Risk Assessment – Hinksey Lake

Assessment Date: 01/11/2017 Review Date: November 2018 Completed by: Megan Glenn, Head Coach and Club Safety Advisor.

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| Hazard | Barriers | Hazardous Event | Controls | Risk Grading |
| Travel to and From Community Centre | Ensure that there is a clear pick up and drop off point in the public carpark. | Child being hit by car. | Apply 1st Aid and call emergency services if car accident happened.  | Moderate Risk. |
| Use of launches | Coaches to have RYA Level 2 Powerboat Licence if possible. Coaches to wear lifejacket at all times (fasten crotch strap if lifejacket has one). Take care getting in and out of launch. There must be one launch on the lake before any sculls get on the lake. For 6 or more sculls (up to a maximum of 12), 2 launches must be on the lake. | Accident getting in and out of launch. Coach falling in the water. | Apply 1st Aid as required.  | Moderate Risk. |
| Hot Sunny Weather | Children encouraged to wear appropriate clothing.Children encouraged to wear sunscreen.Children encouraged to always have a water bottle and drink form it regularly.  | Sun strokeSun BurnDehydration | Move to a cooler area, under a tree or inside.Encourage children to use after sun balm.Continue to keep drinking water at a regular rate.Trained first aider always present.Seek medical treatment if severe. | Moderate Risk |
| Cold Weather | Move sessions off the water if water temperature is below 5degrees. Ensure children wear appropriate clothing (hat, warm socks, multiple layers).Shorten time on water.Constantly monitor sculler comfort in conditions.Good explanation of and reminders of cold water shock and its effects.Avoid rowing when ice has formed | HypothermiaCold water shock | Move into warmer area and warm slowly. Provide warm (not hot) drink.Seek medical treatment if severe. Trained first aider always present.Rescue training.  | Moderate Risk |
| Strong Winds | Avoid doing unstable drills.Keep all activities to a sheltered area of the lake.Keep a good look out.Keep away from hazards (trees, bank, landing stage).Avoid rowing if wind is too strong. | CapsizeBeing blown into hazards | Trained first aider always present. Rescue with launch. | Moderate Risk |
| Lightning | Avoid rowing in lightening.Always check the forecast before going afloat, if in doubt move activities inside. If lightning strikes nearby get off the water asap. Must wait 30minutes after the last thunderclap before going afloat again. | Struck by lightning causing burns or electrocution | Seek urgent medical attention.  | Low Risk |
| Poor visibility caused by fog | Do not go on the lake if all banks of the lake are not present. Pond may be used if all banks of pond can be seen.Fog may set in after going afloat, get off the lake asap. | Collision with bank or other sculler when trying to get off the lake after fog set in. | Launch rescue training. | Low Risk |
| Poor visibility caused by darkness | Do not row if it is too dark to see all banks of the lake. |  |  | Low Risk |
| Sculling in a confined area | Scullers are coached to check their course every 3 strokes. Circulation plan.Coaches to keep a look out from bank and launches.  | Collision with bank.Collision with another sculler. | Coach to check sculler and equipment if collision occurs.Always have coach on launch to make rescues.Always have first aider on site.  | Moderate Risk |
| Water-borne Hazards | Educate scullers on the need to wash any open wounds that come in contact with the pond/lake water.Ask scullers if they accidently swallowed any water when capsizing.  | Infection from polluted water | Seek medical attention. | Moderate Risk |
| Vandals on the bank or bridge.  | Keep scullers away from them and get off water if necessary. Tell local police. | Stone, brick, bottle throwing from vandals.Verbal abuse.  | Do not engage with vandals, notify police and director of rowing.Give first aid as needed. Photograph and quarantine damaged equipment for evidence. | Low Risk |
| Members of the public on pontoon | Make sure metal gate and barrier are locked after each session.  | Members of public loitering on pontoon. | Coach to inform them that the pontoon is private property and ask them to leave.  | Low Risk |
| Sculling in a public park. | Scullers encouraged not to pet or interact with animals (dogs, cats, birds) they do not know.  | Bitten by animal | Coach to get owners details.Seek medical treatment. | Low Risk |
| Pontoon exposed to the elements | Scullers taught to keep pontoon clear of kit.Main walkway to be kept clear of equipment. Scullers taught to be extra careful when pontoons is wet.Coaches to always supervise scullers on pontoon.No ‘messing about’ on the pontoon. | Slip or trip on pontoon. | First aider always present.Seek further medical attention is required.  | Low Risk |
