

Hazards associated with the WATER



| Hazards | Barriers | Hazardous Events | Controls ⁱ |
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| Rough Water | <ul style="list-style-type: none"> • Pre session check of tide times and sea state • Mixed crews (mix juniors/inexperienced rowers with more experienced rowers) • Avoid holding crews in unstable positions • Restrict rowing to sheltered areas (e.g. behind north wall) • Do not go afloat | Capsize | <ul style="list-style-type: none"> • Have safety boat and throw lines available to rescue rowers and recover boat • Provide first aid • Teach capsize drill • Use lifejacket or buoyancy aid • Rescue with another Gig • Seek Coastguard assistance • Teach crews how to use safety at sea equipment <ul style="list-style-type: none"> ○ VHF radio ○ Signalling smoke and flares |
| Rough water | <ul style="list-style-type: none"> • Pre session check of tide times and sea state • Avoid areas of rough water • Use bailer or bilge pump to prevent water accumulation • Recover boat to slipway • Do not go afloat | Swamping | <ul style="list-style-type: none"> • Have safety boat and throw lines available to rescue rowers and recover boat • Bail out boat as far as possible • Row or tow boat to slipway and bail out boat • Seek Coastguard assistance • Treat with first aid |
| Rough water | <ul style="list-style-type: none"> • Pre session check of tide times and sea state • Restrict rowing to sheltered waters • Have mixed crews (mix juniors/inexperienced rowers) | Person overboard from Gig | <ul style="list-style-type: none"> • Rescue with Gig • Treat with first aid • Rescue with safety boat • Teach crews man overboard drill • Coxswain wear lifejacket or |

Reference : LRGK safety document – Hazards associated with the WATER - issue 1 (January 2018)

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| | <ul style="list-style-type: none"> with more experienced rowers) • Avoid rowing in rough water | | buoyancy aid |
| Rough water | <ul style="list-style-type: none"> • Pre session check of tide times and sea state • Take extra care approaching the shore where the shallowness increases the wave height (Broad Ledge/Lucy's Ledge) • Avoid the Gig becoming beam-on to the waves • Display map of shallow water | Swamping or capsize of a Gig (little inherent buoyancy) | <ul style="list-style-type: none"> • Rescue with another Gig • Treat with first aid • Rescue with safety launch • Seek Coastguard assistance • Wear lifejackets or buoyancy aids • Train crews correct use of safety at sea equipment e.g. <ul style="list-style-type: none"> ○ VHF radio ○ Signalling smoke and flares • Tow the boat back to the slipway |
| Areas of shallow water (permanent or tidal) | <ul style="list-style-type: none"> • Pre session check of tide times and sea state • Provide information on areas of shallow water • Avoid areas of shallow water • Take extra care approaching the shore where the shallowness increases the wave height (e.g. Broad Ledge/Lucy's Ledge) • Keep a good look out | Grounding | <ul style="list-style-type: none"> • Train rowers to check the equipment then (if OK) to walk the boat into deeper water and row away • Train the rowers what to do if the equipment is damaged • Seek Coastguard assistance • Train crews correct use of safety at sea equipment e.g. VHF radio, Signalling smoke and flares |
| Water-borne hazards | <ul style="list-style-type: none"> • Avoid areas known to be polluted (e.g.in harbour) • Minimise crew contact with polluted water during launch | Contact with pollution (e.g. fuel spillage) | <ul style="list-style-type: none"> • Seek medical attention • Wash affected area thoroughly when returning to shore or unpolluted area |

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| | <p>and recovery</p> <ul style="list-style-type: none"> Wash open wounds, cuts and blisters properly on return to land and seek medical attention | | |
| Very cold water | <ul style="list-style-type: none"> Find alternative activity ashore (e.g. fitness centre) Have mixed crews (mix juniors with more experienced rowers) Avoid going to sea with air “feels like” temperature 0* and below | Capsize resulting in hypothermia | <ul style="list-style-type: none"> Rescue crew and casualty with launch Carry safety at sea equipment Teach crew how to use safety at sea equipment e.g. VHF radio and signalling smoke and flares Seek Coastguard assistance Provide first aid treatments for hypothermia Move to warmer area and warm gradually Provide warm hot drink Seek medical attention if severe or in doubt |
| Tides | <ul style="list-style-type: none"> Pre session check of tide times and height before going afloat Avoid having to return against fast-flowing tide Rowing sessions planned taking into account tide and weather conditions | Unable to make way against the tide | <ul style="list-style-type: none"> Carry tow line Rescue with launch Seek Coastguard assistance |
| | <ul style="list-style-type: none"> Pre session check of tide time and height before going afloat Avoid having to return against | Unable to return to harbour because tide has gone out | <ul style="list-style-type: none"> Land boat in secure area Train coxes/crews to recover boat onto Victoria Pool or the |

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| | <p>fast-flowing tide</p> <ul style="list-style-type: none"> Rowing sessions planned taking into account tide and weather conditions | | <p>main the beach (backwater with rudder removed)</p> <ul style="list-style-type: none"> Moor boat to the pontoon (if available) and wait for rise in tide level Have a plan for leaving the boat in a secure place |
| Harbour Thunderbore | <ul style="list-style-type: none"> Pre session check of unique weather condition (Thunderbore) with abnormal tide flow/ height before going afloat Avoid having to return against fast-flowing tide Be aware of local tide/strong wind/direction effect on rowing | <p>Loss of control at harbour entrance causing collision with harbour wall or boat and/or damage to boat or injury to crew</p> | <ul style="list-style-type: none"> Rescue with safety boat Moor on pontoon until the abnormal tide condition ends Use Victoria Pool beach Have plan for leaving the boat in a secure location Treat with first aid Seek Coastguard assistance Ensure crew trained in safety at sea equipment use |

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- Report incident