

Club Safety Plan and Rules

Incorporating the

Emergency Response Plan



Loughborough Boat Club

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1. INTRODUCTION

Within this document are set out the plans and guidance for all members of Loughborough Boat Club to follow when engaged in rowing and rowing related activities at the Club so that they do so safely.

A hard copy of this Safety Plan is available at the Club on the Safety Notice Board by the signing-out book in the boathouse and [on our website](#). This Safety Plan has been produced in line with the British Rowing RowSafe guidelines.

The aim of this document is to ensure and promote a positive safety culture within Loughborough Boat Club. The document will be reviewed on an annual basis reflecting any changes in RowSafe and anything that arises from incidents.

2. SAFETY POLICY

Loughborough Boat Club has a zero tolerance for anyone being harmed as a result of our members' participation in the sport. We believe that harm is not an inevitable consequence of our activities and that incidents that cause harm can be avoided. We will strive to provide an environment in which the sport can be practiced safely and enjoyably by our members. We will guide and lead our members in a way that fulfils these aims.

We recognise that our members have primary responsibility for their own safety and the safety of others. The Club, through its Officers and Committee, will encourage safe practice having due regard for the guidance provided by British Rowing in RowSafe.

The Club has safety rules that it expects its members to respect; these can be found on the notice board in the boathouse and on the Club website. Complying with these rules will help to prevent harm. The Club is also committed to learn from the incidents it becomes aware of and will share this information to help others in the sport to learn too. We are committed to make appropriate use of British Rowing's Incident Reporting System.

Members are invited to refer any questions and concerns, relating to safety, to the Club's Rowing Safety Adviser (Vicky Haines) or deputy (Stuart Connolly).

Victoria Haines

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(CRSA)

Stuart Connolly

Stuart Connolly
(Deputy CRSA)

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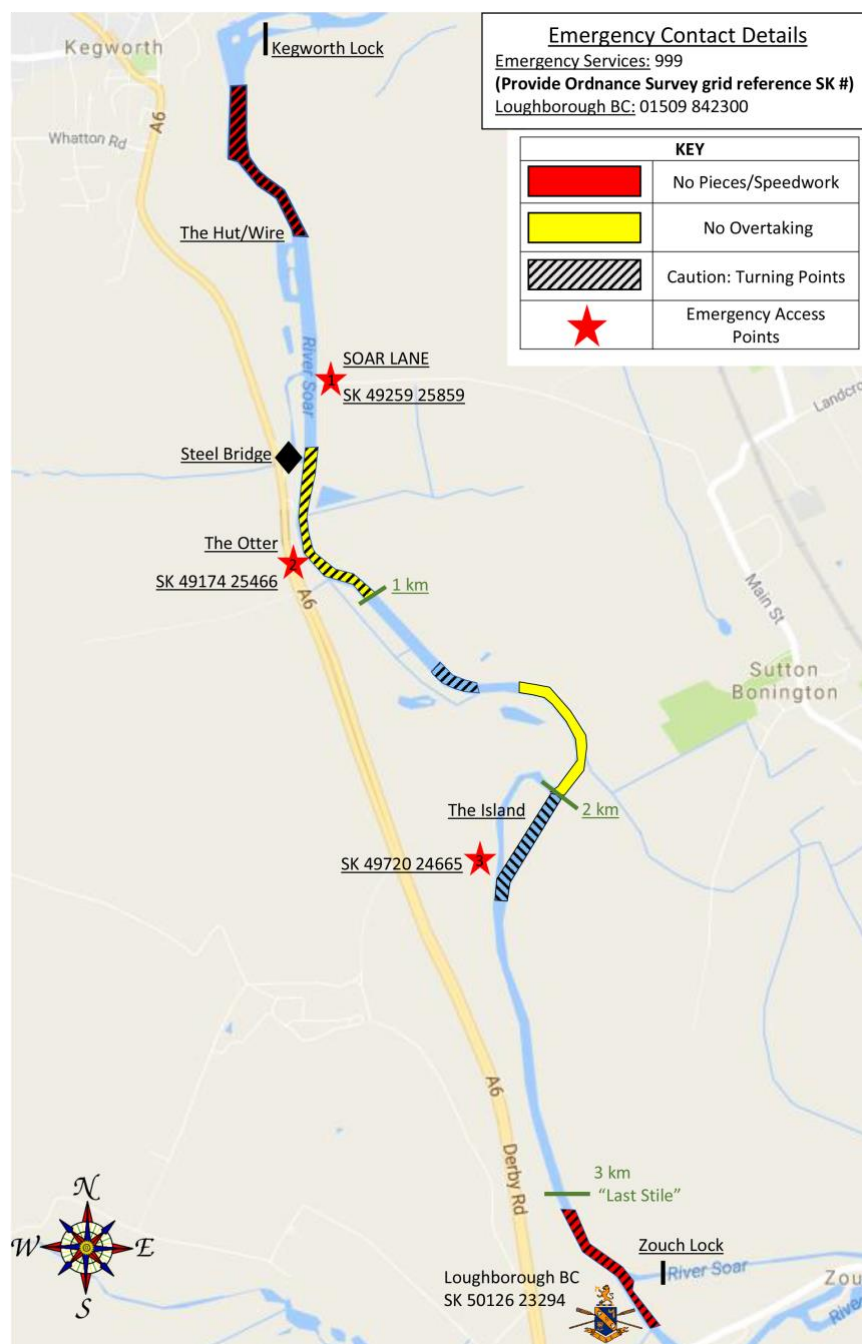
3. THE RIVER

