



Royal Chester Rowing Club

Safety Summary

Royal Chester
safety
documentation:



Rules of the river

Stay on the right-hand side of the river at all times and when coming in to land at RCRC stage make sure there are no obstructions before crossing the river.

Give a shout to any crew within 2 boat lengths.

Do not stop or turn on any bends of the river.

Never row at full pressure past the RCRC and Grosvenor landing stages.

Do not row past the suspension bridge due to the weir downstream!

The club will provide lifejackets for all coxes. They MUST be worn correctly at all times during water sessions.

During water sessions coxes should keep a good lookout at all times.

In the event of capsizing, do not panic - crews must stay with and hold onto their boat. If unable to get back in the boat, pull up onto it clear of water, and wait for assistance from any launch in the area. Otherwise stay with the boat but manoeuvre to a bank area where possible to reach dry land. Try to secure the boat, head to the clubhouse quickly for a warm shower and change into dry clothes.

Rowing after nightfall is NOT encouraged. However, if it necessary please refer to the RCRC rules on winter rowing and the procedure for rowing in the dark.

It is recommended that all rowers wear high visibility clothing at all times. Especially when visibility is less than 50m!

In the winter it is essential for coxes to wear sufficient warm clothing! Members are also advised to stay warm by wearing multiple layers, hats and pogies!

In the summer months, members should take extra care when it comes to sunburn and dehydration.

All incidents, near misses or any general safety concerns must be reported to the Club Rowing Safety Advisor (CRSA). All details should be recorded in the club accident club, or sent by e-mail ASAP after the incident to royalssafety@gmail.com

Rowers responsibilities

All club members have a duty of care to ensure that their actions both on and off water do not compromise the safety of others.

The rower / parent/carer have a responsibility to ensure that members are competent, and fit enough to train on and off the river without putting themselves at risk. The committee reserve the right to stop any member from training if they feel they are not competent.

Rowing members of the club must have the ability to swim to at least 50m fully clothed.

Members must know what actions to take in the event of capsizing or swamping and be aware of the risks of hypothermia.

A towel and a dry change of clothes should always be brought in case of capsizing. Always wash your hands and face after rowing and before eating and drinking. Cuts and scratches should be cleaned thoroughly on return to the boathouse and a clean dressing applied.

Members should note the risk of waterborne infectious diseases such as Weil's disease and seek medical advice without delay, if river water is swallowed, and symptoms such as vomiting are experienced.

A capsizing drill will be completed by and recorded for all junior members. Adult members will be instructed as to the correct capsizing procedure.

The gym area in the clubhouse is potentially dangerous, and great care should be taken when using the facility. Loose weights should be cleared away tidily after use. Free weights should not be used unaccompanied.

A suitable adult must supervise members under 16 years of age using ergo or weights to ensure good posture and technique.

Safety Launches

Life jackets will be worn by all safety launch crew members and passengers

Launch drivers must hold a minimum of RYA Level 2 certificates

Launch drivers must be at least 18 years old unless accompanied by a responsible adult

Launch drivers or passenger must have a mobile phone

Launch drivers should be aware of the cause and effect of excessive wash

The launch driver will ensure a complete rescue kit is being carried

Rescue times must be minimised recognising the 'One minute – one-degree rule'

All launch batteries should not be left unattended when on charge and the charging area should be kept clean, tidy and free of rubbish and other combustible materials.

All personnel authorised to change or charge batteries must be adequately trained.

Hot work and naked flames must be prohibited in the vicinity.

All incidents or poor practise with launches are to be reported to the club's safety advisor or club captain who will then report the incident using the British Rowing incident reporting system.

Trailer transport
information:



Medical and First Aid information

First Aid kits are situated in the clubhouse and in each launch. All coaches are trained in basic first aid.

Casualties requiring hospital treatment will be taken to:

The Countess of Chester Hospital A&E, Liverpool Road, Chester, CH2 1UL, telephone 01244 365000.

RCRC officials are identified, with contact details, in the clubhouse and on the website.

Boat and equipment maintenance

Before and after each outing, a safety inspection of the equipment should be carried out by the embarking crews. This includes: Heel restraints correct length, bow balls fixed, Buoyancy compartments sealed, Canvasses not holed, Rudder lines and general fixings in good order.

Boats that are unsafe or improperly equipped must not be used unless a suitable repair can be implemented. All damage is to be promptly recorded in the damage log, reported to Captain / Equipment Rep. and marked for repair. Squad coaches should encourage boat checks by members and ensure compliance prior to any independent safety checks at competitions.

Emergency Plans

Incidents on the water. In the event of a rower being injured, capsizing or becoming ill whilst rowing, the quickest means of rescue and access to the emergency services is by safety launch. The principal vehicular access points close to the river are:

- *The RCRC landing stage and The Groves (CH1 1SD)*
- *Queen's Park (CH4 7AE)*
- *Sandy Lane (CH3 5UL)*
- *A55 Expressway bridge and Eccleston Ferry (CH4 9JE).*

Emergencies. In an emergency, the safety launches will have priority over all other traffic. Crews should move to the side of the river so as not to hinder the safety launch.

Evacuation Procedures

In the event of the Clubhouse being evacuated due to fire or other major incident, all members and visitors will make their way to the assembly point on Grosvenor Park Terrace.

A sweep system will be adopted to ensure the building is clear.

Club members will ensure the access road is clear for stretcher and emergency equipment access.

Crews on the water will muster near Grosvenor RC and await clearance before proceeding to disembark at the landing stage.

The boat shed doors should remain open at all times when members are on the premises to facilitate evacuation in an emergency.

Security. The last person out of the clubhouse must ensure that all doors are locked and the alarm is set. The clubhouse should also be secured and locked if left unattended whilst members are out on the river.

River Dee weather conditions

The River Dee is subject to the effects of wind, stream and tide. Combinations of abnormal weather or river conditions can occur and the decision on whether to row should take all factors into consideration.

Decisions regarding suitability of rowing conditions rest firstly with committee members, and secondly with coaches present. Novices or juniors may not be allowed out in certain adverse conditions, but consideration will be given to experience and level of competence of each individual crew. The distance of travel from clubhouse or duration of outing may also be adjusted.

During high tides above 3.6 metres (over the weir), large amounts of debris can litter the river. Crews should be particularly vigilant in these circumstances.

After a period of heavy rain, the river speed can increase to the point where the less fit, younger or inexperienced crew may find it difficult to make any headway. Care should be exercised when turning by the suspension bridge – allow greater distance to prevent the boat from being swept towards the weir. Look out for any floating debris.

High winds can cause standing waves to form. Take care since these can increase the risk of capsizing, swamping or damage to boats. When rounding corners, crosswinds can cause steering problems from the full force of wind acting along the length of the boat.

In the event of lightning, use the "RowSafe" '30-30' guidance rule. If the time between seeing lightning and hearing thunder is less than 30 seconds and reducing then immediately leave the river and seek shelter in either club buildings or fully closed vehicles. Only resume outdoor activity 30 minutes after the last lightning / thunder. Be prepared by knowing the weather forecast prior to boating.

Communications

Telephones. Coaches, club officials, organisers and parents/carers should ensure they are in possession of a mobile telephone. This applies to all training sessions, outings and club events.

Emergency Telephone Numbers. Lists are on the notice boards throughout the clubhouse.

EMERGENCY SERVICES: 999