RISK ASSESSMENT WIZARD



ROWING

Safety Guide

Sports Recreation

6	40	22
Key Benefits	Control Measures	Checklist Items

KEY BENEFITS

Cardiovascular Health

Enhances cardiovascular health and stamina through sustained rowing activity.

Full-Body Strength

Improves upper and lower body strength with repetitive rowing motions.

Teamwork

Develops coordination and teamwork essential for synchronized rowing.

Mental Focus

Boosts mental focus and concentration required for maintaining rhythm and pace.

Flexibility

Increases flexibility and range of motion in the arms, legs, and back through rowing strokes.

Weight Management

Supports weight management and overall physical fitness through consistent full-body exercise.

KEY HAZARDS & CONTROL MEASURES

Capsizing

- ✔ Provide thorough training on boat handling and balance
- ✔ Check weather forecasts and avoid rough conditions
- ✔ Conduct regular capsize drills
- ✔ Ensure all rowers can swim and wear PFDs when required

Cold Water Immersion

- ✔ Provide training on cold water safety and self-rescue
- ✔ Limit activities in extreme cold
- ✔ Require appropriate clothing in cold conditions
- ✔ Ensure quick access to emergency equipment

Collisions with Other Water Users

- ✔ Follow navigation rules applicable to the waterway
- ✔ Assign a lookout or use coxswain
- ✔ Use visual signals and audible warnings
- ✔ Equip boats with proper lighting

Equipment Failure

- ✔ Perform regular maintenance and inspections of boats and oars
- ✔ Keep maintenance records
- ✔ Replace worn or damaged parts promptly
- ✔ Train rowers to check equipment before each outing

Floating Debris

- ✔ Conduct visual inspection of rowing area before outings
- ✔ Use navigation charts for known hazards
- ✔ Assign a lookout during rowing sessions
- ✔ Report significant debris to authorities

Poor Rowing Technique

- ✔ Provide professional coaching on proper technique
- ✔ Monitor rowers during practice to correct form
- ✔ Incorporate strength and flexibility training
- ✔ Educate on injury prevention

Launching/Recovering Boats

- ✔ Train all participants on proper lifting techniques
- ✔ Ensure pathways are clear of obstacles
- ✔ Use appropriate equipment like boat dollies
- ✔ Supervise boat handling with novice rowers

Overexertion & Fatigue

- ✔ Monitor rowers for signs of overexertion
- ✔ Encourage adequate rest and recovery
- ✔ Implement gradual training progression
- ✔ Educate on recognizing personal limits

Adverse Weather

- ✔ Monitor weather conditions before outings
- ✔ Avoid rowing in conditions beyond crew's ability
- ✔ Provide guidance on appropriate clothing
- ✔ Educate on symptoms of weather-related illnesses

Falling Overboard

- ✔ Provide training on proper technique and boat etiquette
- ✔ Use non-slip surfaces on boat decks
- ✔ Ensure all rowers can swim
- ✔ Establish man-overboard emergency procedures

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

Conditions & Equipment

- [ ] Weather forecast checked
- [ ] Water conditions acceptable
- [ ] Boat inspected for damage
- [ ] Riggers and seats secure
- [ ] Bow ball in place
- [ ] Heel restraints fitted
- [ ] Oars in good condition

Rowers

- [ ] All can swim 50m
- [ ] Appropriate clothing worn
- [ ] PFDs available if required
- [ ] No loose clothing/jewellery
- [ ] Injuries/conditions declared
- [ ] Water bottles available
- [ ] Capsize drill completed

Supervision & Safety

- [ ] Qualified coach present
- [ ] Appropriate ratios maintained
- [ ] First aider identified
- [ ] Communication equipment
- [ ] Emergency procedures known

RISK ASSESSMENT WIZARD

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390+

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