

# Wallingford Rowing Club

## Safety Plan 2017 to 2018

Revised for BR Safety Audit Nov 2017

## WRC Advice on Stream Conditions

### PLEASE NOTE:

**Anyone in breach of these conditions 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.**

### General advice

Single scullers are strongly advised not to go out alone.

No boats to be out in the dark unless they are accompanied by a coach and have sufficient lights attached to the boat and launch.

Check hull, hatches and heels before each outing.

Coaches should have a charged mobile phone at all times.

Launches should have a safety box and all drivers/passengers should wear life jackets.

Other than named coaches, Launch drivers must have permission from Club Captain, Safety Officer or Lead Junior Coach prior to outings.

No rower should feel pressured to going out in conditions which are unsafe. If you have any concerns related to this please talk to the Club Captain.

### Amber Boards

**Only experienced oarsmen to go out (if you are unsure of your capability then DO NOT GO OUT).**

No lone scullers or pairs, unless accompanied by a coach.

No boats to go above the town bridge.

No boats to be out after dark.

The board status is decided following an assessment of the conditions by someone who is authorised to change the board status. The board status can only be changed by named coaches<sup>1</sup>, the Club Safety Advisor, or the Club Captain.

### Red Boards

**Only experienced oarsmen to go out accompanied by a named coach<sup>1</sup> in a launch.**

Named coach to complete a risk assessment<sup>2</sup> before going afloat.

No boat to go afloat without the launch being unchained and engine running.

No boats to go above the town bridge.

No boats to be out after dark.

## WRC Advice on Stream Conditions (contd)

<sup>1</sup>As of 1 December 2017 the **named coaches** authorized to change board status are:

Harry Powell (Club Captain)  
Ben Reed  
Philip Butler

Tim Brock (Safety Advisor)  
Ric Colbourne  
Tony Swiatoniowski

<sup>2</sup>As of 1 December 2017 the **named coaches** authorized to coach on Red Boards after Risk Assessment are:

Harry Powell (Club Captain)  
Ben Reed  
Philip Butler  
Gerry Hughes  
Karl Offord  
Mike Edge

Tim Brock (Safety Advisor)  
Ric Colbourne  
Tony Swiatoniowski  
Ian Wilkinson  
Paul Sims  
Pete Sudbury  
Jonny Garrow

<sup>2</sup>The **risk assessment** should, amongst other matters, take into account:

- Environment Agency guidance on stream conditions, available at <http://riverconditions.environment-agency.gov.uk/>
- The state of the stream as seen from the Club landing stages.
- Wind conditions – at the time of boating and predicted conditions.
- Temperature – do not go out in extreme cold, in particular if there is ice.
- Lighting – do not go out near dusk.
- Visibility – fog, rain etc.
- Checking of equipment – hatches, foot restraints etc.
- The ability of the crew – experience, strength and stamina etc.
- Other river users.

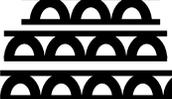
If it is safe to proceed consider:

