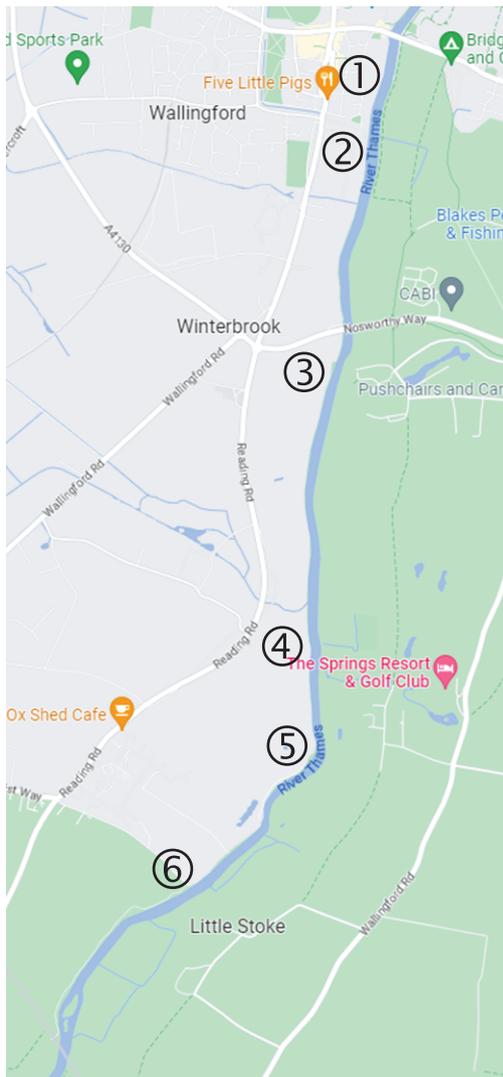
NO - If the collapsed person is not breathing this is a probable cardiac arrest

Get the boat to land as soon as possible to get the collapsed person on land
One person needs to contact emergency services (999) as soon as possible.
NOTE: The call handler will stay on the phone with you
Lift the collapsed person out of the boat and on to land as soon as possible
All people may need to help with this. Make sure the head and neck are supported
Lay the person on a flat hard ground and start CPR as quickly as possible.
DO NOT STOP CPR UNTIL INSTRUCTED EVEN IF THERE IS NO RESPONSE
If there is a location nearby with a defibrillator ask someone to fetch it if sufficient support is available.
CONTINUE CPR UNTIL INSTRUCTED TO STOP

RECOMMENDED LANDING SPOTS FOR EMERGENCY VEHICLES

- ① Wallingford Rowing Club (7 Thames Street, Wallingford, OX10 0HD)
- ② Oxford University Boat Club ///unloaded.lyrics-surfaces (road access at OX10 9EP)
- ③ Beach Opposite Carmel College ///published.readjust.daunting
(Foot access from Nosworthy Way A4130 West of bridge)
- ④ Oxford Brookes Rowing Club ///badminton.acrobats,chicken
(Road access on East of Reading Road between OX10 9HG and OX10 9HQ)
- ⑤ Beach on inside of Caines Corner ///sponsors.deferring.skate
(foot access from Ferry Lane, Cholsey or Helicopter)
- ⑥ Ferry Lane ///renews.according.basher
(road access from Ferry Lane, Cholsey)
- ⑦ Beach by island ///clipboard.damage.months
(foot access from Little Stoke, OX9 6AX)
- ⑧ Landing stages near Moulsoford ///elders.repaying.airbase
(Road access)
- ⑨ Wright Landing Stage ///thrashed.resists.tomorrow
(Road access at //letters.necklaces.ignoring or OX10 9JF)
- ⑩ Goring Sailing Club ///soaps.qualify.allows
(Road access at Bridle Way, Goring, RG8 0HS)