3.1 About the Soar

Loughborough Boat Club rows on a 3.7 km (3.2 mile) stretch of the River Soar, between Zouch (SK 50126 23294) and Kegworth (SK 49052 26419). Typically, there is little other river craft on the Soar and the water conditions are favourable to rowing year-round.

3.2 River Map

This map of the river is displayed in the boathouse on the Coaching, Welfare and Safety noticeboard for all members with the annotated local navigation rules.



County Bridge, Rempstone Road, Zouch, Leicestershire, LE12 5JN
01509 842300
www.loughboroughboatclub.co.uk
info@loughboroughboatclub.co.uk

3.3 Navigation Rules.

The following rules apply to all members going a float when on the Soar. It is the responsibility of the steersperson to adhere to these guidelines.

- Coxes and steers must keep a good look out at all times and comply with the navigation rules.
- Upon seeing another crew, a call of "Ahead!" should be made and any crew hearing "Ahead!" should respond likewise. If no response is heard, repeated calls should be made.
- All rowers, particularly the bow, should be conspicuous wearing suitably high-visibility clothing.
- All boats shall keep to starboard (coxswain's right) whilst on the Soar, allowing oncoming and overtaking boats to pass on the port side.
- A boat intending to overtake another should make sure that it is safe to do so before commencing the manoeuvre.
- A rowing boat with a coxswain should give way to a boat without a coxswain.
- Boats approaching the landing stages to return to the Club have priority over those going afloat.
- Crews should not conduct any speed work between the Club and the "last stile" nor downstream of the "hut/wire".
- Due to the nature of the course, there shall be no overtaking along the long bend just downstream of "The Island" nor long the bend past The Otter pub.

4. EMERGENCY/USEFUL CONTACTS

Emergency Services	999
Non-Emergency NHS	111
Non-Emergency Police	101
Loughborough Urgent Care	01509 611 600
Loughborough Boat Club	01509 842 300
Club Safety Advisor (Vicky Haines)	07772 689016
Deputy CRSA (Stuart Connolly)	07894 633331
Club Welfare Officer (Kate Henry)	07985 488210
First Aiders (Sarah Isherwood, Eleanor Dyson, Hannah Preston, Jess Crichard; Thomasin Storey)	07796 405765; 07549 341098; 07999 476963; 07445 742827; 07873776748

5. GENERAL ROWING SAFETY

***members should show respect of others' wishes etc etc

5.1 Safety Equipment

The Club provides a range of safety equipment for Club members to use. These are checked regularly to ensure that they are fit for use.

5.1.1 Buoyancy aids/life jackets

Life jackets/buoyancy aids are to be worn by:

- Junior members that have not yet completed a swim test and capsize training to a suitable level.
- Coxswains. Coxswains of bow-loaded boats must wear only manual-inflating life jackets.
- All drivers and passengers of launches.

Life jackets and buoyancy aids can be found in the Boathouse. Any wet life jackets should be returned and left to dry out naturally. Members are directed to read the safety alert [Check your lifejacket](#) for additional guidance.

5.1.2 Throw lines

The Club has two throwlines situated in the main door of the Boathouse by the sweep oars. Members should make themselves aware of correct deployment of throw lines in the event that they are needed. Anyone coaching from the bank should take a throwline with them. There are additional throwlines for each of the launches in their respective launch kits.

5.1.2 Emergency blankets.

There are emergency blankets in each of the first aid kits (locations in section 6.1) as well as the launch kits and the Head race boxes in the Clubroom cupboard. Anyone coaching from the bank should ensure they take an appropriate number with them.

