

# Hazards associated with ENDURANCE ROWING



Hazards	Barriers	Hazardous events	Controls <sup>i</sup>
<b>Rough Water</b>	<ul style="list-style-type: none"> <li>• Pre outing weather forecast and tide plan</li> <li>• Strong and experienced crew</li> <li>• Avoid holding crews in unstable positions</li> <li>• Plan outing to avoid rough water</li> <li>• Route plan including safe harbours, frequencies and contact numbers</li> <li>• Carry extra rower/cox to swap-in to reduce fatigue</li> <li>• Adequate and functional safety at sea equipment</li> </ul>	Capsize	<ul style="list-style-type: none"> <li>• Have club rescue launch available during outing</li> <li>• Seek Coastguard assistance</li> <li>• Have accompanying Gig available</li> <li>• Teach capsizе drill</li> <li>• Ensure lifejacket or buoyancy aid available for all crew members</li> <li>• Use fenders as additional buoyancy</li> <li>• Carry mobile phone</li> <li>• Adequate and functional safety at sea equipment:                             <ul style="list-style-type: none"> <li>○ VHF radios x 2</li> <li>○ First aid kit</li> <li>○ Survival bag</li> <li>○ Horn</li> <li>○ Throw line</li> <li>○ Rope knife</li> </ul> </li> <li>• Crew trained in safety at sea equipment use</li> <li>• Treat with first aid</li> </ul>
<b>Rough water</b>	<ul style="list-style-type: none"> <li>• Plan route to avoid areas of rough water</li> <li>• Use bailer or bilge pump to</li> </ul>	Swamping	<ul style="list-style-type: none"> <li>• Have safety boat and tow/throw lines available to rescue rowers and recover boat</li> </ul>

Reference : LRGС safety document – Hazards associated with ENDURANCE ROWING - issue 1 (February 2018)

Author : Chris Waller

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	<p>prevent water accumulation</p> <ul style="list-style-type: none"> <li>• Recover boat to nearest safe harbour in route plan</li> <li>• Route plan including safe harbours, frequencies, traffic lanes and contact numbers</li> <li>• Adequate and functional safety at sea equipment</li> <li>• Carry extra rower/cox to swap-in to reduce crew fatigue</li> </ul>		<ul style="list-style-type: none"> <li>• Seek Coastguard assistance</li> <li>• Have accompanying Gig available</li> <li>• Teach swamping drill</li> <li>• Ensure lifejacket or buoyancy aid available for all crew members</li> <li>• Use fenders as additional buoyancy</li> <li>• Carry mobile phone</li> <li>• Adequate and functional safety at sea equipment:             <ul style="list-style-type: none"> <li>o VHF radios x 2</li> <li>o First aid kit</li> <li>o Survival bag</li> <li>o Horn</li> <li>o Throw line</li> <li>o Rope knife</li> </ul> </li> <li>• Crew trained in safety at sea equipment use</li> <li>• Treat with first aid</li> </ul>
<b>Rough water</b>	<ul style="list-style-type: none"> <li>• Plan route to avoid areas of rough water</li> <li>• Use bailer or bilge pump to prevent water accumulation</li> <li>• Recover boat to nearest safe harbour in route plan</li> <li>• Route plan including safe</li> </ul>	Person overboard from gig	<ul style="list-style-type: none"> <li>• Rescue with accompanying gig or safety boat</li> <li>• Ensure lifejacket or buoyancy aid available for all crew members</li> <li>• Teach man overboard drill</li> <li>• Call the Coastguard</li> <li>• Train crew in radio procedure</li> </ul>

