

## Wallingford Rowing Club Safety Plan

2025 to 2026

Tim Brock - Club Safety Adviser - Mobile 07833053304

## 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 Brisith Rowing (<https://incidentreporting.britishrowing.org/>)
9. Call Boatman if repairs are required (Captain/Committee Member)

## 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

## Black Boards

No CREWS or Coaches are go out on the water  
Conditions are considered to be dangerous for Safety boats

## 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

## 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

The BLACK, 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

River flow and River height are considered a part of the Board status.

Generally these are the criteria for boards:

Board	Sutton Courtenay Flow	Benson Lock Height	River Temp
Black	>100m <sup>3</sup> /s	>4.5m ASD	<5C Red Board or 0C Air
Red	>67m <sup>3</sup> /s	>3.5m ASD	<5C Amber Board
Amber	>50m <sup>3</sup> /s		<5C River

## 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**. Both lights should be white non-flashing.

Coaches should have a charged **MOBILE PHONE** with them at all times  
All launches must carry a **SAFETY BAG** 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

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 this advice does so at their own risk and may be subject to club discipline**

**Accidents occurring in breach of these conditions may not be covered by club insurance and those breaching the advice will therefore be liable for costs incurred.**

## 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.

## 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

Junior Directors of Rowing must authorise any junior to go out (even if supervised by parent). 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.

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 shall not go out on the water on Red Boards

J15s may go out on Red Boards at the discretion of Junior Directors of Rowing

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

### 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 is not 30 seconds or less between lightning and thunder.

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

### 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

### SUNBURN

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

### 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.

### 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.

### 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

### FIRST AID

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

### RISK ASSESSMENT

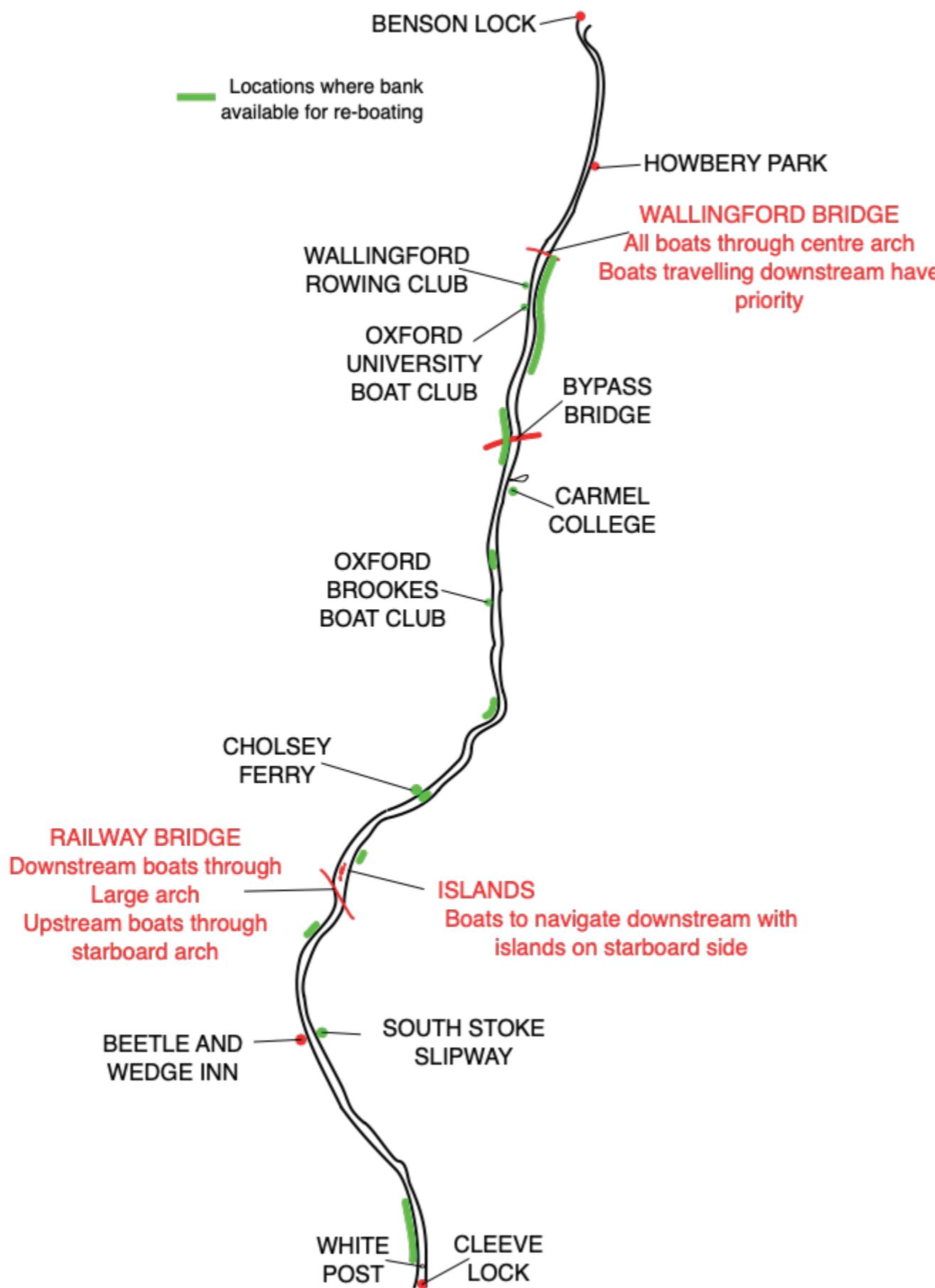
Please review the Risk Assessment detail on the Stream Advice regularly and consider your safety whenever going on the water.

