



Safe Rowing Note			
Subject	Pre-Outing Assessment of Risk		
Note number	1	Version	3
Date	06 October 2024		
<p><b>Safety Rule</b></p> <p><b>All crews must assess the safety risk associated with their activities before each outing.</b></p> <p>To undertake a simple risk assessment prior to each outing:</p> <ol style="list-style-type: none"> <li>Score each risk category of your planned outing using each column in Table 1.</li> <li><b>Multiply</b> all scores for each category together then check the total score with the risk level in Table 2.</li> </ol> <p>Consider and implement ways to reduce risk to yourself, crewmates, and other river users.</p> <p><b>Explanation</b></p> <p>The pre-outing risk assessment can be a verbal conversation between crew members on the risk categories below, or mental check on these – for single scullers.</p> <p>It is not necessary to write down or record each pre-outing risk assessment.</p> <p>Refer to notes below on completing your risk assessment prior to each outing.</p>			

Table 1 Rowing Outing Risk Categories

River Level	Crew Competence	Cox/Steers Competence	Crew Member Health / Fitness	Coach with Crew	Weather Conditions	Outing Plan	Dark
High Red 3	Beginners / Novice 3	Beginner / Novice 3	Unwell or unfit 3	- 3	Poor 3	Upstream of Welsh Bridge and/or downstream of English Bridge 3	-
Medium Yellow 2	Intermediate 2	Intermediate 2	Below normal 2	No 2	Medium 2	-	Yes 2
Low Green 1	Competent 1	Competent 1	Good 1	Yes 1	Good 1	Stay between Welsh and English Bridge 1	No 1

Table 2 Rowing Outing Risk Levels

Score	Risk	Actions
1 to 8	Low	Is there anything else you can do to be safer?
9 to 23	Medium	Is it sensible to go out? What will you do to reduce risk to 'low/green' <u>before</u> going on the water?
24+	High	Do not go on the water until you have reduced the risks.



## Notes on completing your pre-outing assessment of risk

### River Level

Refer to Safe Rowing Note 2 – River Levels and Stream.

### Crew Competence

Use sensible objective judgement. Crew experience could be based on British Rowing points system, but it is acknowledged that competence may be achieved without entering races and gaining BR points.

Use this as a guide (from British Rowing). Be realistic about your skill level and that of your crew – it is YOUR safety.

<i>Beginner:</i>	<i>In first few months of rowing, under close supervision by a coach</i>
<i>Novice</i>	<i>A novice is a rower that has progressed beyond beginner stage with less than 12 months of experience, regardless of age.</i>
<i>Intermediate</i>	<i>Member that has been rowing consistently for 12 months or more and is developing competence, but still need support by coaching or club members with more experience.</i>
<i>Competent</i>	<i>Members that have been rowing for several years and have a good level of rowing competence and rowing fitness.</i>

Where a minimum of 50% of the crew are 'Intermediate' or 'Competent', and for sweep boats they are equally distributed on port and starboard, the crew is at the higher level of competence, for purposes of this assessment.

### Cox / Steers Competence

<i>Beginner</i>	In first few months of rowing, under close supervision by a coach
<i>Novice</i>	Has only limited experience on home water
<i>Intermediate</i>	Recent experience training and racing on several stretches of water
<i>Competent</i>	Recent experience training and racing on a wide range of stretches of water and weather conditions.

### Crew Member Health / Fitness

Use sensible objective judgement.

<i>Good</i>	Able to undertake strenuous physical activity.
<i>Below normal</i>	Injury or illness affects your ability to undertake strenuous physical activity, shorter and/or less strenuous outings are appropriate
<i>Unwell or unfit</i>	Injury or illness may impact the health and/or safety of your rowing and that of your crewmates.

**Coach** - for a "yes", must be with the crew throughout the outing. When on the bank must carry and be practiced in the use of a throw line.

### Weather Conditions

Always check the weather forecast before your outing.

Avoid rowing in adverse weather, following guidance in Safe Rowing Note 3 – Poor Visibility and Weather.

### Dark / Poor Visibility

Refer to Safe Rowing Note 3 – Poor Visibility and Weather.