5.2 Equipment Checks

It is the responsibility of all members to check that their boats are water worthy before going afloat. The following points are examples of checks to make:

- Presence of a suitably attached bow ball

- Riggers are securely fitted, taking extra care to ensure quick release riggers are fitted correctly.
- Buoyancy compartment covers are fitted properly.
- Heel restraints are fitted and do not allow the heel to come above the horizontal.
- There is a single action release strap to undo the Velcro (or other fastening) of the shoes.
- The hull is free from significant dents/scratches and punctures.

See the safety alert – [Check your boat before you go afloat](#) for further guidance.

5.3 Thunder and Lightning

Members should make themselves aware of the local weather forecast when planning outings. When storms are forecast, crews should seek the advice of the CRSA or deputy to determine if rowing will take place. In the event of thunder and/or lightning, members should follow the 30/30 rule.

Where there is fewer than 30 seconds between lightning and thunder, members yet to boat must remain at the club until 30 minutes past the last thunderclap before boating, if members are already on the water, they should use their judgement on whether to return to the Club safely or to seek shelter.

5.4 Juniors

The Club will appoint a junior co-ordinator who, along with the coach, will be the first point of contact for parents/guardians/carers of juniors and who hold valid DBS certificates and have completed appropriate safeguarding training. Juniors will at all times be accompanied by and under the supervision of a coach. Juniors under the age of 18 are not allowed on the water unless accompanied by an appropriate adult.

Junior members and their parents are expected to share any details that may put them at greater risk such as illness, medical issue or previous injury. Parents/guardians/carers of juniors must provide emergency contact details in case of emergency.

Juniors who have yet to successfully complete a swim test and capsizing training must wear a life jacket at all times when on the water.

Loughborough Boat Club follows British Rowing's "[How much and how often](#)" guidance document when considering training sessions for juniors.

Juniors under the age of 12 may only become a member if directly supervised by a parent/guardian/carer who is also a member.

5.5 Beginners

Those new to the Club and sport of rowing will be afforded additional guidance by all members to ensure that new members are aware of the Club's safety policy and that their actions do not harm themselves or others.

Where beginners are learning to scull in a single scull, they will initially remain in close vicinity to the club (approx. 100m stretch) by the landing stages, once they have gained confidence and competency, beginners may explore more of the river either accompanied by a launch and/or coach or in double or quadruple sculls with suitably experienced senior members. The use of stable boats or devices to increase stability of racing boats may be used. Where beginners are learning to sweep, they will be taken into an eight with an experienced crew and coach.

New members are expected to follow the Club Rules, provide any information that may put them at greater risk (injury, illness), recognise their level of ability, seek out advice from CRSA, captains, coach or any other member if ever unsure about something, report any incidents and take responsibility for their own safety.

All new members will receive an induction to the Club and sport. This induction will include; a tour of the facilities identifying the location of first aid, safety equipment and other key safety items, introduction to key club members, including CRSA/deputy who will run through safety actions. A log of completion of this induction will be kept for all new members.

5.6 Coaches

Coaches should hold as minimum a UKCC Level 2 or Instructor Award (IA) or be able to demonstrate their experience to a comparable level. Coaches should lead by example in safety matters and ensure that:

- They and the crews are aware of the risks associated with the session
- They abide by the Club's rules
- All persons are dressed appropriately for the weather and have ample drink/food.
- They are aware of symptoms of fatigue, heat stroke, hypothermia and hyperthermia and take appropriate action.
- If coaching from the bank, a loud hailer, throwline, first aid kit, enough survival bags for all athletes and a means of communication with the Club should be taken.
- Any unsafe behaviour is reported to the Club and logged on British Rowing's online Incident Reporting system.
- When coaching juniors and beginners, assistance is given to check over the equipment before boating.
- All under their guidance are enjoying the session and getting something out of it.

- They are comfortable in recovering a person from the water should there be a capsize.

5.7 Coxswains and Steers

In coxed boats, the cox has the responsibility for the safety of the boat and crew. Where there is a less experienced cox, this responsibility falls to the stroke of the boat. In coxless boats, the safety of the boat and crew is the responsibility of the steer.

Coxswains must wear a life jacket at all times over the top of their outer garments, be confident in the checking, wearing and deployment of the life jacket. Training will be provided by the Club. No life jacket may be worn which may prevent the safe escape of the cox in event of capsize or sinking. Coxswains of bow-loaded boats must not wear an auto-inflating life jacket.

Coxswains must not wear wellington boots when afloat as they make it very difficult to tread water in event of capsize or other incident where people are in the water.

Before going afloat, the coxswain or steer should ensure that; the steering equipment is working correctly with any defects being reported on the repairs board in the boathouse, make themselves aware of any navigation hazards on the river.

