

Royal Docks Rowing Club - Induction Information

Risk Assessment

A copy of our risk assessment can be found on the wall in the clubroom.

The risk assessment helps to ensure that everyone remains safe and can enjoy learning to row.

Local Hazards

Hazard	Why is this a hazard?	Mitigation
The water in the dock is very deep	Risk of drowning	Wear a PFD if instructed, listen to your coach, ensure you are a confident swimmer
London City Airport is on the south side of the dock	Security risk, noise makes it harder for you to hear coaches instructions	Do not attempt to climb the dock wall on the south side, be aware of where your coach is - if you have trouble hearing instructions let someone know immediately. Make sure you know your training plan before going afloat.
Localised strong winds	The wind causes waves increasing risk of capsize and swamping.	There is no water based training if the wind is above 17mph or 10mph East West.
Changeable weather conditions	The weather can change for the worse very suddenly in the dock.	Be aware of weather conditions. Listen to your coaches advice.
Other water craft (including motorised) using the dock	Motorised craft sometimes pass through the dock for access	You will be informed if there will be a boat passing through the dock. There will not be water based training if a boat is due to pass through.
Other water users (sports and leisure) using the dock	The dock is shared with other rowing clubs and dragon boating clubs as well as other water users	Be aware of other water users and your surroundings. Listen to your coach.
The land around the dock is public and used by pedestrians	A path runs alongside the dock. You will have to cross this with your equipment to access the dock.	Be aware of pedestrians. Particularly when carrying your boat.

Navigation rules

Always follow the circulation pattern

There is a poster in the clubroom that shows the correct pattern. If you are in any doubt ask your coach or your captains.

Emergencies

In an emergency try to alert the closest coach, volunteer or other appropriate adult

The nearest phone is in the reception of the Regatta Centre or with a coach.

Important numbers are on display in the clubhouse or in the reception area of the Regatta Centre.

Equipment

Before all water based training ensure the following:

The boat has a bow ball

The boat has no visible damage

The boat has heel restraints of the correct size

The boat has laces

The seat's movement is unrestricted

The bulk heads are sealed and there is no water in the boat.

Check the buttons/collar on your blades are tight and level.

Repeat the checks after the training session to ensure the equipment is in good condition for future sessions.

Report any damage or problems with equipment to your coach, captains or a club officer.

Manual handling

Carry boats as taught

Carry blades as taught

First Aid

First aid box behind reception in the Regatta Centre and in the club room of boathouse

Incident reporting

Report all incidents however small.

Report to coach, water safety advisor or welfare officer.

Safety Equipment and PFDs

We have buoyancy aids, throw bags, blankets, life rings, life jackets and the safety boat

Buoyancy aids and life jackets are stored in the shed next to club house

Throw bags are with coaches and on launch

Blankets are stored in the club house and on the launch

Life rings are dockside at regular intervals

The launch will be deployed whenever there is water based training

Use an appropriate sized PFD

Check all fastenings (zip, velcro and clip) before going onto the pontoon

All members who are not recorded as having successfully completed a capsized drill must wear a buoyancy aid

Participants unable to independently sustain buoyancy must wear a life jacket

Club officers

The welfare officer is Nicola Turner

The Water Safety Advisor is David Blancke

Your club captains are John Whapham and Naomi Curthoys

If you require any further information you can always speak to one of these people.

Contact details can be found in the clubhouse on the notice board.

Capsizes and Swampings

If you capsize or are swamped follow capsize training and always stay with the boat

If someone else capsizes or is swamped alert nearest responsible person (Coach, Volunteer, other adult)

Report all capsizes and swampings

Keep your head above water

Climb on top of your boat if you are able to

Follow the coaches instructions

Clothing

Do wear	Do not wear
Layered clothing to keep warm	Baggy Clothing that may get caught in equipment or make it hard to swim
Comfortable clothing for exercise	Gloves that may reduce your grip
Clothing appropriate for land OR water based training	Restrictive clothing

You should always bring spare clothing in case you get wet

Supervision

You may not train without an appropriate volunteer or coach present

You must sign out if going afloat

For session times see current training poster

There must be a safety boat in attendance at all times (moored)

You may not row at night or if visibility is under 400m

Weather

Be aware of the weather forecast - it can be found on London City Airport's website.

There is no water training if the wind is above 17mph or 10mph East West. There is a wind speed meter outside the boat house. Your coach will tell you if it is safe to go afloat.

If the temperature is under 2 degrees the safety boat must be on patrol.

Water borne diseases

The dock complies with EU bathing standards

There are no known water borne diseases in the Dock

Follow standard hygiene procedures and always wash your hands regularly.

Safety boards are in the club room and outside the boathouse

Only use boats suitable for your age, size and skill level. Your coach will tell you which boat to use.

Please train safely and responsibly and if in doubt ask an appropriate adult.

Do not take risks.

Enjoy yourself!