SUGGESTED LANDING SITES FOR BOATS



Emergency Action Plan

1. Assess situation to determine if Emergency services are needed.
2. Call 999 – in cases of imminent danger of death
 - a. (NOTE: If crew is not near road access request helicopter rescue)
 - b. (Advice: What3Words app is recommended for providing locations to Emergency services)
3. Administer First Aid
4. Call 999 - once first aid has been applied (if required)
5. Return to boat house once victims have been stabilised
6. Call Captain and/or Safety advisor
7. Arrange for Equipment Rescue once victims are safe
8. Report incident to British Rowing (<https://incidentreporting.britishrowing.org/>)
9. Call Boatman if repairs are required (Captain)

Communication Procedures for Safety

1. Safety Policy is published on Safety Noticeboard
2. Additional Safety Information will be displayed on Whiteboard opposite front door
3. Permanent Notes will be added to the Safety Noticeboard

General Advice

Single scullers are strongly advised not to go out **ALONE**
Wear **HIGHLY VISIBLE** clothing to ensure other river users can see you
Always check with Hull Hatches, heel restraints, bow balls and blades before each outing
All coxwains must wear an approved lifejacket or buoyancy aid on top of all other garments when in a boat. In 'front-loader' boats, only a manually operated lifejacket can be worn to allow easy and unrestricted escape from the boat.
Always **check** life jackets for wear and tear, gas canisters and operability before use

Keep a lookout for **OTHER BOAT USERS** on the water, even in no one from the club is on the water. Rear View Mirrors can be used to aid with visibility ahead of boats.

No boats (including launches) are allowed out in poor visibility or darkness without **LIGHTS** attached to the boat pointing **FRONT** and **BACK**

Coaches should have a charged **MOBILE PHONE** with them at all times
All launches must carry a **SAFETY BOX** and a **PADDLE** in case of engine failure
All launch drivers and passengers must wear **LIFE JACKETS** on the water
Always **check** life jackets for wear and tear, gas canisters and operability before use
Launch drivers must attach the **KILL CORD** to themselves

As of 11 November 2023 the personnel permitted to change boards are:

Geoff Brown (Captain)	Directors of Rowing	Andy Hull
Tim Brock (Safety Adviser)	Rob Hines (Chairman)	

Coaches permitted to coach on Red boards will be posted separately

EMERGENCY CONTACT	TEL. NUMBERS	POST CODES
Benson Lock	01491 835255	OX10 6SL
Cleeve Lock	01491 872608	RG8 0JY
John Radcliffe Hospital	01865 741166	OX3 9DU
Royal Berkshire Hospital	01183 225111	RG1 5AN
Thames Rescue Service	01189 472023	01491 573562
Safety Adviser	07833 053304	

Amber Boards

Only **EXPERIENCED** oarsmen may go out
IF YOU ARE UNSURE OF YOUR ABILITY THEN DO NOT GO OUT
No **LONE** scullers or pairs, unless accompanied by a launch
No boats to go above the **TOWN BRIDGE**
No boats to go out in **LOW** visibility or darkness unless accompanied by a launch

Red Boards

Only **EXPERIENCED** oarsmen to go out accompanied by named coach in a launch
Named coach to complete **RISK ASSESSMENT** prior to going afloat
No boat to go afloat without a launch being **UNLOCKED** and engine **IDLING**
No boat to go above the **TOWN BRIDGE**
No boats to be out in **LOW VISIBILITY** or **DARKNESS**

The **RED** or **AMBER** board status is decided following an assessment of the conditions by someone who is authorized to change the board status. The board status can only be changed by named coaches, the club safety adviser or the Club Captain

The **RISK ASSESSMENT** should amongst other matters, take into account:

- *Environment Agency guidance on **STREAM** conditions
- *The state of the stream as seen from the club landing stage
- *The temperature of the water – below 5 degrees is dangerous
- The amount of debris floating down the river or trapped by trees
- WIND** conditions – at the time of boating and **PREDICTED** conditions
- Temperature – **EXTREME** cold and **ICE** can be dangerous
- Visibility – darkness or fog do require lights and High Visibility clothing
- EQUIPMENT** state – Ensure all equipment in a good state before boating
- Crew **ABILITY** – experience, strength and stamina in **HAZARDOUS** conditions
- OTHER RIVER USERS** – who else is out at the time