Once on the river, a good look out must be kept at all times. In event of incident or collision, neither being on the "correct side" of the river nor having a "blind spot" are acceptable reasons for the cause of a collision.

5.8 Launches and Launch Driving

Loughborough Boat Club has two launches. Both launches are checked regularly and maintained on an annual basis. Members are reminded that care must be taken when using a launch and only to use a launch within its capability including, but not limited to:

- Only using the launches when in good repair. (They will be marked if not)
- Adhere to the maximum load, both launches are plated.
- Use a kill cord at all times
- Drive at an appropriate speed

Before going afloat, all launch drivers are expected to check that the launch is in a suitable condition inclusive of checking that the steering is functional and a complete launch kit is present (see below for contents). If any faults are found, they should be reported immediately and written on the repairs board. A means of communication,

either mobile phone or one of the UHF radios, is to be taken in the launch. The safety alert [Outboard Motor Safety Checks](#) contains additional guidance.

Launches are only to be driven by members over 18 unless accompanied by a responsible adult. All drivers of launches must be suitably experienced (either hold an RYA L2 license or have proved their competency to a member who holds an RYA L2). Drivers must wear a Personal Flotation Device (PFD) at all times and have a kill cord attached between the engine and themselves. No member should drive the launch alone, there should be one additional passenger.

Launch drivers are expected to drive with consideration for all other river uses and follow the navigation rules; keep to starboard, give way to non-powered vessels and keep a good look out.

If driving at night or low light, only the catamaran is to be used as it has navigation lights. All navigation lights are to be turned on before pulling off. Extra care and vigilance is to be taken when driving at night due to decreased visibility.

The following items should be checked and found in the launch safety kits:

- A first aid kit,
- A throwline,
- A serrated safety knife,
- Enough survival bags for the launch's passenger capacity. (foil blankets are not recommended)
- Sufficient life jackets for the launch's passenger capacity
- A spare kill cord in event of man-overboard
- A length of rope
- A means to bail water out of the launch. (Note: the catamaran is free draining)
- A paddle
- A fire extinguisher

There are additional optional items that can be found in [RowSafe 7.4.1](#).

5.9 Unaccompanied Outings

Loughborough Boat Club does not recommend that members go out alone whilst rowing out of club hours, but anyone wishing to do so needs to satisfy the following criteria:

- They are a senior member (18+) or are accompanied by a responsible adult who meets these criteria.
- They must have completed a swim test and capsizing training successfully in the last two years.
- They have demonstrated their competency in rowing and as such are suitably experienced

- They are aware of the Club's Safety Plan and Risk Assessment including the navigation of the river and current additional hazards.
- They are rowing in hours of daylight
- Someone else knows that they are out and have given an estimated time of return.
- The booking board and signing out book are used.

The Safety Alert – [Is it safe to go afloat alone?](#) contains some considerations to take before going out alone.

5.10 Night Rowing

Night and low-light rowing is permitted on the Soar subject to the following conditions being met:

- All boats must have a WHITE bow light and RED stern light which are firmly attached.
- The boat is coxed by a suitably experienced and dressed adult coxswain (1+ years' experience)
- A safety launch (currently only the catamaran) must be present with crews at all times following the rules in section **5.8 Launches and Launch Driving**.
- The crew is comprised of at least 50% experienced rowers.
- A Mobile phone or UHF must be taken.
- A risk assessment has been carried out by the crew.

Crews are prohibited from rowing at night when:

- When visibility does not allow the pylon in the field opposite the Club to be seen from the boat house doors (~100m)
- Any high winds or adverse weather conditions (heavy snow, hail, rain)
- Thunder and/or lightning is in the vicinity.
- The river is in flood (the bottom step of the landing stage of fully submerged)
- Air temp is below -5°C
- The cox boxes do not have adequate charge.
- On the water crews must not perform any speedwork around corners.

5.11 Assessing Risk

At Loughborough Boat Club, a positive safety culture is promoted and all members are encouraged to take responsibility for assessing risk before and during outings. The CRSA and deputy as well as Captain and other Club Officials are always happy to help.

The following questions should be asked before boating:

- Weather:
 - Am I dressed appropriately?
 - Do I have waterproofs, sun cream, drink, food?
 - Is there adequate visibility? Can I see the pylon from the boathouse doors?
 - What is the chance of thunderstorms?
- Water conditions and navigation:
 - Is the river high/in flood? What care do I need to take?
 - Are there any obstructions on the course?
 - What is the current flow rate of the river? I am I confident that I will not struggle to return upstream to the Club, or do I need to limit how far I row?
- Light conditions:
 - How long do I plan to be out?
 - Do I have enough time to return to the Club safely in the light?
 - Am I wearing suitably conspicuous clothing?
- Other safety considerations:
 - Do I know the circulation patterns?
 - Do I know the access points?
 - What is my current rowing/fitness level?

