

Welsh Rowing Adaptive Rowing Risk Assessment Form

List of Hazards to Coach and/or Participants	C	L	R	Control Measures	Further Notes	C	L	R
Water quality	2	2	4 M	Only go out on water if said to be safe by coach/experienced member who has examined the water as necessary. If submersion occurs participants should shower and change clothes immediately after session.		2	1	2 L
Wind	3	2	6 H	Be aware of strength and direction of wind and compentancy of Rower or crew		3	1	3 M
Water flow rate	3	2	6 H	Check rate of water flow and check against flow rate matrix as guide to if participants can row against stream, wind must also be accounted for with flow rate.	Refer to Water Flow Matrix Sheet.	3	1	3 M
Visibility	3	2	6 H	In low light the boat must have a white flashing light to the bow and solid white light to the stern. If fog is present only allowed on water if crew remain in view of safety boat(s) or land observers	See British Rowing's Row Safe 1.7	3	1	3 M
High wash from other water users	2	3	6 H	Ensure participants know safety position to brace against wash. Coaching launch to slow down to reduce wash when passing other boats.		1	2	2 L
Heatstroke	2	2	4 M	Ensure that participants maintain hydrated, apply sunscreen and wear appropriate clothing.	See British Rowing's Row Safe 5.1	2	1	2 L
Hypothermia	3	2	6 H	Ensure appropriate clothing for the weather. Use a waterproof transfer surface on a wet floor for athletes that need to sit on the floor to transfer into boats and wheelchairs. No rowing if water temp is below 4c° .	See British Rowing's Row Safe 1.8	2	1	2 L
Weils Disease	2	2	4 M	Participants to clean hands after outings. Ensure that open wounds are covered.	See British Rowing's Row Safe 5.3	2	1	2 L
Collision with other boats	2	3	6 H	All participants made aware of circulation patterns and follow them. Be aware of other water users.	with any collision incident log to be completed	2	1	2 L

Objects thrown from bridge	2	2	4	Don't stop close to or under bridges.		2	1	2
			M	Report any incidents.				L
Slipping and tripping	2	2	4	Ensure no hazards en route, gates bolted to stop swinging on people. Make sure that all routes are wheelchair accessible when required.		2	1	2
			M					L
Drowning	3	2	6	Coach to hold appropriate coaching qualification, and minimum of RYA powerboat level 2 for driving a launch. Launch to carry suitable rescue kit. Buoyancy aids to be worn in launch, and by participants that have not passed swim test if launch is not available. Boats to be checked to ensure that safe before each session. FISA regulation strapping to be used for TA and AS rowers. Floats must be used by AS rowers. Swim test and capsize drill to be advised where possible. Participants unable to swim to wear buoyancy aid.	See British Rowing's Row Safe 2.4 See British Rowing's Row Safe 1.9 See British Rowing's Row Safe 2.3 See FISA Adaptive Rowing Regulations 4 and 5	3	1	3
			H					M
Manual handling of boats	2	2	4	Athletes in wheelchair or unable to carry boats not to, coach with experience carry boats to transport. Assistance required on racks higher up. Minimum of two able people to carry 2x. Where have the option always take the easier boat to access. Ensure route to landing stages is clear before transporting boat.		2	1	2
			M					L
Rain and Lightning	2	2	4	Ensure appropriate clothing for rain.		1	1	2
			M	Do not row when thunder and lightning				L

Land Training	2	2	4	Technique monitored. Machines wiped down after use. Appropriate warm-up and cool-down performed. Correct equipment used with necessary adaptations for each athlete.		1	1	2
Launch Driving	2	2	4	Launch Driver to hold RYA powerboat Level 2. M Driver to wear kill cord at all times. Ensure enough fuel when start.		1	1	2

Rating Consequence Ratings:

- 1 Minor injury/illness requiring first aid only
- 2 Results in possible time off work/rowing
- 3 Possible death or severe illness/injury

Likelihood Ratings:

- 1 Unlikely
- 2 Moderate
- 3 Likely

Overall Risk Rating:

- 1-2 Low – No action necessary
- 3-4 Medium – Can continue but take caution
- 6-9 High – Do not start rowing