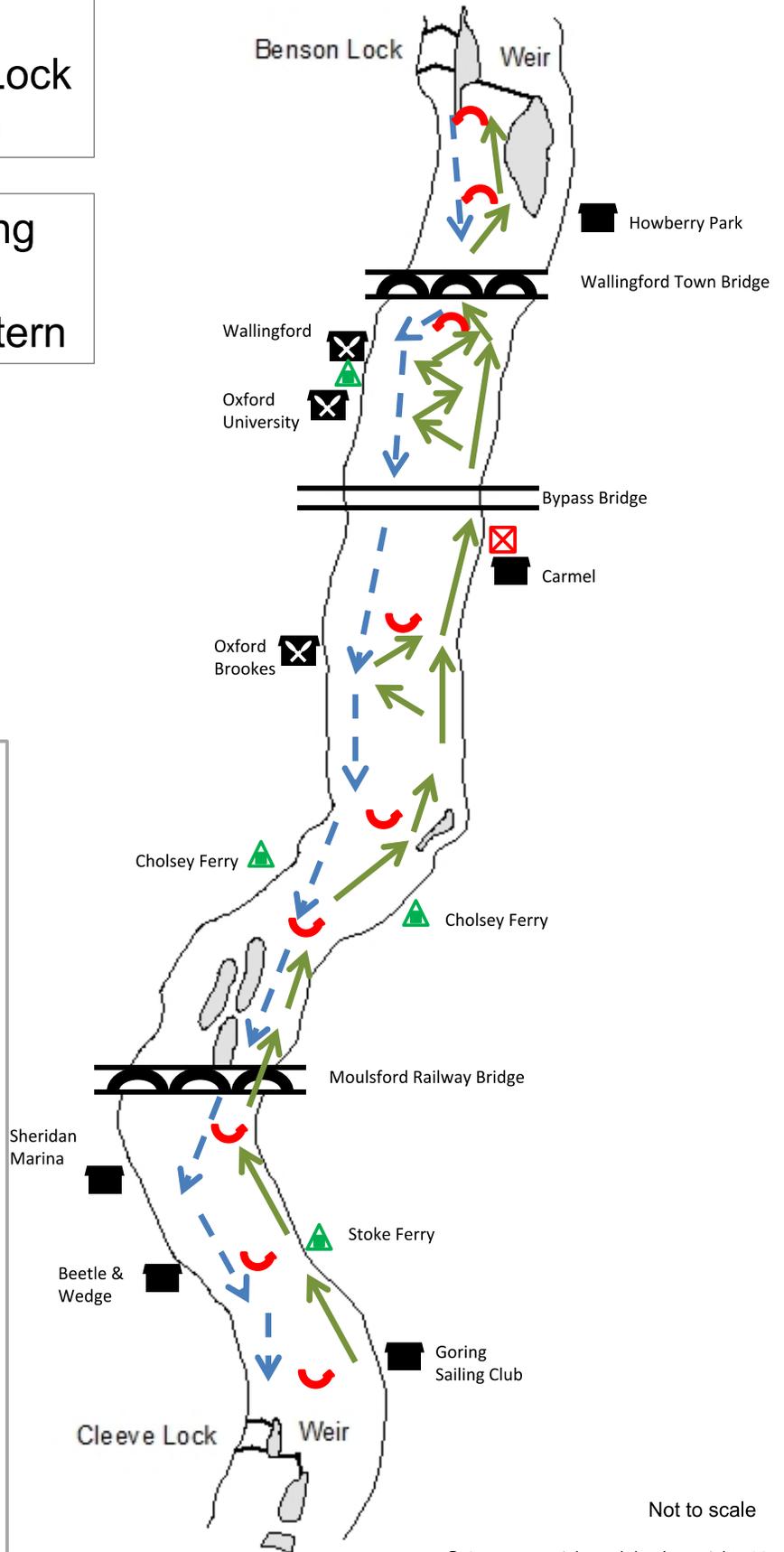
- Doing a trial run to OUBC/back before going downstream any distance, to ensure that crews can safely handle the stream.
- Keeping upstream of Brookes so there is always a safe landing downstream.
- The ratio of boats and launches, particularly when there is a lot of floating debris.

# River Thames Benson to Cleeve Lock Navigation Map

## Wallingford Rowing Club Club General Traffic Pattern

### Legend

-  Beware
-  Downstream
-  Upstream
-  Weir
-  Lock
-  Evacuation point
-  Turning point
-  Clubhouse (rowing club)
-  Clubhouse (other)
-  Bridge
-  Bridge with arches