Remember: if in doubt, don't go out!

6. LAND-BASED SAFETY

Safety on land is equally as important as on the water. Members are expected to be aware of the following areas of land-based safety applicable to the Club. Members are encouraged to report any failings to the Club and if injury or damage is caused on land, this should be reported online through British Rowing's Incident Reporting system also. This helps the Club improve further its safety behaviours.

6.1 First Aid Kits and AED

First aid kits for members' use can be found by at the back of the Boathouse, in the kitchen and in the Clubroom. An A.E.D (Automated External Defibrillator) can be found in the corridor by the gym.

6.2 Boat Handling

Injury to rowers can occur when handling equipment on land, this can be when removing boats from the boathouse, placing boats in the water, removing boats after a water session and through handling of blades. All members are expected to take care and follow the instruction of the coxswain or designated person when handling boats on land.

A single person is to be in charge of manoeuvring boats, this may be the coxswain, steer, other designated individual or, for junior crews, a Coach. That person is advised to give loud, clear, short instructions so that all members can hear and know what is expected of them and when.

6.3 Gym

The gym is for the use of all Club members who are reminded to return used equipment to where it is stored and leave the gym in a clean and tidy manner. All equipment has its proper place. If unsure; ask.

All members are expected to wear suitable clothing, check the equipment and warm up before commencing any land-based training including use of the rowing machine.

Members are responsible for their own safety when in the gym and using the equipment. Senior members are advised not to train with heavy weights alone/without a spotter to avoid injury. Any senior member wishing to train with heavy weight should seek the guidance of a Coach or the Captain in correct lifting techniques

Juniors may not use any equipment in the gym (rowing machines or weights) unless directly supervised by a coach or other responsible senior member. Junior Members must not use weights equipment unless advised by and under the direct supervision of

a coach approved by the Club. Juniors may use the gym for cooling down, stretching and bodyweight only core work without supervision.

No glassware should be taken into the gym, only plastic, sports cap drinks bottles.

6.4 Fire

In the event of discovering a fire, the alarm should be sounded through the use of the strategically placed air horns. Upon hearing the air horns members should exit the building by the nearest exit and muster in the far corner of the field. The fire service should be called in event of a serious fire.

6.5 Telephone

The Club has a free to use telephone which can be found in the bar area.

6.6 No Smoking Policy

Loughborough Boat Club has a no smoking policy, smoking, inclusive of vaping and electronic cigarettes is not permitted on any part of the Club's premises. If members wish to smoke, they should do so well away from the building and not in sight of junior members. Members should ensure that any of their guests are made aware of this policy.

6.7 Car Park

Members should take care when using the car park to avoid and injury to others on foot. The car park has marked spaces for ease of parking and there is a suitable distance between the car park and boating area that reduces the risk of and car-boat incidents.

6.8 Members of the Public

Due to the location of the Club, it is unlikely that members of the public will be on Club premises, however, should there be members of the public, Club members are requested to take care and attention so that no one comes to any harm. Members of the public may also be requested politely to leave the Club for their own safety.

7. INCIDENTS AND INCIDENT REPORTING

All incidents that occur on land or on the water must be reported to one of: Club Rowing Safety Adviser (CRSA), Captain, committee member or other Club Official. All incidents must also be reported online through the British Rowing Incident Reporting site. <https://incidentreporting.britishrowing.org/>

It is important to report incidents so that we can learn as British Rowing and as a Club about behaviours to improve the safety of all. All reports that are submitted are read without blame, the system is there to support all in self-analysis and further improve the safety culture within rowing.

7.1 What classes as an incident

Taken from [British Rowing's incident Reporting system](#).

Capsize or falling out of boat through; inexperience, contact with another rowing boat, contact with other object, equipment or boat failure.

Collision through; contact with static object, moving object, navigation issue, poor visibility or lighting. Collision of boat with rigger on or off the rack, collision of body with boat (head on rigger for example), collision of rigger with boat (rigger damage on rack) etc.

Swamping through; rough water, collision with other rowing boat, collision with other object, wash.

Health related: manual handling, respiratory, hypothermia, heat stress, water-borne disease. (only report infected blisters – ignore normal ones!).