| Solid fixed objects in boat shed (riggers, racks, boats, doorway, etc) | Clear induction of where equipment goes to keep shed neat and tidy. Teach scullers to take care when carrying equipment.Ensure clear instructions are always given. Keep floor clear in main walkways. | Person to walk into stationary object.Tripping over object on floor. | Fully stocked first aid kit available. First aider always on site.  | Moderate Risk |
| Boats, oars, etc falling from racks | Scullers taught to put equipment away properly. Effective racking solutions.  | Person struck by falling object.Damage to other equipment from falling object. | Fully stocked first aid kit available. First aider always on site.Notify Megan to get equipment fixed.  | Low Risk |
| Lifting and carrying boats and oars | Coach good lifting technique. Have two people carry each scull. Keep a good lookout (coaches and scullers).Good control and instruction. | Person struck by moving equipment.Muscle strains. | Fully stocked first aid kit available. First aider always on site.Rest injury.Encourage sculler to seek medical attention if symptoms persist.  | Moderate Risk |
| Scullers getting into boats | Coach scullers to help each other into boats. | Capsize on landing stage | Coaches to affect a rescue form the landing stage.Give first aid if required.Sculler to change into dry kit. | Moderate Risk |
| Incorrect Stretcher placement | Coach scullers where to place their foot stretcher.Coach to check adjustments. | Capsize due to hands coming past chest.Musculo-skeletal disorders and strains.  | Scullers taught capsize drill. All scullers passed 100m swimming test in light clothing. Rescue with launch.Give first aid if required. | Low Risk |
| Gate/oar lock not fastened correctly. | Educate scullers how to set up equipment correctly.Coaches to check.  | Capsize due to lost oar. | Scullers taught capsize drill. All scullers passed 100m swimming test in light clothing. Rescue with launch.Give first aid if required. | Low Risk |
| Steering | Educate scullers to check their course every 3 strokes.Coaches to keep a watchful eye over scullers. | Inability to steer correctly.Collision with another sculler or bank. | Coaches to give steering corrections if needed to avoid collisions.Check scullers are ok.Give first aid if required. | Moderate Risk |
| Heel restraints broken or too loose. | Scullers taught to check heel restraints before going afloat.Coach to check heel restraints.Do not use boat unless fixed. | May be trapped in capsized boat. | Rescue with launch. | Moderate Risk |
| Seats, shoes, or footplate loose or broken. | Scullers taught to check heel restraints before going afloat.Coach to check heel restraints.Notify Megan to fix problem.Do not use boat unless fixed. | May struggle to row. | At least one launch always on water to help assist scullers.  | Low Risk |
| Hatch covers missing. | Ensure hatch covers ae securely fitted.Scullers taught to check before going afloat.  | Boat may sink if capsized. | Adequate boat buoyancy.Rescue scullers with launch. | Moderate Risk |
| Scullers with low levels of fitness | Understand fitness capabilities and work within them.Improve fitness level. | Collapse or illness. | First aid treatment, first aider always on site.Seek medical treatment. | Moderate Risk |
| Pre-existing health conditions | Director of rowing to ensure relevant people know of conditions and what to do.Oarschools participates to always have teacher or parent present to take medical responsibility for them. Scullers should carry any medicines hey may need with them (inhalers, insulin, etc). | Medical incident afloat or on land. | Bring casualty ashore. Give appropriate first aid.Seek medical attention.  | Moderate Risk |

**Risk Grading**

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| **Consequences****VS****Likelihood**  | **Insignificant**No injuries, less than 500pounds equipment damage. | **Minor**Basic first aid required, less than 5,000pounds equipment damage. | **Moderate**Further medical treatment required, 100,000pounds equipment damage. | **Major**Extensive injuries, up to 1,000,000pounds equipment damage. | **Catastrophic**Death or hospitalization for extensive time period, over 1,000,000pounds of equipment damage.  |
| **Almost certain**Expected in normal running procedures.  | Moderate Risk | Moderate Risk | High Risk | Unacceptable Risk | Unacceptable Risk |
| **Likely**Properly occur during normal running procedures.  | Low Risk | Moderate Risk | Moderate Risk | High Risk | Unacceptable Risk |
| **Possible**Might occur at some point. | Low Risk | Moderate Risk | Moderate Risk | High Risk | Unacceptable Risk |
| **Unlikely**Could occur at some future time.  | Low Risk | Low Risk | Moderate Risk | High Risk | High Risk |
| **Rare**Would only happen in exceptional circumstances.  | Low Risk | Low Risk | Moderate Risk | Moderate Risk | High Risk |