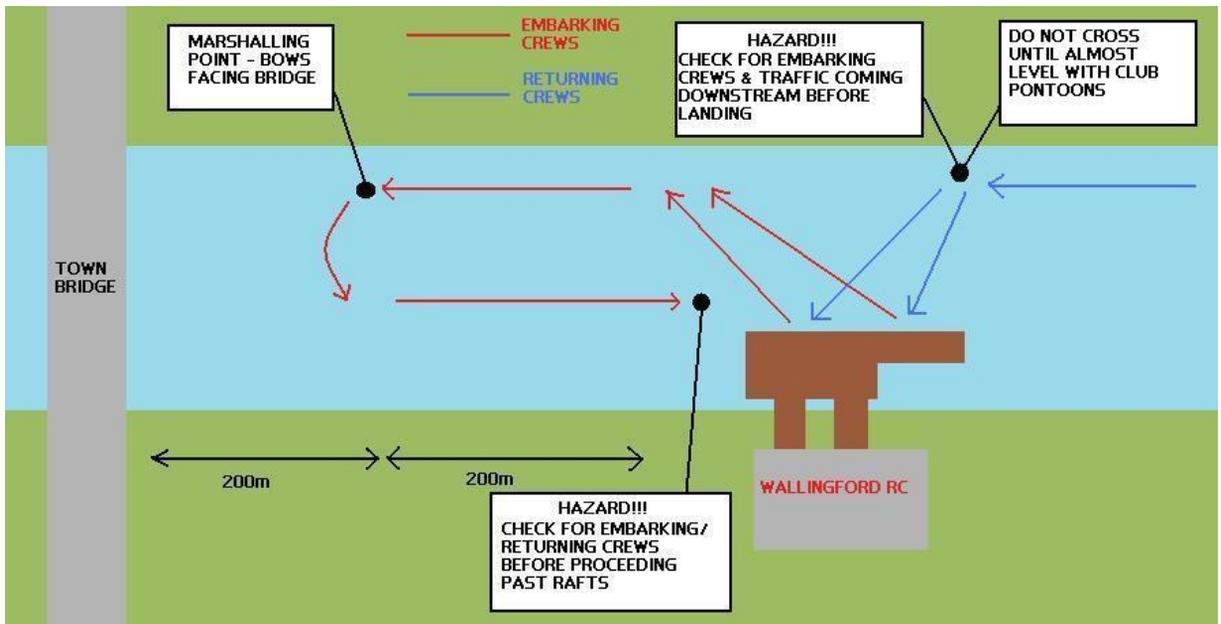


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## Wallingford Rowing Club Circulation