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	<p>harbours, frequencies, traffic lanes and contact numbers</p> <ul style="list-style-type: none"> <li>• Carry extra rower/cox to swap-in to reduce crew fatigue</li> </ul>		<ul style="list-style-type: none"> <li>• Adequate and functional safety at sea equipment: <ul style="list-style-type: none"> <li>o VHF radios x 2</li> <li>o First aid kit</li> <li>o Survival bag</li> <li>o Horn</li> <li>o Throw line</li> <li>o Rope knife</li> </ul> </li> <li>• Crew trained in safety at sea equipment use</li> </ul>
<b>Fast flowing water (e.g. river rowing events)</b>	<ul style="list-style-type: none"> <li>• Pre outing weather forecast and tide plan</li> <li>• Avoid being upstream of hazards</li> <li>• Keep a good look out</li> <li>• Strong and experienced crew</li> <li>• Route plan including safe landing areas, jetties, frequencies and contact numbers</li> <li>• Carry extra rower/cox to swap-in to reduce crew fatigue</li> </ul>	Swept into mud banks or other obstruction	<ul style="list-style-type: none"> <li>• Use rescue boat and throw lines</li> <li>• Evacuate crew to land (if possible)</li> <li>• Carry two VHF radios and two mobile phones (different service providers in case of poor coverage)</li> <li>• Wait for tide to re-float the boat</li> <li>• Check for damage</li> <li>• Have boat recovered to safe landing area</li> <li>• Quarantine for repair</li> </ul>
<b>Areas of shallow water (permanent or tidal)</b>	<ul style="list-style-type: none"> <li>• Pre event planning, provide information on areas of shallow water</li> <li>• Avoid areas of shallow water</li> <li>• Keep a good look out</li> </ul>	Grounding	<ul style="list-style-type: none"> <li>• Train rowers to check the equipment then (if OK) to walk the boat into deeper water and row away</li> <li>• Await tide to re-float the boat</li> </ul>

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	<ul style="list-style-type: none"> <li>• Be aware of tide times and heights, the weather and plan accordingly</li> </ul>		<ul style="list-style-type: none"> <li>• Train the rowers what to do if the equipment is damaged</li> <li>• Check boat for damage</li> </ul>
<b>Water-borne hazards</b>	<ul style="list-style-type: none"> <li>• Plan to avoid areas known to be polluted</li> <li>• Minimise crew contact with polluted water</li> </ul>	Contact with polluted water	<ul style="list-style-type: none"> <li>• Wash open wounds, cuts and blisters properly on return to land and seek medical attention</li> </ul>
<b>Very cold weather</b>	<ul style="list-style-type: none"> <li>• Avoid rowing if temperature reduces to 0* or below</li> <li>• Plan event identifying safe landing areas</li> </ul>	Hypothermia	<ul style="list-style-type: none"> <li>• Rescue casualty with launch</li> <li>• Provide first aid treatments for hypothermia</li> <li>• Move to warmer area and warm gradually</li> <li>• Provide warm hot drink</li> <li>• Seek medical attention if severe or in doubt</li> </ul>
<b>Tides</b>	<ul style="list-style-type: none"> <li>• Route planning - check weather forecast, tide times and height before going afloat</li> <li>• Avoid having to return against fast-flowing tide</li> </ul>	Unable to make way against the tide	<ul style="list-style-type: none"> <li>• Carry tow line</li> <li>• Rescue with launch</li> <li>• Have a plan for leaving the boat in a secure place</li> <li>• Recover to safe landing area and await tide to change</li> </ul>
<b>Hot sunny weather</b>	<ul style="list-style-type: none"> <li>• Route planning - avoid outings in the middle of the day</li> <li>• Adjust activity levels to suit conditions</li> <li>• Wear appropriate clothing</li> </ul>	Hyperthermia (sun stroke)	<ul style="list-style-type: none"> <li>• Move into safe area and remove outer clothing</li> <li>• Treat with first aid</li> <li>• Teach crew to recognise symptoms of Hyperthermia</li> <li>• Use shower with cool not cold,</li> </ul>

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			<ul style="list-style-type: none"> <li>water or cool in river/sea</li> <li>Seek medical treatment if severe</li> </ul>
	<ul style="list-style-type: none"> <li>Use sunscreen</li> </ul>	Sunburn	<ul style="list-style-type: none"> <li>Use after sun cream</li> <li>Seek medical treatment if severe</li> </ul>
	<ul style="list-style-type: none"> <li>Carry water and drink regularly</li> </ul>	Dehydration	<ul style="list-style-type: none"> <li>Continue to drink, carry drinking water</li> <li>Teach crew to recognise symptoms of Dehydration</li> <li>Seek medical treatment if severe</li> </ul>
<b>Cold wet and windy weather</b>	<ul style="list-style-type: none"> <li>Pre event weather and tide planning</li> <li>Wear appropriate clothing</li> <li>Structure activity levels to keep warm</li> <li>Monitor crew comfort (particularly coxes)</li> <li>Avoid going to sea</li> </ul>	Hypothermia	<ul style="list-style-type: none"> <li>Move into warmer area and warm gradually</li> <li>Provide warm (not hot) drink</li> <li>Seek medical treatment if severe or if in doubt</li> </ul>
<b>Strong winds</b>	<ul style="list-style-type: none"> <li>Pre session weather and tide planning</li> <li>Have mixed crews (inexperienced rowers with more experienced)</li> <li>Avoid holding crews in unstable conditions</li> <li>Avoid going afloat</li> </ul>	Capsize	<ul style="list-style-type: none"> <li>Rescue with launch</li> <li>Seek Coastguard assistance</li> <li>Teach capsize drill</li> <li>Rescue with another Gig</li> <li>Use lifejacket or buoyancy aid</li> <li>Seek Coastguard assistance</li> <li>Carry safety at sea equipment</li> <li>Train crew in equipment use</li> </ul>
<b>Lightning</b>	<ul style="list-style-type: none"> <li>Pre session weather and tide</li> </ul>	Struck by lightning causing burns or	<ul style="list-style-type: none"> <li>Seek Coastguard assistance</li> </ul>

