

<b>Niagara Falls Rowing Club: Risk Assessment</b>			
Location:		Date:	
<i>Usual activities carried out by the club:</i> (List usual activities)			
<b>Hazard</b>	<b>Risk</b>	<b>Control measures in place (Input Club Control Measures - suggest measures below)</b>	<b>Person(s) responsible</b>
<b>Water Based</b>			
Collision	Drowning	<i>Lifejackets or swimming tests required</i>	
	Knocked unconscious	<i>Rescue/coaching launch and mobile phone available. First aid available at VRC.</i>	
	Immersion, with consequent risk of infection, drowning, hypothermia	<i>Blankets available on coaching/rescue launch and at boathouse; Safety equipment carried by launch e.g. space blankets, first aid kits, throw bags etc.</i>	
	Penetrating injury by bows	<i>Bow balls fitted to all boats.</i>	
Capsize	Immersion (as above)	<i>Launch present, as above. Experienced crews only in small boats without coaching supervision. Development group row in larger shells making capsize unlikely.</i>	
	Becoming trapped in boat	<i>Crew: All boats fitted with heel restraints. Coxes: manual lifejackets only.</i>	
Swamping	Immersion (as above)	<i>Steers/Cox and coach to make assessment of conditions prior to each outing and adjust/cancel if necessary.  Buoyancy compartments to be checked.</i>	
Catching "a crab"	Skeletal and soft tissue injury (including to head)  Being thrown from the boat, with risks from immersion (as above)	<i>Rowers coached proper technique to avoid crabs. Development squads supervised at all times whilst on water.</i>	

Over-exertion	Hyperventilation, pulled muscles, cramp, hypothermia, back injury	<i>Rowers to warm up before any exercise and warm down and stretch as appropriate. Suitable clothing to be worn. Experienced coach to specify training sessions and adapt to conditions.</i>	
High stream and/or high wind	Being swept onto obstacles, including bridges, bank, debris etc. Swamping or capsize when spinning, manoeuvring, boating and landing	<i>Outings only to be undertaken after prior consideration of conditions.</i>	
Use of coaching boats	Capsize Falling Out  Failure of engine due to fouling of propeller Mechanical failure	<i>Stable boat to be used, boat driver to have their PCOC License. Not overloaded. Kill cords to be fitted and used. Lifejackets to be worn by all crew.  Assess state of waterway for debris. Carry all Transport Canada recommended safety equipment.  Ensure regular servicing.</i>	
Rowing in hours of darkness	Increase risk of collision with other boats, bank and static obstacles	<i>Experienced and registered steers/coxswains only. Follow club rules.</i>	
Rowing in fog	Increase risk of collision with other boats, bank and static obstacles	<i>No rowing in foggy conditions. Follow club rules.</i>	
Storm Conditions	Lightning strike on boats	<i>Outings not to be undertaken in storm conditions. In a storm event during an outing the crew and coach boat is to make for the nearest safe landing point and get out of the boats. Crew is also to keep clear of metallic boat components.</i>	
<b>Land Based</b>			
Wet Floors	Minor Injuries	<i>Safety guidelines including – No running inside</i>	
Slippery Docks & Launching Area	Minor Injuries	<i>Safety guidelines including – No running on docks/near water</i>	
Fuel Storage	Fire Hazard	<i>Fuel to be kept outside building in separate container.</i>	
Trip Hazards	Minor Injuries	<i>Ensure boathouse is kept tidy and free of debris. All equipment and tools</i>	

		<i>stored properly.</i>	
Lifting Boats	Major Injuries	<i>All rowing hands on the boat to carry and listening to instructions from lead. All members to be instructed on proper lifting techniques.</i>	
Oars	Equipment damage, infections or hitting others	<i>Rowers to carry only two oars at a time. Oars to be stored ____ so they are not tripped on. Oar handles to be cleaned regularly.</i>	
Exposed Wiring/Frayed Electrical Wires	Fire Hazard	<i>Report all unsafe electrical equipment to _____ to be fixed or replaced immediately.</i>	
Furniture/clothing places near heat sources	Fire Hazard	<i>No clothing or furniture to be placed near heat sources.</i>	

**Document has been reviewed, to be approved by Board of Directors**

**Date: January 2017**