# River Thames Benson to Cleeve Lock Navigation Map

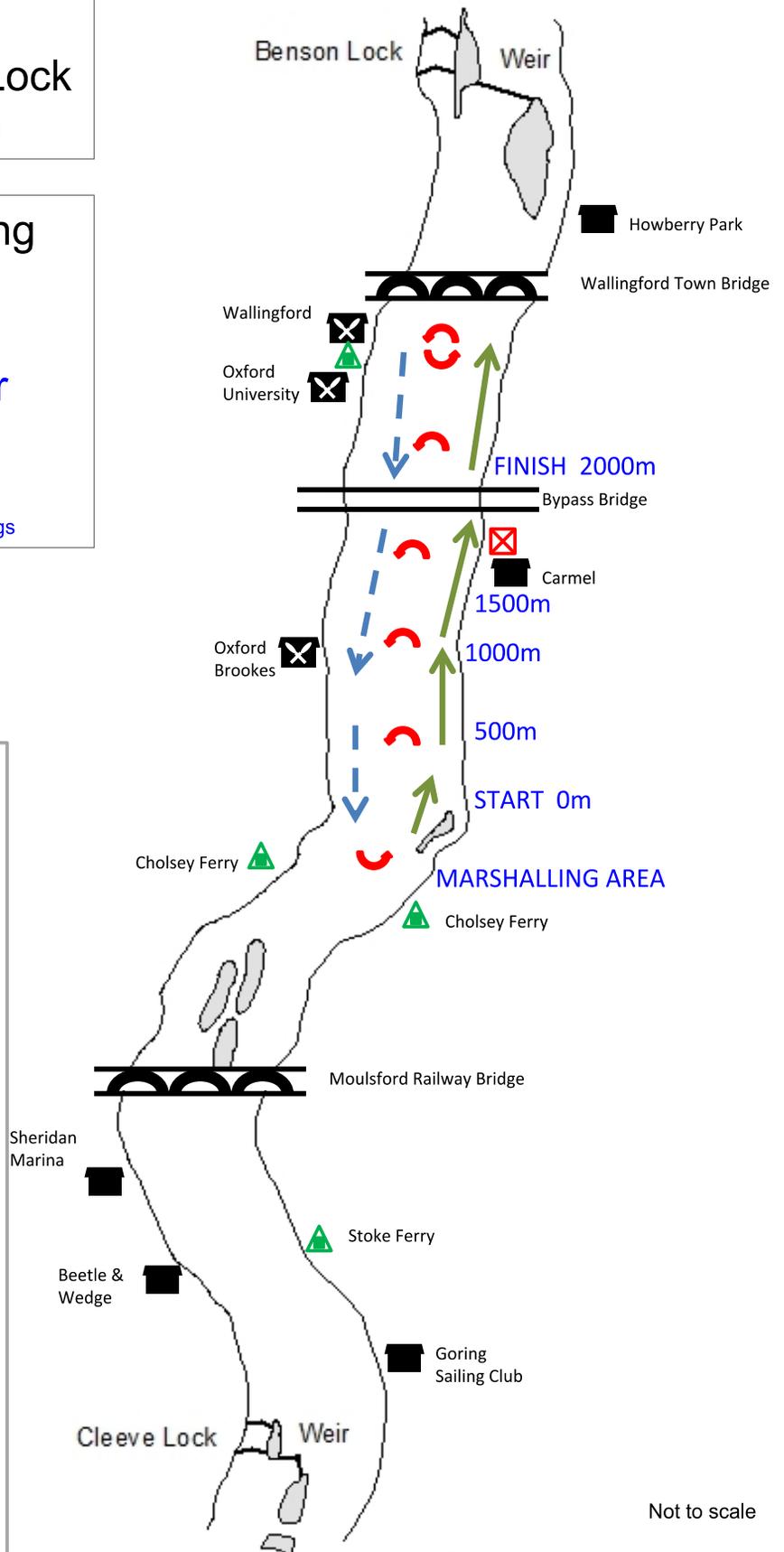
Wallingford Rowing  
Club

Race Course for  
Sprint Training

Sprint Training on Sunday mornings

## Legend

-  Beware
-  Downstream
-  Upstream
-  Weir
-  Lock