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	<p>plan</p> <ul style="list-style-type: none"> <li>• Do not go afloat if lightning is present or forecast</li> <li>• Get off the water ASAP if lightning starts and into proper shelter</li> <li>• Adopt the 30-30 rule on lightning</li> </ul>	electrocution	<ul style="list-style-type: none"> <li>• Treat with first aid</li> <li>• Seek medical assistance on return to land</li> <li>• Carry and know how to use safety at sea equipment</li> </ul>
<b>Poor visibility caused by fog or very heavy rain</b>	<ul style="list-style-type: none"> <li>• Plan route to avoid known areas of forecast poor visibility</li> <li>• Coach rowers to keep a good look out</li> <li>• Local knowledge</li> <li>• Know and understand the lights and sound signals on navigation marks</li> <li>• At sea/on river , avoid rowing in poor visibility</li> <li>• Carry compass and chart</li> <li>• Carry GPS stored with safe landing data</li> <li>• Do not go afloat</li> </ul>	Collision with fixed object	<ul style="list-style-type: none"> <li>• Train rowers to check equipment then (if OK) to walk the boat back into deeper water and row away</li> <li>• Train rowers what to do if the equipment is damaged</li> <li>• Have safety boat and throw lines available to rescue rowers and recover boat</li> <li>• Use throw lines from the shore to pull the boat into the shore (or shallow water)</li> <li>• Carry safety at sea equipment to contact emergency services</li> <li>• Have trained first aiders available</li> </ul>
	<ul style="list-style-type: none"> <li>• Make sure that the nav lights on the Gig are switched on and working properly</li> </ul>	Collision with another boat/water user	<ul style="list-style-type: none"> <li>• Have safety boat and throw lines available to rescue rowers and recover boat</li> </ul>

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	<ul style="list-style-type: none"> <li>• Plan route to avoid areas of forecast poor visibility</li> <li>• Coach coxes to keep a good look out and listen out for other boats</li> <li>• Follow rules of the road (coastal and river rowing)</li> <li>• Local knowledge</li> <li>• Know and understand the lights and sound signals used by other vessels</li> <li>• At sea (e.g. endurance rowing) check for large ship movements VTS or port/harbour control</li> <li>• Avoid rowing in poor visibility</li> </ul>		<ul style="list-style-type: none"> <li>• Use throw lines from the shore/bank to pull the boat into the bank (or shallow water)</li> <li>• Carry safety at sea equipment to contact emergency services</li> <li>• Have trained first aiders available</li> </ul>
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<p><b>Poor visibility caused by darkness</b></p>	<ul style="list-style-type: none"> <li>• Plan route to avoid rowing in dark areas near sunset</li> <li>• Safety boat in attendance with spot light</li> <li>• Know and understand the lights and sound signals on navigation marks</li> <li>• At sea, avoid rowing in darkness</li> <li>• Fit light to Gig</li> </ul>	<p>Collision with the boats bank/shallows/moorings or other fixed objects</p>	<ul style="list-style-type: none"> <li>• Rain rowers to check equipment then (if OK) to walk the boat back (if safe) into deeper water and row away</li> <li>• Train rowers what to do if the equipment is damaged</li> <li>• Have safety boat and throw line available to rescue rowers and recover boat</li> <li>• Use throw lines from the bank to pull the boat into the bank (or shallow water)</li> </ul>
<p><b>Wash from large or fast moving vessels</b></p>	<ul style="list-style-type: none"> <li>• Plan route to avoid areas where wash is expected</li> <li>• Coach crews on how to handle wash</li> </ul>	<p>Capsize</p>	<ul style="list-style-type: none"> <li>• Rescue with launch</li> <li>• Rescue with Gig</li> <li>• Teach capsize drill</li> <li>• Use lifejacket or buoyancy aid</li> </ul>
	<ul style="list-style-type: none"> <li>• Plan route to avoid areas where wash is expected</li> <li>• Coach crews on how to handle wash</li> </ul>	<p>Person overboard from Gig</p>	<ul style="list-style-type: none"> <li>• Rescue with Gig</li> <li>• Rescue with launch</li> <li>• Teach man overboard drill</li> <li>• Use lifejacket or buoyancy aid</li> <li>• Carry life ring and throw line</li> </ul>
	<ul style="list-style-type: none"> <li>• Plan route to avoid areas where wash is expected</li> <li>• Coach crews on how to handle wash.</li> <li>• Use bailer/bilge pump to</li> </ul>	<p>Swamping</p>	<ul style="list-style-type: none"> <li>• Have safety boat and throw lines available to pull the boat into the bank (or shallow water)</li> <li>• Have safety boat and throw lines available to rescue rowers and</li> </ul>

