RISK ASSESSMENT WIZARD



# INDOOR ROWING

## Safety Guide

Sports Recreation

| 6 | 24 | 21 |
|---|---|---|
| Key Benefits | Control Measures | Checklist Items |

## KEY BENEFITS

### Cardiovascular Health

Exceptional aerobic workout that strengthens the heart and improves overall cardiovascular endurance efficiently.

### Full-Body Workout

Engages legs, core, back, and arms in every stroke for comprehensive muscular development and toning.

### Low Impact

Gentle on joints while delivering high-intensity exercise, ideal for rehabilitation and all fitness levels.

### Calorie Burning

Burns 400-800 calories per hour depending on intensity, supporting weight management goals effectively.

### Mental Focus

Requires concentration on rhythm and technique, providing meditative benefits and stress relief.

### Measurable Progress

Ergometer monitors provide instant feedback on pace, distance, and power for tracking improvement.

## KEY HAZARDS & CONTROL MEASURES

### Poor Rowing Technique

- ✔ Provide mandatory technique induction for new users
- ✔ Train staff to identify and correct poor form
- ✔ Display proper technique posters near equipment
- ✔ Encourage gradual progression of intensity

### Equipment Malfunction

- ✔ Implement daily pre-use equipment checks
- ✔ Remove faulty machines from use immediately
- ✔ Schedule regular professional maintenance
- ✔ Keep maintenance logs and records

### Overexertion

- ✔ Screen participants for health conditions
- ✔ Ensure adequate hydration is available
- ✔ Encourage appropriate pacing and rest periods
- ✔ Train staff to recognise signs of distress

### Hand Blisters & Grip Issues

- ✔ Teach proper relaxed grip technique
- ✔ Ensure handle grips are clean and in good condition
- ✔ Make rowing gloves available
- ✔ Advise gradual volume increases for new rowers

### Foot Strap Entrapment

- ✔ Demonstrate proper strap adjustment
- ✔ Ensure users can release straps independently
- ✔ Inspect straps for wear and damage
- ✔ Replace worn or frayed straps promptly

### Environmental Conditions

- ✔ Maintain adequate ventilation and air conditioning
- ✔ Keep water readily accessible
- ✔ Provide fans for additional air circulation
- ✔ Monitor room temperature during classes

# PRE-SESSION SAFETY CHECKLIST

## Risk Assessment

- [ ] Complete and review risk assessment for this activity
- [ ] Ensure all identified hazards have control measures in place
- [ ] Brief all staff on key risks and emergency procedures

## Equipment Checks

- [ ] Seat slides smoothly on rail
- [ ] Chain moves freely without noise
- [ ] Handle grip is secure
- [ ] Foot straps are in good condition
- [ ] Monitor displays correctly
- [ ] Damper lever functions properly

## User Preparation

- [ ] Health screening completed
- [ ] Technique induction provided
- [ ] Appropriate footwear worn
- [ ] Water bottle available
- [ ] Warm-up completed
- [ ] Contraindications checked

## Facility Checks

- [ ] Adequate machine spacing maintained
- [ ] Ventilation functioning
- [ ] Floor area clear of obstacles
- [ ] First aid kit accessible
- [ ] Emergency exits clear
- [ ] Qualified instructor present

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