-  Evacuation point
-  Turning point
-  Clubhouse (rowing club)
-  Clubhouse (other)
-  Bridge
-  Bridge with arches



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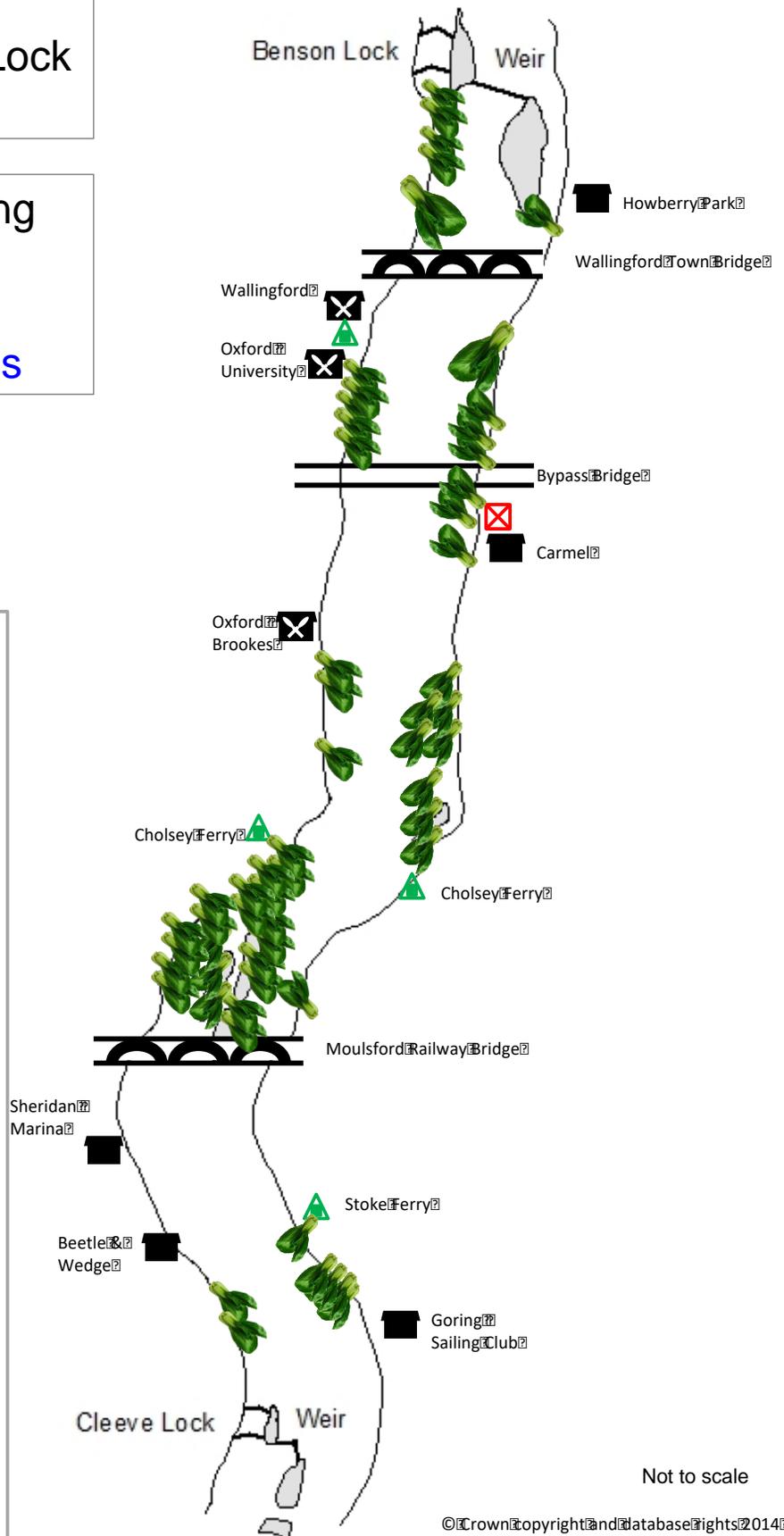
# River Thames Benson to Cleeve Lock Navigation Map