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	prevent water accumulation		<p>recover boat</p> <ul style="list-style-type: none"> <li>• Row or tow boat to shore then trolley/trailer tow empty boat to boathouse, or relaunch and row back</li> <li>• Adequate buoyancy</li> </ul>
<b>Incompetent or ignorant motor boat users</b>	<ul style="list-style-type: none"> <li>• Plan route to avoid areas where this can be expected</li> <li>• Notify Police, Harbour Master or the Navigation Authority to prevent further occurrences</li> </ul>	Collision or swamping	<ul style="list-style-type: none"> <li>• Have safety boat and throw lines available to rescue rowers and recover boat</li> <li>• Teach capsize drill</li> <li>• Use throw lines from the bank to pull the boat into the bank (or shallow water)</li> <li>• Row or tow the boat to the shore then trolley/trailer to boathouse or relaunch and row back</li> <li>• Adequate buoyancy</li> </ul>
		Swamping or capsize of a Gig	<ul style="list-style-type: none"> <li>• Operate a buddy system and rescue with another Gig</li> <li>• Rescue with safety boat</li> <li>• If necessary, call the Coastguard and request lifeboat</li> <li>• Teach capsize drill and buddy rescue technique</li> <li>• Teach crew how to use radio and safety at sea equipment</li> </ul>

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<b>Flue/viral infection</b>	<ul style="list-style-type: none"> <li>Discourage rowers from taking exercise when they are ill</li> </ul>	Disease may spread or worsen	<ul style="list-style-type: none"> <li>Seek medical attention</li> </ul>
<b>Rowers with low level of fitness</b>	<ul style="list-style-type: none"> <li>Understand fitness capabilities and work within them</li> <li>Improve fitness level</li> </ul>	Collapse or illness	<ul style="list-style-type: none"> <li>First aid treatment</li> <li>Seek medical attention</li> <li>If necessary, request medical assistance from ambulance or coastguard</li> </ul>
<b>Pre-existing health condition</b>	<ul style="list-style-type: none"> <li>Ensure the coxswain /fitness trainer and relevant people know the condition so that the appropriate action can be taken to prevent an incident</li> </ul>	Medical incident afloat	<ul style="list-style-type: none"> <li>First aid treatment</li> <li>Seek medical assistance</li> <li>If necessary, request medical assistance from ambulance or coastguard</li> </ul>
<b>Crew member with asthma</b>	<ul style="list-style-type: none"> <li>Ensure that an inhaler is carried and used when appropriate</li> <li>Avoid stressful situations</li> </ul>	Asthmatic incident afloat	<ul style="list-style-type: none"> <li>Carry and use rescue inhaler</li> <li>Bring casualty ashore</li> <li>First aid treatment</li> <li>Seek medical assistance</li> <li>If necessary, request medical assistance from ambulance or coastguard</li> </ul>
<b>Crew member with diabetes</b>	<ul style="list-style-type: none"> <li>Ensure the appropriate food and medicines (if necessary) are available</li> </ul>	Diabetic incident afloat	<ul style="list-style-type: none"> <li>Bring casualty ashore</li> <li>First aid treatment</li> <li>Seek medical assistance</li> <li>If necessary, request medical assistance from ambulance or coastguard</li> </ul>
<b>Crew member other known medical condition</b>	<ul style="list-style-type: none"> <li>Carry appropriate items</li> </ul>	Medical Incident afloat	<ul style="list-style-type: none"> <li>Bring casualty ashore</li> </ul>

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			<ul style="list-style-type: none"><li>• First aid treatment</li><li>• Seek medical assistance</li><li>• If necessary, request medical assistance from ambulance or coastguard</li></ul>
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- **Report incidents**