### 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.

## Navigation Guidelines

### Benson to Cleeve Navigation Advice



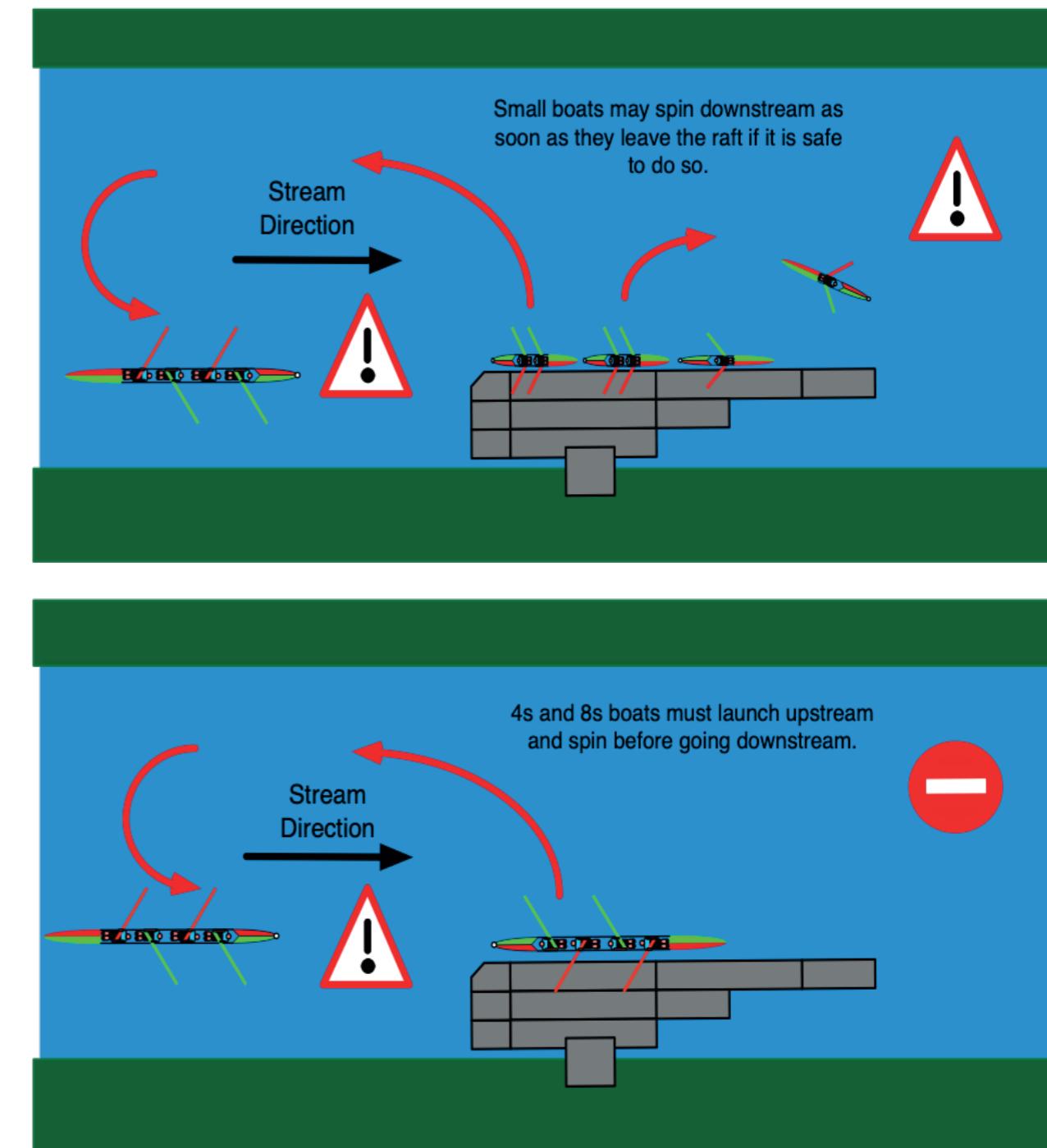
### RAFT LAUNCH CIRCULATION PATTERN

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.

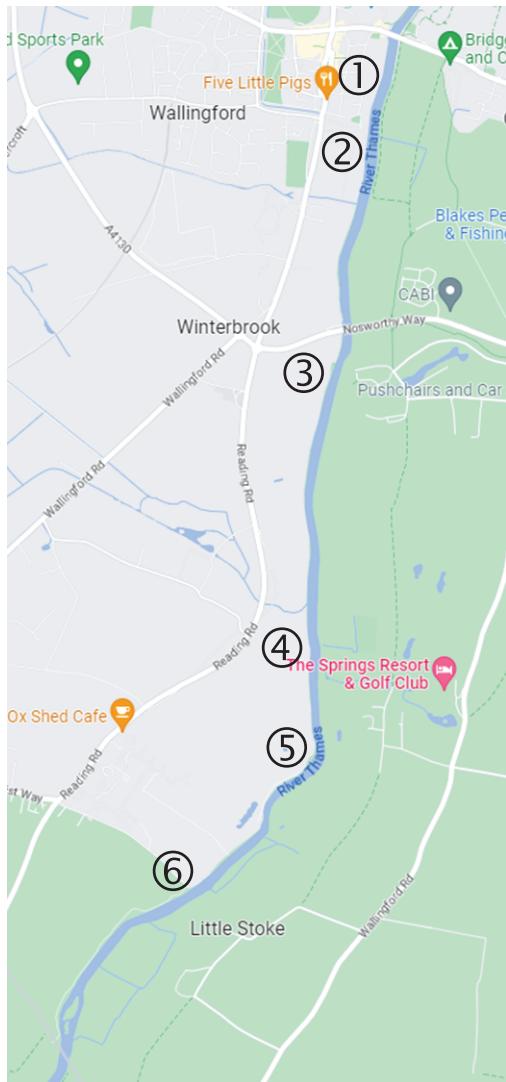
Crews on the water have priority to the landing stage before crews that are launching.



## 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 Moulsford //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



## Nominated persons and Contacts

**As of 20 November 2024 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 are:

Directors of Rowing		
Alex King	Andy Hull	Cameron Moffatt
David Gauden	Flic Bertram	Freddie Woodall
Geoff Brown	Ian Gunn	Lucinda Powell
Rob Hines		

**Qualified First Aiders registered at the club are:**

Amanda Bowden	Andy Green	Andy Hull	Chris Andrews
Chris Gamester	Dave Conway	Flic Bertram	Freddy Woodall
Geoff Brown	Harry Birtles	Harry Selwyn-Smith	Iain Gunn
John Stuart	Katie Greves	Katie Guyatt	Lee Simpson
Martin Waller	Robert Frost	Ryan Seager	Thomas Howlett
Tim Brock	Wallace Fisher		

### **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	
Geoff Brown	07801 034431	