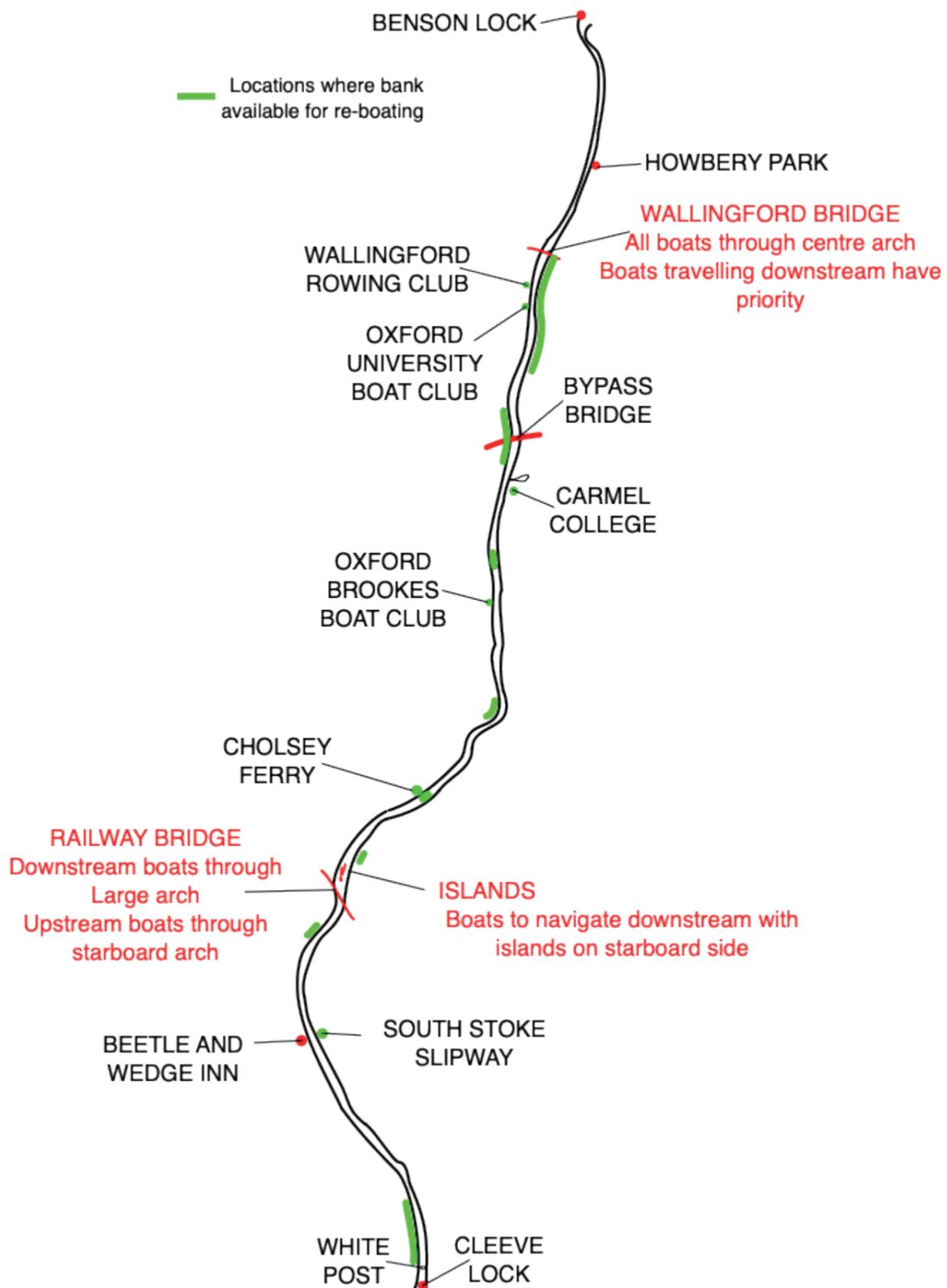
IF IT IS SAFE TO PROCEED – you should also consider:

- Doing a **TRIAL** run to OUBC and back before going further downstream
- Keeping upstream of Brookes so there is a **LANDING AREA** downstream
- The **RATIO** of **BOATS** to **LAUNCHES** particularly when there is **DEBRIS** floating
- TURNING** before **HAZARDOUS** locations i.e. the islands

Anyone in breach of these conditions does so at their own risk. They may not be covered by the Club Insurance and may therefore be liable for costs as a result of an accident, including repairs to club equipment.