Equipment failure: boat buoyancy, riggers, gates, seats/feet, steering equipment, bowball, blades/sculls, safety/coaching/rescue launch, PFD's, throw lines, racking

Land training due to; weight training, circuit training, running, cycling, indoor rowing, slips/trips

Behaviour: vandalism/violence. Bad navigation.

Near misses should also be reported as they can provide important learning points.

7.2 What to do in the event of an incident

Loughborough Boat club advises all members involved in an incident to:

- Stop
- Check for any injuries, where specialist treatment is required summon help, or call 999. Do not move anyone with major/serious injuries.
- Stay calm, act decisively, assess the situation for risk of further injury to others and yourself.
- If required, move to a place to reduce the risk of further injury.
- Contact club/emergency contact as required.
- Report incident to Club and to British Rowing once the initial incident has been dealt with. This ideally done within 24 hours whilst details are fresh in your mind.

7.3 Reporting Incidents

All incidents are to be reported to the Club and to British Rowing.

Any report made should be factual and objective, stating just what happened without embellishing details, if you are not sure about a detail, leave it out. A good incident report will include the following:

- Date, time and location of the incident
- Conditions of weather and water
- Details of the crew/s involved (boat type, level of experience)
- Description of events leading up to the incident
- Description of the incident itself
- Details of events immediately after the incident
- Any injury to persons or damage to equipment
- Any measures taken following the incident (e.g. sharing practice with club, reminders to members)

8. EMERGENCY RESPONSE PLAN

Loughborough Boat Club will ensure that Members and guests have a safe and positive experience whilst at the Club. The Club accepts that incidents and accidents do happen on the water and around the Club. Set out in the Emergency Response Plan is a guidance on who best to deal with some of the most common incidents that may be encountered.

8.1 Emergency Access

If emergency services are required, you should share with them the following details:

Loughborough Boat Club, Count Bridge, Rempstone Road, Zouch, LE12 5JN

Club Phone number: 01509 842 300

OS Grid Reference: SK 50126 23294

GPS Coordinates: 52.804928 N, 1.257958 W

In case of emergency on the water, there are these following access points:

- Soar Lane, Sutton Bonington (LE12 5PH, SK 50308 25583) leading to the river at SK 49259 25859.
- The Otter Public House (DE74 2EY, SK 49174 25466)
- Off A6, towards Loughborough, SK49481 24588 leading down to river at SK 49720 24665.

8.2 Incidents on Land

The majority of accidents on land are likely to be to minor and can be dealt with in the first instance by the individual. First aid boxes can be found in the kitchen, in the clubroom and at the back of the boathouse. Some injuries may require assistance from one of the club first aiders. For serious injuries always seek the assistance of a medical professional, this may be ringing 111 or 999.

All incidents are to be reported in the Club incident book and to British Rowing.

8.2.1 Cuts and grazes

Most cuts and grazes are minor and can be easily treated. Any bleeding should be stopped by applying pressure with a clean bandage, towel or handkerchief. It may be necessary to raise the affected area above the heart. The wound should then be cleaned using tap water, dried and then dressed with a plaster or other sterile dressing.

8.2.2 Minor burns

Minor burns are readily treated by removing any heat source, cooling the burn with cool or lukewarm water for a minimum of 20 minutes. Ice, iced water and creams are not to be used. Remove any clothing or jewellery near the burn should

be removed unless stuck to the affected area. After the burn has been cooled sufficiently, wrap the burn in clingfilm.

Where burns have been sustained as a result of chemicals or electricity, have resulted in whitening of the skin or are larger than the injured person's hand, expert medical advice should be sought at A&E.

8.2.3 Sprains and Strains

If an incident has resulted in a sprain or strain, recognisable by; tenderness, swelling, inability to put weight on an area or muscle spasming, the 4 steps as given by the acronym RICE should be followed:

- **Rest** – Stop exercise, refrain from applying weight to the injury
- **Ice** – apply an ice pack (LBC have gel packs in the bottom of the freezer) or similar wrapped in a tea towel for 20 minutes every 2-3 hours
- **Compression** – Wrap a bandage around the injury for support
- **Elevate** – Keep the injured area raised as much as possible

8.2.4 Breathing Difficulties

A shortness of breath may not be anything to worry about, but it can sometimes be serious, medical attention is recommended. Shortness of breath may be due to the cold, a chest infection, onset of an asthma attack or a panic attack.

Any person experiencing breathing difficulties through exercise must stop immediately and seek medical advice. This will mean contacting your GP as soon as possible. If the breathing is thought to be asthma based, the individual should make use of their inhaler as appropriate.

