

Hazards associated with the WEATHER



Hazard	Barriers	Hazardous Events	Controls ⁱ
Hot sunny weather	<ul style="list-style-type: none"> • Avoid outings in the middle of the day • Adjust activity levels to suit conditions • Wear hats • Wear appropriate clothing • Coaches/coxswains trained to recognise Hyperthermia symptoms 	Hyperthermia (sun stroke)	<ul style="list-style-type: none"> • Move into landing area and remove outer clothing • Use shower with cool not cold, water or cool in river/sea • Seek medical treatment if severe • Training
	<ul style="list-style-type: none"> • Use sunscreen 	Sunburn	<ul style="list-style-type: none"> • Use after sun cream • Seek medical treatment if severe
	<ul style="list-style-type: none"> • Carry water and drink regularly 	Dehydration	<ul style="list-style-type: none"> • Continue to drink, carry drinking water • Seek medical treatment if severe • Training
Cold weather	<ul style="list-style-type: none"> • Wear appropriate clothing • Structure activity levels to keep warm • Monitor crew comfort (particularly coxes) • Shorten rowing session as needed • Do not go afloat • Teach coaches/coxswains to recognise Hypothermia symptoms 	Hypothermia	<ul style="list-style-type: none"> • Move into warmer area and warm gradually • Provide warm (not hot) drink • Seek medical treatment if severe or if in doubt • Training

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

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Cold weather with snow, sleet and rain	<ul style="list-style-type: none"> • Good explanation of cold shock and its short term effects • Do not go afloat 	Cold shock	<ul style="list-style-type: none"> • Training • Rescue training
Strong winds causing rough water	<ul style="list-style-type: none"> • Have mixed crews (mix juniors/inexperienced rowers with more experienced) • Avoid holding crews in unstable conditions • Do not go afloat 	Capsize	<ul style="list-style-type: none"> • Rescue with launch • Teach capsize drill and buddy rescue technique • Use lifejacket or buoyancy aid • Make rescue call to coastguard immediately
	<ul style="list-style-type: none"> • Restrict rowing to sheltered areas (e.g. behind harbour north wall) • Do not go afloat 	Person overboard from Gig	<ul style="list-style-type: none"> • Rescue with Gig • Rescue with safety boat • Teach man overboard drill • Teach coxes/crew in correct use of safety at sea equipment <ul style="list-style-type: none"> ○ Signalling flares ○ VHF radio ○ First aid kit ○ Throw line ○ Rope knife ○ Survival bag • Wear lifejacket or buoyancy aid • Carry life ring and throw line • Call coastguard for assistance
	<ul style="list-style-type: none"> • Avoid being upwind of hazards (e.g. Broad Ledge/Lucy's Ledge) • Do not go afloat 	Blown into shallows/rocks/harbour wall/armour/pontoon/moorings	<ul style="list-style-type: none"> • Have safety boat and throw lines available to rescue rowers and recover boat • Carry safety at sea equipment

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			<p>(as above) (VHF radio, mobile phone) to call emergency services</p> <ul style="list-style-type: none"> • Teach coxes/crews in correct use of safety at sea equipment • Have trained first aiders available
	<ul style="list-style-type: none"> • Stay upwind of boathouse/slipway • Mix Juniors/inexperienced rowers with experienced fit adults • Do not go afloat 	Cannot get back to boathouse/slipway against the wind	<ul style="list-style-type: none"> • Carry tow rope for being towed to safety (e.g. IOS event 2015) • Follow safety brief of visited site/event
	<ul style="list-style-type: none"> • Use anchor to hold position • Row in sheltered areas • Do not go afloat 	Drifting in strong winds	<ul style="list-style-type: none"> • Carry tow rope for being towed to safety
Lightning	<ul style="list-style-type: none"> • Do not go afloat when lightning is present or forecast • Get off the water ASAP if lightning starts and into proper shelter • Adopt the 30-30 rule on lightning • Teach the 30-30 rule. 30 Seconds: Count the seconds between seeing lightning and hearing thunder. If this time is less than 30 seconds, lightning is 	Struck by lightning causing burns or electrocution	<ul style="list-style-type: none"> • Seek medical assistance on return to land • Start immediate first aid if serious • Call for immediate coastguard assistance