Navigation Guidelines

Benson to Cleeve Navigation Advice



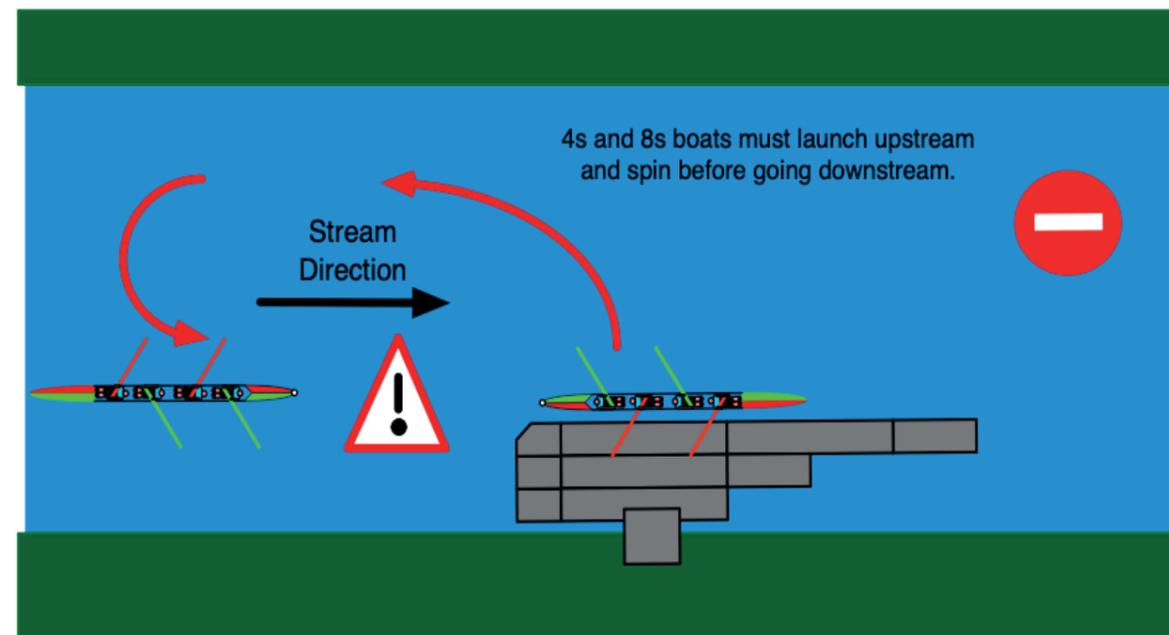
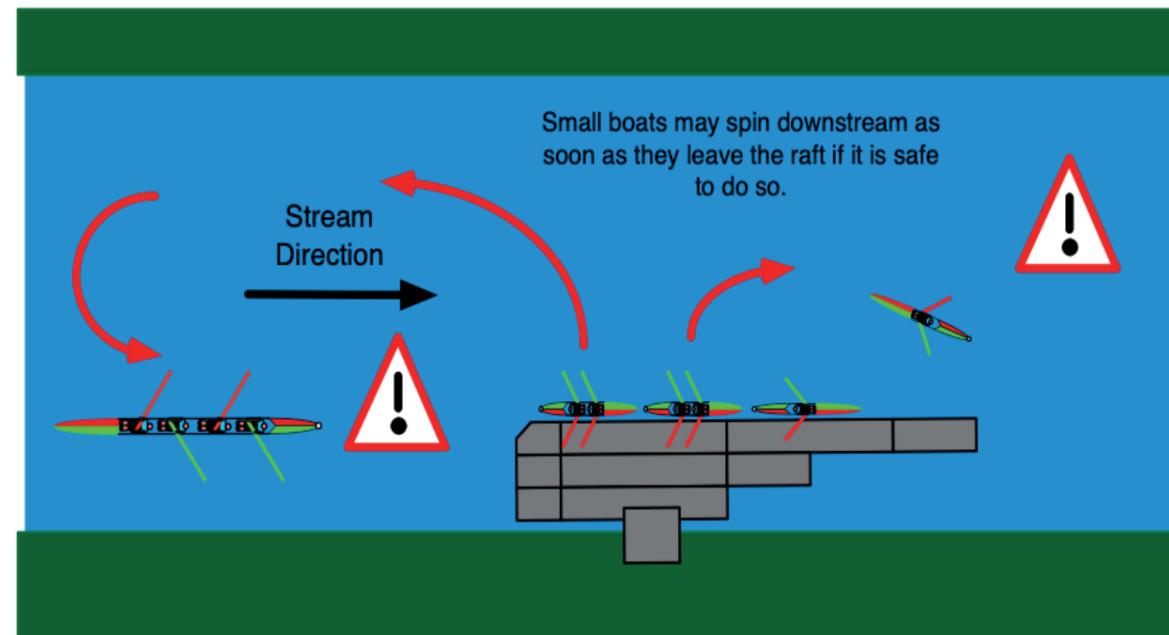
RAFT LAUNCH CIRCULATION PATTERN