8.3 Incidents on Water

Whilst every effort should be made by all crews to keep a good look out and avoid incidents, they do still happen. The guidance below outlines actions to take in the event of incident. All incidents are to be reported to the Club and through British Rowing.

8.3.1 Collision with Rowing boat

If a you are involved in a collision or near miss with another rowing boat, keep calm, blame does not need to be cast at this point. Those involved should check for any serious injury or damage to equipment and proceed steadily at a light pace back to the Club where safe to do so.

8.3.2 Collison with Motorboat

If you are involved in an incident with a motorboat, either collision or near miss, every attempt should be made to get the name and registration number of the vessel so this can reported to the relevant water authority, on the Soar, that is the

8.3.3 Capsize

In event of a capsize, you must stay with the boat, it will act as a life raft. If it is safe and possible to do so, the boat can be waded to the bank, where it is not possible to every attempt should be made to get as much of your body out of the water as soon as possible, draping yourself over the upturned hull and await rescue from another rower or a safety launch. The upturned hull may be paddled to the bank. Members should remember their capsize training and use the guidance given.

To prepare members in the event of capsize, the Club will arrange annual capsize training during which the points set out in [RowSafe chapter 3.7](#) is followed.

8.3.4 Near-Drowning

In case of near drowning, the aim is to rescue the person, begin first aid and restore oxygen to the lungs. The sooner that first aid is administered, the greater the chance of survival. Anyone rescuing another should not put themselves in unnecessary danger and inadvertently making themselves a casualty.

8.3.4a Reaching a drowning victim

Options to reach a drowning victim in the water:

- Crouch or lie down to avoid being pulled in and use a long stick, scarf, other item to reach the victim
- Use a throwline or rope with a buoyant object securely attached
- Wade into the water ensuring you are securely attached to the bank after checking for depth
- Bring a boat alongside. Do not pull the victim into the boat as this can capsize the boat and tow the victim to sure.
- Only if it is safe to do so and you are confident, as a last resort you may enter the water yourself and perform a swimming rescue. Before entering the water, you should call for help. Approach the victim from behind, reassuring them as you go and grab under their arms kicking with your legs to bring them to land.

8.3.4b First aid for drowning victims

The aim of first aid is ensure the victim has their oxygen supply restored and is breathing freely. Care should be taken when pulling the person to safety where any neck or spine injury is suspected.

Once on land, an assessment of the victim's airway, breathing and circulation should be carried out. If breathing and circulation is fine and there is no suspected spinal injury, place the person in the recovery position. If the victim is not breathing, begin chest compressions. Periodic rescue breaths are not necessary when compressions are done correctly, the force is enough to inflate and deflate the lungs. Where appropriate, any wet clothing should be removed and the person kept warm to prevent the onset of hypothermia.

8.4 Other Health Conditions of which to be Aware

There are a number of conditions which may affect rowers due to the nature of the sport. Members should make sure they are aware of these conditions, how to spot them in themselves and others and how to treat them.

8.4.1 Hypothermia

Hypothermia is a condition where the core body temperature drops below a safe point. If any hypothermia is suspected, 999 should be called for medical attention.

8.4.1a Symptoms

Mild case symptoms include:

- Shivering
- Cold and pale skin
- Slurred Speech
- Fast breathing
- Tiredness
- Confusion

In mild hypothermia, body temperature generally falls to between 32 and 35°C.

Moderate case symptoms include:

- being unable to think or pay attention
- confusion
- loss of judgement and reasoning (someone with hypothermia may decide to remove clothing despite being very cold)
- difficulty moving around
- loss of co-ordination
- drowsiness
- slurred speech
- slow, shallow breathing (hypoventilation)

In moderate hypothermia, body temperature generally falls to between 28 and 32°C. If body temperature has fallen below 32°C, shivering will usually stop: this is a sign that their condition is deteriorating and emergency medical help is required.

Severe case symptoms include:

- unconsciousness
- shallow or no breathing
- a weak, irregular pulse, or no pulse
- dilated pupils

In severe hypothermia, body temperature generally falls to below 28 °C.

8.4.1b Treatment of Hypothermia

Anyone suffering from hypothermia needs to be warmed up gradually with their own body temperature. For moderate and severe cases, call 999 then to warm up the individual, you should:

- Move indoors
- Remove any wet clothes and dry them
- Wrap the person in blankets or similar
- Give them a warm non-alcoholic drink if they can swallow properly
- Give them energy food, containing sugar (e.g. chocolate) if they can swallow properly

It is advised that even in case of mild hypothermia, the individual is monitored closely in event of relapse.

The following should be avoided as they prevent the body from retaining heat and can cause sudden cardiac arrest:

- Don't put the person into a hot bath.
- Don't massage their limbs.
- Don't use heating lamps.
- Don't give them alcohol to drink.

