

Safety & Emergency Plan Tay RC 2016

Introduction

Tay RC is committed to providing a safe environment for our members whilst engaged in club activities. It is the aim of this plan to ensure all members have an information source when participating in Tay RC activities. We encourage members to also be aware of Scottish rowing & British rowing (RowSafe) guidelines.

These requirements apply to all activities organised by or partaken in by members of Tay RC (both at the sleepless inch site & elsewhere) except where local safety procedures are enforced. They also apply to visitors to Tay RC.

Emergencies- Please go to emergency action plan.

Responsibilities

All members are reminded that they are ultimately responsible for their own actions and that they have a duty of care for themselves and to other members of the club.

All members are expected to comply with the club safety policy and that of our governing body.

General water safety requirements

Safety equipment

Lifejackets/ Buoyancy aids

Members may provide their own lifejacket/ buoyancy aid if in good working order, the device is used at the risk of the owner.

The club provides flotation devices which must be worn by;

- Coxswains
- Launch drivers and passengers
- Those who have not yet completed a capsize/ swim test.
- Beginner rowers

The club will periodically run sessions where members will be assessed for competency of swimming and capsize drills. Information on these sessions will be circulated by the club communications officer (comms-tayrowing@hotmail.com).

The Tay RC safety officer will monitor the club owned buoyancy devices every 6 months, any damaged devices must be taken out of circulation until repaired or replaced.

Members who have medical conditions which may render themselves unconscious or immobile without warning are also expected to wear an automatic lifejacket when on the water.

Throw lines

The club does not currently own a throw line. Any coaching launches must be equipped with a throw line as part of the safety pack carried by each launch. This will be addressed as the club develops.

Thermal exposure blankets

These will form part of the safety pack found in all club launches.

First aid boxes

Currently committee members attend each session with personal first aid boxes. It is an ongoing plan to install a first aid box at the sleepless inch site.

The club also advertises first aid training sessions in the local area, further information will be distributed by the communications officer (comms-tayrowing@hotmail.com).

Water conditions

Extreme weather

No crews should take to the water in dangerous conditions. The coach/ session leader should assess the weather and water conditions along with the competency of the athletes. No athlete should take to the water unless they are confident with the decision made by the coach/ session leader.

Considerations for the session organiser include:

Wind (wind is particularly dangerous when in opposing direction to the stream)

Rain/ snow (water users should be wearing adequate clothing)

Currents (the Tay can have strong currents, especially in winter months)

Temperature (beware of low & high temperatures)

Visibility (should be >200m)

Thunderstorms/ Lightning

If thunder/ lightning is observed whilst on the water all water users must leave the water immediately. No water activity can take place within 30mins of a lightning strike. When on dry land members should take shelter in appropriately shielded buildings/ cars.

When considering returning to the water members are asked to refer to local weather forecasts, if any more lightning is expected all water based activities must cease until the forecast significantly improves.

Condition of equipment

Members should inspect equipment before each session including (but not exclusively); Bow-ball integrity, buoyancy of the boat (sealed hatches or buoyancy bags), heel restraints.

Any issues with equipment should be raised with the session leader.

Incidents & accidents

All incidents must be reported within 24hrs of the event. This includes a written report in the club log book (in cabinet at back of container) and an email to the club safety officer (safety-tayrowing@hotmail.com).

In the event of an emergency please refer to the club emergency action plan.

Launches

The club does not currently own a launch. The following guidelines apply to any hired craft, alongside any conditions of rental.

Launches must only be operated by RYA level 2 accredited drivers.

Before taking to the water the driver must check the launch for buoyancy, fuel level, kill cord and safety pack (containing flares, blankets, throw line and first aid). The driver and all passenger must be wearing appropriate clothing and a buoyancy device.

The driver must be familiar with local navigation rules and hazards before taking to the water.

Coxswains & steering

Coxswains must wear a buoyancy device while on the water. If coxing in a 'bow-loader' the cox may not wear a buoyancy aid but a life jacket, so that they can safely escape the boat in the event of capsize.

The cox or, in coxless boats, the steersman is responsible for the safety of the boat and crew when on the water. In novice boats this responsibility will transfer to the coach/ supervisor. Coaches should ensure all athletes are aware of the navigation pattern and any hazards to expect.

All water users should be familiar with local navigation rules and hazards before taking to the water.

Coaches

All coaches should be UKCC level 2 (or equivalent) accredited.

Coaches are expected to assist with crew safety and in instruction of rowing. Safety should be the foremost aim of the coach above performance.

Each session should begin with a briefing of crew(s), any concerns and questions should be raised here. The coach should discuss both the session plan and water conditions. Water users should also be reminded to wear appropriate clothing.

Circulation pattern

Please refer to the Tay RC navigation guide.

Rowing at night

At the current stage of the club's development no crews are allowed on the water after sunset.

Unescorted outings

Members may only take to the water during official club sessions where a member of the committee/ appointed coach is present.

Off-water safety requirements

Lifting and moving boats

Tay RC expects all members to be responsible for the safety of themselves and the equipment when manoeuvring boats. One person (usually the cox, steers or coach) is to be in charge, giving clear instructions to the rest of the crew.

Specific hazards to be aware of: crossing the road (keep an eye out for oncoming vehicles)

walking down the pier (the mud can get slippery)

Smoking

The Tay RC site is non- smoking.

Car parking

Spaces are at a premium in and around the sleepless inch site. Initially cars should populate the cul-de-sac spaces away from the road. When this becomes full cars may begin parking the layby in front of the site and 100m beyond. Tay RC accepts no liability of any damage to vehicles.

We encourage members to car pool and use alternative forms of transport to reduce congestion. Please contact the communications officer if you can offer assistance, or need help, with transport to the sleepless inch site (comms-tayrowing@hotmail.com).