Do not launch from the raft if craft are moving downstream above the raft.

All boats must launch with their bows upstream.

Traverse to the correct bank as soon as possible.

If possible adjust shoes and stretchers away from the raft at a safe location.



Ensure you have all your equipment and drinks near the raft to prevent any delays in launching.

Crews on the water have priority to the landing stage before crews that are launching.

Safety Awareness

THUNDER AND LIGHTNING STORMS

If there is a likelihood of a Thunder storm in the area do not go out on the water.

If you are on the water, seek shelter if there isn't 30 seconds or less between lightning and thunder.

Stay sheltered until 30 minutes after the last clap of thunder can be heard.

SUNBURN

Use a high factor sun cream and wear clothing appropriate to the conditions

TEMPERATURE

Always think of the temperature conditions and dress appropriately.

When the water temperature is below 5 degrees survival times are dramatically affected

The Safety Boards will be changed to AMBER boards when the water temperature is below 5 degrees.

When water temperature is below 5 degrees and air temperature is below zero, the Safety Boards will be changed to RED boards

When it is very hot ensure that you have sufficient fluids and have protected yourself from the weather

REPORTING INCIDENTS AND NEAR MISSES

Any incident that occurs on the water or on land should be reported to the Safety Advisor

Rowing Incidents and Near Misses (an accident that was narrowly avoided) should be registered with

British Rowing immediately at <https://incidentreporting.britishrowing.org/>

If you are aware of any safety issues please report them to the Safety Advisor or a member of the committee.

BACKSTAYS ON STERN MOUNTED RIGGERS

For safety reasons it is required to use Backstays on Stern mounted Wing Riggers.

Using a Backstay will deflect an object away from your boat, avoiding damage to yourself and the boat.

Using a backstay will also improve the strength of the rigger, making your stroke more efficient.

Not using a Backstay will draw an object closer to your boat increasing the risk of injury or damage.

FIRST AID

A list of qualified First Aiders will be provided on the Safety NoticeBoard

SAFETY AIDS

Throw lines are located in the sculling shed.

Training sessions for throw lines and LifeJackets will be provided on a quarterly basis.

Dates and times will be advertised on the Safety NoticeBoard

FIRE ALARMS

In case of the Fire Alarm sounding in the Boat House, gym users and club users

must evacuate the buildings immediately and meet in the car park near the

electric charge points.

RISK ASSESSMENT

Please review the Risk Assessment detail on the Stream Advice regularly and consider

your safety whenever going on the water.

Special Notes for Juniors and Junior Parents

PLEASE NOTE:

These SAFETY guidelines are for you (as Juniors) and your support teams to ensure that you all have an enjoyable experience.

While your COACH and support volunteers are responsible for your safety, and that of your boats, it is also important to understand it is your responsibility too.