8.4.2 Hyperthermia, Heat exhaustion and Heatstroke.

Heat exhaustion is a condition where the core body temperature rises above 38°C. It is not usually serious if cooled down within 30 minutes.

8.4.2a Symptoms

Heat exhaustion symptoms include:

- Headache

- Dizziness and confusion
- Loss of appetite and feeling sick
- Excessive sweating and pale, clammy skin
- cramps in the arms, legs and stomach
- Fast breathing or pulse
- Temperature of 38°C or above
- Being very thirsty

Juniors may also become floppy and sleepy.

Heatstroke symptoms include:

- Feeling hot and dry
- Not sweating although they are too hot
- Has temperature of 40°C or above
- Has rapid or shortness of breath
- Is showing confusion
- Is fitting/seizing
- Loses consciousness
- Is unresponsive

8.4.2b Treatment

If anyone is showing signs of **heatstroke** call 999 immediately. If they are losing consciousness, place them in the recovery position.

Anyone showing signs of **heat exhaustion** needs to be cooled down. The following steps can be followed:

- Move them to a cool place, out of direct sun
- Get them to lie down and raise feet slightly
- Get them to drink plenty of water, sports /hydration drinks are OK
- Cool their skin using a spray, sponge or fan. Cold pack around armpits or neck are good too

Remain with them until they are better. If this takes longer than 30 minutes call 999.

8.4.3 Concussion and Head Injuries

The majority of head injuries are not serious and full recovery should take two weeks. Some head injuries are serious resulting in concussion. Most head injuries are sustained in collisions and falls. Where head injury is sustained, sport should be avoided for 7-10 days as a minimum.

The British Rowing Safety Alerts on [Recognising Concussion](#) and [Head Injuries](#) should be consulted for further guidance.

8.4.3a Symptoms

Anyone who has sustained a head injury may show the following symptoms:

- Persistent headache that is not relieved by painkillers
- Dizziness
- Feeling or being sick
- Memory loss from around the incident
- Clumsiness or balance issues
- Unusual behaviour – mood swings, irritability
- Feeling stunned, dazed or confused
- Lack of focus in vision
- Difficulty staying awake

8.4.3b Treatment

A person should be taken to A&E or 999 called if:

- They have been knocked out
- They are seizing
- There is fluid or blood coming from the ears, or bruising
- There are problems with walking, balance, understanding, speaking or writing
- There are problems with vision or memory

If a minor head injury has been sustained, without loss of consciousness, it is important that someone knows, this should be the emergency contact or other responsible person. The following can help recovery:

- Holding an ice pack (or similar) in a towel over the injury for regular short periods to reduce swelling
- Rest and avoid stress
- Take paracetamol or ibuprofen (not aspirin) to relieve pain
- Stay with the person or make sure someone is with the person for 24 hours.
- Contact NHS 111 for any further advice.

The following is additional guidance:

- Do not return to work or school until feeling better
- Do not drive until fully recovered
- Do not play any contact sport for three weeks, juniors should avoid rough play
- Do not drink any alcohol until feeling better.

8.5 Storing Medical Information

All members are asked to share any relevant medical information that may affect their ability to take part in the sport safely and emergency contact details via their British Rowing/ClubHub account. This information is available only to the membership secretary, ClubHub Admin (who will also be club secretary) and coaches.

8.6 Annual Safety Audit

On an annual basis, the CRSA and/or deputy will review all safety documents including the Safety Plan, Emergency Response Plan, Risk Assessment and other relevant documents to ensure compliance with the guidance set out in British Rowing's RowSafe. Each year, a safety audit will be submitted for acceptance by the Regional Rowing Safety Adviser in which these documents will be uploaded.

8.7 Suspension of Club Activities

On occasion, club activities may need to be suspended or cancelled. If cancellation of activities is related to safe use of the Club, members will be contacted through the club email system, social media and via captains. Where suspension or cancellation of rowing is required this will be worked through in person when members are at the Club.

8.7.1 Reasons for suspension of club activities:

- Storms – [30/30 rule](#) will be followed
- Visibility/fog/mist – If the pylon in the opposite field cannot be seen clearly from the boathouse doors. (approx. 100m)
- River Level/flow – no rowing will take place when the river level is over the second step. Rowing will be limited to senior experienced crews in larger boat when the river level is over the first step ([river level 0.7m at Kegworth](#)), junior sessions may be considered following a risk assessment and with suitable launch.
- Ice in water – no rowing permitted
- High winds – no/limited rowing following risk assessment