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	<p>a threat. Seek shelter immediately. Even if you can't see the lightning, just hearing the thunder is a good backup rule.</p>		
<p>Poor visibility caused by fog or very heavy rain</p>	<ul style="list-style-type: none"> • Coach rowers to keep a good look out • Local knowledge • Know and understand the lights and sound signals on navigation marks • At sea, avoid rowing in poor visibility • Recover to launch point 	<p>Collision with fixed object</p>	<ul style="list-style-type: none"> • Train rowers to check equipment then (if OK) to walk the boat back into deeper water and row away • Train rowers what to do if the equipment is damaged • Have safety boat and throw lines available to rescue rowers and recover boat • Use throw lines from the shore to pull the boat into the shore (or shallow water) • Carry VHF radio/mobile phone to contact emergency services • Carry safety at sea equipment • Have trained first aiders available
	<ul style="list-style-type: none"> • Avoid rowing far from land when fog is present or forecast • Coach coxes to keep a good look out and listen out for other boats • Follow rules of the road (coastal 	<p>Collision with another boat/water user</p>	<ul style="list-style-type: none"> • Have safety boat and throw lines available to rescue rowers and recover boat • Use throw lines from the shore/bank to pull the boat into the bank (or shallow water)

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	<ul style="list-style-type: none"> and river rowing) Local knowledge Know and understand the lights and sound signals used by other vessels Avoid rowing in poor visibility 		<ul style="list-style-type: none"> Carry safety at sea equipment to contact emergency services Have trained first aiders available
Poor visibility caused by fog or heavy rain	<ul style="list-style-type: none"> Avoid rowing far from land when fog is present or forecast Avoid rowing in fog or when fog is forecast Avoid rowing in heavy rain 	Inability to find way back	<ul style="list-style-type: none"> Use radio or other means to contact the navigation authority/club/harbour master/coastguard Use GPS as an aid to navigation Use navigation lights/torch to make boat easier to find
Poor visibility caused by darkness	<ul style="list-style-type: none"> Avoid rowing in dark areas near sunset Know and understand the lights and sound signals on navigation marks At sea, avoid rowing in darkness Do not go afloat near sunset 	Collision with the bank/shallows/moorings or other fixed objects	<ul style="list-style-type: none"> Train rowers to check equipment then (if OK) to walk the boat back (if safe) into deeper water and row away Train rowers what to do if the equipment is damaged Have safety boat and throw line available to rescue rowers and recover boat Use throw lines from the bank to pull the boat into the bank (or shallow water)
Extreme weather	<ul style="list-style-type: none"> Monitor weather warnings Monitor warnings issued by Harbour Master (e.g. red flag) 	Potential serious injury/loss of life	<ul style="list-style-type: none"> Do not go to sea

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	<p>flying from mast at Victoria Pier end)</p> <ul style="list-style-type: none"> • Do not go afloat 		
“Thunderbore”	<ul style="list-style-type: none"> • Local knowledge • Monitor weather and tide forecast <ul style="list-style-type: none"> ○ Bad weather from the South ○ Rising tide (also on the ebb) ○ Swirling current will enter harbour mouth and rotate strongly in the area inside the North Pier ○ Tide rise half a meter more than normal ○ Occurs 2.5 hours before low water and lasts 40 mins • Experienced/competent coxswains and crews only • Avoid going afloat 	Potential collision with harbour wall and moored boats; damage to boat and equipment	<ul style="list-style-type: none"> • Seek assistance if necessary • Use towline • Recover boat to launch point • Inspect for damage • Quarantine damaged items and record in fault log • Report incident • Teach awareness of local weather hazards

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- **Report all incidents**

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