ON THE WATER

Juniors are not permitted to go out on the water without an adult accompanying them nearby in a launch.

Juniors may not go out on the water in dark or low visibility conditions.

Ensure that your boat does not get too far away from a supporting launch. If you can't see a launch nearby then wait for a short time, and then retrace your journey back to the launch. Make sure you are dressed appropriately to the conditions. Wearing layers so that you can stay warm while being coached, and removing layers for hard exercise is a good idea.

Additional rules for juniors for coloured boards are identified below:

J14s may go out on Amber Boards in quads only above bends only with a launch nearby

J15s shall only go out on Amber Boards with a launch nearby

Amber board guidance on the WRC Stream Advice board also applies.

J14s and J15s shall not go out on the water on Red Boards

J16s and J18s shall only go out if supervised by those on the coaching list with one launch per crew

Red board guidance on the WRC Stream Advice board also applies.

ON LAND

Avoid going on to the landing stage until you need to for placing or removing equipment and boats.

If you are struggling with a boat or equipment ask for help.

Ensure you do not get in the way of other members who are trying to get boats on or off the water.

Beware of slippery conditions due to water, ice, geese and ducks,

Do not run inside the club facilities or landing stage - there are lots of dangers with blades and riggers

IN THE GYM

All Juniors (under 18s) need to have supervision by an adult in the Gym when using load bearing equipment - this includes all weights stations downstairs.

Use of the ergos and cycles without supervision is permitted for J15s and above where they have been approved by their coach, with recommended drag factors being used.

Be aware that there are times where Seniors and Masters have priority over equipment, and Juniors are not permitted to train at these times due to Safeguarding requirements.

AT COMPETITIONS

You are responsible for ensuring your riggers and stretchers are fitted correctly and tightened

Always ensure your coaches/supervisors know where you are at all times

CAPSIZE ADVICE

To prevent Hypothermia

Get out of the water as quickly as possible

If you cannot move the boat sit on it rather than in the water

Or

Swim to the bank and try immediately to get help

Try to get warm as soon as you can



IN CASE YOU DO CAPSIZE

Get free from your boat

Stay with your boat unless there is imminent danger

A boat is easier to move upside down while sitting on it

If you are able to - get back into the boat

If you cannot get back in the boat -

Identify a shallow location to climb in the boat from

Swim the boat to the location and climb in

Swim to the nearest low bank to help you get back into the boat



RESCUE

All launches should carry a safety box with emergency blankets.

Throw lines can be used to pull boats from difficult positions

REPORTING

All capsizes need to be reported to Safety Adviser and British Rowing

If your lifejacket inflates please advise the Safety Adviser

Gym Safety

General

Door Fobs should be carried at All Times

Ensure you respect the Gym timetable

Appropriate clothing should be worn for the exercises being performed

J16s and under should be accompanied by an authorised coach, parent or guardian

J17s and J18s must be accompanied by over 18s when using weight bearing equipment.

J16s and under must be accompanied by an authorised coach, parent or guardian when using weight bearing equipment

If equipment is damaged please ensure it is noted in the equipment log.

Keep music volume to a reasonable level – We are in a residential area

Close all windows after use – ensure gym is left secure



First Aid

First Aid kits are located in the Gym and the safety boxes

A defibrillator is located in the Gym – see photograph above for location.

Cleanliness

Ensure you wipe down all equipment after you have used it

No food to be consumed in the gym

Leave kit bags in changing rooms

Replace all weights back in their proper location after you have used them

All bar-bells must be stripped after you have used them

Ergo Training

J15s and over may use Ergos without supervision once approval has been given by their coach

J14s must be supervised at all times

Weight Training

If training alone – ensure you lift weights that are appropriate to be 100% safe

Use a spotter to provide additional support for maximum or near maximum weights

Use collars on Barbells and Dumbbells – Ensure all weights are secure before lifting

Do not perform any weight training exercise that may affect any injuries you have.

Fire Alarms

In case of the Fire Alarm sounding in the Boat House, gym users and club users must evacuate the buildings immediately and meet in the car park near the electric charge points.