



STOURPORT BOAT CLUB CLUB SAFETY PLAN

(Including the clubs Safety Rules and Emergency Response Plan)

Introduction

The purpose of this plan is to describe how club members should act in order to keep themselves and others safe when on the water and undertaking land training activities.

We:

- Believe that harm is not an inevitable consequence of our activities and that incidents that cause harm can be avoided.
- Will strive to provide an environment in which the sport can be practiced safely and enjoyably by our members.
- Will guide and lead our members in a way that fulfils these aims.
- Recognise that our members have primary responsibility for their own safety and the safety of others.

The Club, through the Committee, will encourage safe practice having due regard for the guidance provided by British Rowing in RowSafe.

Swimming Standards

All rowers must be in good health and must be able to swim a minimum of least 50 meters in light clothing.

All members, parents and guardians of junior members will be required to sign a declaration on the club application form confirming that he or she can meet our minimum swim standard.

The club will hold regular swim tests together with annual capsized drills to ensure that all members can meet this requirement.

Boat Safety Checks

Before any outing is undertaken, all equipment must be checked to ensure that it is in a safe condition and in working order:

- Check the hull and canvases for damage
- Check the bow ball
- Check the heel restraints
- Check all hatch covers are in place and secure.

Under no circumstances whatever shall any boat be taken onto the river if it does not meet the above checks.

All deficiencies must be reported to the Captain/Vice Captain or in their absence the Club Safety Officer, who must take appropriate action to ensure that the boat is not used until it satisfies safety requirements.

A “DO NOT USE” notice, with a description of the deficiency should be prominently (and firmly), affixed to the boat, so that others do not take it out on the water until the repair work has been completed.

Safety and Emergency Equipment

- Coxswains **MUST** always wear a life jacket while on the water.
- The life jacket must be checked for serviceability at the start of each outing.
- Any lifejackets found to be damaged must be reported to the Captain/Vice Captain asap.
- There are four launch rescue bags located in the boat house adjacent to the steps to the boat house.
- Coaches / launch drivers must take a rescue bag with them when on the water. The bags should be checked before taken out.
- Other First Aid kits are located in the boat house adjacent to the steps to the boat house and the kitchen.
- A community defibrillator is located on the river side external wall of the boathouse, next the main boat house doors.

Emergency equipment

Item	Location	Comments
Throw Bags (Qty 4)	Hanging inside boathouse entrance. Each contains: a first aid kit, throw line, a lifejacket, whistle and emergency blankets.	To be checked prior to being taken out
Life Jackets (Qty 6)	Hanging inside the boathouse entrance	Checked before each outing and serviced annually
Defibrillator (Qty 1)	Stored outside the club house adjacent to the boathouse main doors	
First Aid Kit (Qty 2)	Inside the boathouse, adjacent to the main boathouse doors In the kitchen	

Use Of First Aid Kits

All members are to inform the Captain/Vice Captain or Safety Officer when used so that:

- a) the Captain/Coach/Safety Officer are made aware of the situation,
- b) that they can ensure that the appropriate level of stock is maintained in the first aid kit,
- c) an Incident Report is logged

Clothing

- Crews must always dress for the conditions, while ensuring the clothing will not impede their ability to row.

- Single scullers and bow seat crew members **must** ensure they are wearing a high-visibility top to help them to be seen while on the water. Hi vis vests are available in the club house if needed.
- All club members planning to go out must ensure they've a change of clothing with them and a towel, in the event of capsize. Spot checks maybe performed by the Captain/Vice Captain or Safety Officer and failure to produce the items when requested will result in your outing being cancelled.

Boating

All crews must ensure boats are logged either on iCrew to ensure boats are not double booked and indicate who is on the river.

All rowing shall take place between upstream of the landing stage to the 'caravans' and downstream to the weir (See the Stourport Boat Club – River Map for more details).

All crews should know how to properly and safely carry boats from the boathouse onto the landing, showing due care when using the steps to the landing stage.

Boats leaving from the club landing stage shall be carried out with the bows facing upstream, likewise all landings at the landing stage shall be with the bows facing upstream.

It is the responsibility of anyone boating unsupervised, or anyone supervising crews, to carry out a risk assessment prior to going a float. This can be done using the "Risk Matrix" displayed next to the booking out folder.

When back on land, each crew must clean the boat's hulls, riggers and seating areas before returning to the boat house/outdoor racking.

River levels are measured from the Bewdley station as the clubs nearest river level point. It can be monitored on our club website, the .GOV.uk website and safety post found at the base on the main steps to the landing.

- Where the current level is shown at **2.7m or more**, it would indicate that river levels at Stourport Boat Club are on the **RED** safety post marker, where rowing is not permissible.
- At **2.69m to 1.30m**, the river level is on the **AMBER** mark and above the landing stage making boating a significant challenge.
- Levels at **1.30m** are on the **GREEN** marker, but still 150mm above the landing stage. Wellies are required and boating continues to be challenging.

- River levels at **1.10m** or less are considered **normal rowing conditions**, where the river is below the landing stage

If there is any doubt “DON’T GO OUT”

In the case of lightning storms, there will be no boating until it has cleared, as recommend by British Rowing. If crews are afloat, they shall leave the water as quickly and safely as possible.

In the event of very cold weather, the Captain/Vice Captain or Safety Officer may suspend rowing.

Pedestrians / Public

Always take great care when carrying boats and blades to and from the landing stage. A narrow but occasionally busy public footpath lies between the boathouse and landing stage steps and care must be taken to ensure members of the public are not injured, walking into boats being carried at shoulder height.

Gym and Land Training Equipment

The club has eight Concept Rowing machines (Ergos) for members use; these should only be used following a course of instruction from a competent user.

All members must not use the weight training equipment unless they feel confident in using them. If in doubt, please ask.

Rowing has a good safety record (as far as major injuries are concerned) however, it is incumbent on all its members to respect all club equipment and to take care in its use.

Building and Fire Safety

Club members should familiarise themselves with the fire evacuation plan, located around the club house.

If you hear the fire alarm and it is not a false alarm, leave the building immediately to the safety of the main gate and call 999.

The building will have a valid fire risk assessment in place and an annual gas check undertaken.

The kitchen will meet relevant food hygiene standards

Incident Reporting

No matter how careful we are, accidents do happen. Sometimes there is no accident but there is a “near miss” or an event or circumstance that could cause harm or damage.

Whatever the incident is, no matter how minor, it must be reported to the Safety Officer and / or Captain/Vice Captain, and recorded in:

- the incident log located in the boat house above the landing scaffold planks and /or
- the British Rowing Incident Reporting Section of their web site.

Anyone can submit a report and members should be encouraged to do so.

Each report is automatically passed to the Regional Safety Adviser and to the Club Safety Officer.

Emergency Contacts

- Emergency Services: 112 or 999
- Police Non-Emergency: 101
- Stourport Police Station:
 - 030 333 3000
 - Bewdley Road, Stourport on Severn, DY13 8YZ
- Kidderminster Hospital and Treatment Centre,
 - 01562 823424
 - Bewdley Road, Kidderminster, DY116RJ
- Worcestershire Royal Hospital (Worcester):
 - 01952 641 222
 - WR5 1DD

Boat Club Address

Stourport Boat Club

The Boat House

Dunley Road

Stourport on Severn

DY13 0AA

What3Words?

moons.transfer.super