Wallingford Rowing  
Club

Overgrown Trees

### Legend

-  Overgrown Trees
-  Beware
-  Downstream
-  Upstream
-  Weir
-  Lock
-  Evacuation point
-  Turning point
-  Clubhouse (rowing club)
-  Clubhouse (other)
-  Bridge
-  Bridge with arches
-  Bridge with arches

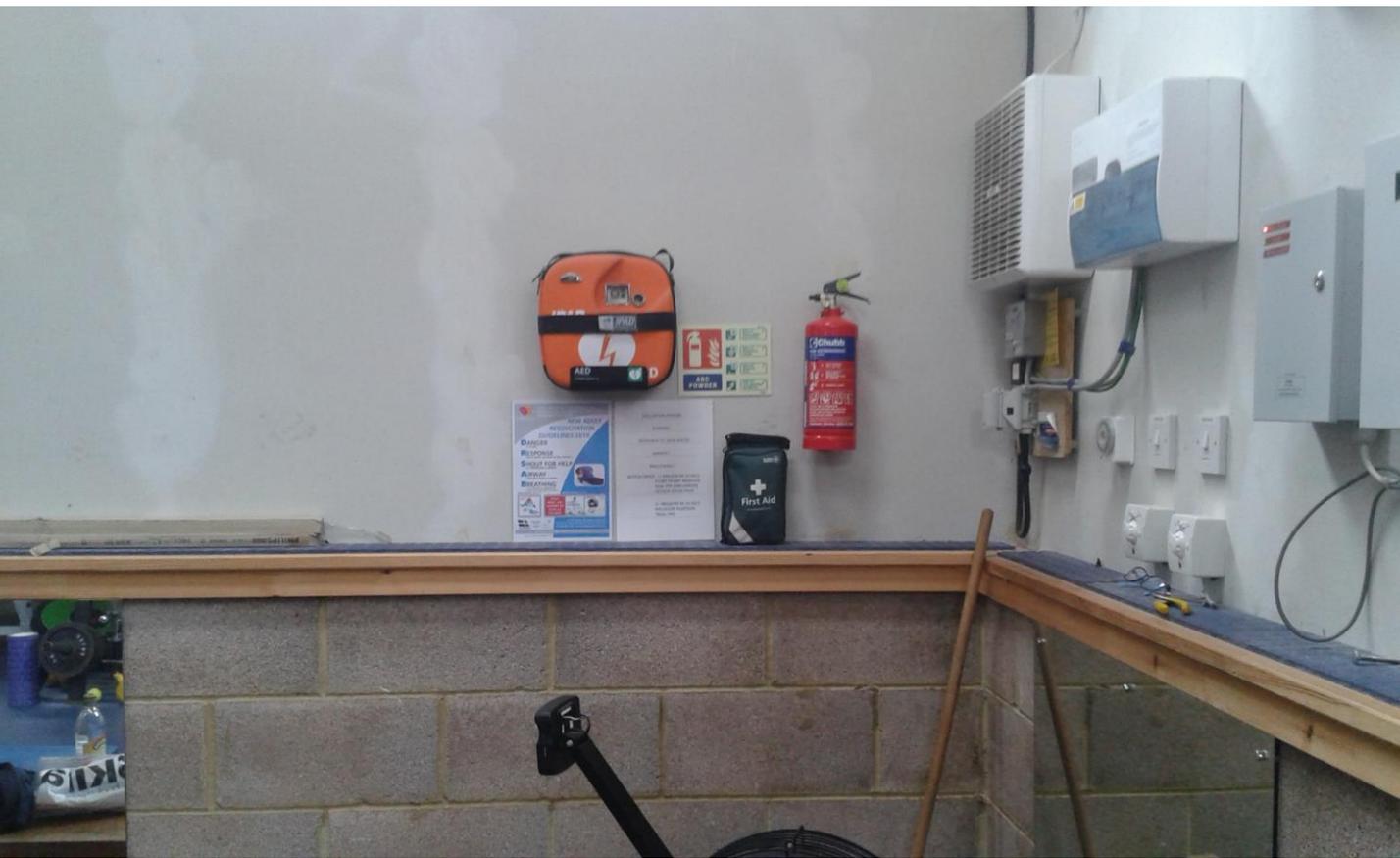


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# Defibrillator in Gym



# Emergency Action Plan

1. Call 999
2. First Aid
3. Call Captain and Safety Adviser
4. Equipment rescue
5. Call Head Coach and Boatman

# Communication Procedures for Safety

1. Write safety information on the white board opposite the front door so people see it when they enter the club
2. Put a note on the Safety Noticeboard
3. Send out a notice in the weekly newsletter that is e-mailed to the whole club membership

# Gym Rules

- Under 18s must be supervised by someone who is competent to enforce the gym safety rules (such as a parent/guardian or a qualified coach) and has the permission of the Captain and Head Coach to supervise Under 18s.
- Door fob should be carried at all times.
- Appropriate clothing & footwear must be worn. No flipflops or bare feet/socks allowed.
- Please wipe down ergs after use.
- A water bottle or sports drink must be carried at all times. We recommend you bring refueling food (such as 300kcal carbohydrate) to consume immediately at the end of your workout.
- No chewing gum allowed.
- Please write any problems or breakages in the Repairs Folder in the main building immediately. Put a “Faulty Equipment” sign on the equipment.
- At busy periods, no bags allowed in the gym.
- All free weights and equipment must be replaced after use and barbells must be stripped.
- Please place all free weights back on the dumbbell rack after use.
- Collars are to be used on all barbells and free weight dumbbells.
- 20kg bars must be tightened with an allen key before loaded with weight.
- Spotters must be used for all heavy and competitive lifts.
- If you are alone in the gym, replace dangerous lifts with safer ones. For example, can you replace bench press with dumbbell press and replace squat with front squat? You must have a mobile phone within arms reach so you can Call 999 in an emergency.
- Dumbbells must be returned to the ground under control and not dropped.
- Olympic lifting from the floor must be done in the designated space with plates on the rubber (not the wood).
- Do not remove or relocate the equipment from its designated space.
- Please keep music volume to low levels as we are in a residential area. Mainstream music is less likely to annoy the neighbours.
- WRC reserves the right to suspend and/or terminate membership of the gym if these rules are not adhered to.
- No aggressive behavior; allow others to work in peace.
- Please will users respect each other and enjoy the use of this facility.
- THANK YOU!