

Level 2 Certificate in Coaching Rowing

Candidate Coach:					Activity:	ROWING
Rowing Club and Location:		BORTH ROWING CLUB – YNYSLAS BOAT YARD			Date:	10/7/09
1. Hazard	2. Who Might Be Harmed?	3. How Could Individuals Be Harmed?	4. Current Level of Risk (e.g. trivial, tolerable, moderate, etc)	5. Existing Precautions? Are These Adequate?	6. Record Any Actions Needed	Level of risk once actions have been carried out (Can activity go ahead?)
The water environment						
Depth of water	PARTICIPANTS	DROWNING	MODERATE	Life Jackets must be carried in boat and worn by non-swimmers		TOLERABLE
Cold water	PARTICIPANTS	HYPOTHERMIA	MODERATE	Thermal blankets carried in dry bag		TOLERABLE
Course; Straight/bendy	PARTICIPANTS	Running Aground	TOLERABLE	Club map and guidance to be followed		TRIVIAL
Waves/Swell	PARTICIPANTS	SWAMPING	VARIABLE	Bailer in boat Pump operational Follow club guidance to decide whether to row		TOLERABLE
Tides/Currents (particularly in narrow areas such as harbour or estuary entrances)	PARTICIPANTS	Unable to make progress against tide	VARIABLE	Club map and guidance on when to launch to be followed.		TOLERABLE
Wash from other boats	PARTICIPANTS	SWAMPING	TRIVIAL as no large craft	Bailer in boat Pump operational		TRIVIAL
The weather						
Wind	PARTICIPANTS	Unable to make progress against wind HYPOTHERMIA	VARIABLE	Follow club guidance to decide whether to row Thermal blankets available.		TOLERABLE
Cold, heat, fog, ice, snow, storms, lightning	PARTICIPANTS	VARIOUS	VARIABLE	Follow club guidance on weather, clothing. Thermal blankets available		TOLERABLE
The time of year	SEE OTHER WEATHER SECTIONS					
Visibility; e.g. mist, rowing at night	PARTICIPANTS	VARIOUS	VARIABLE	Follow club guidance on navigation lights Follow club guidance on when not to launch		TOLERABLE
Physical hazards						
Other water users	PARTICIPANTS and OTHER WATER USERS	COLLISION	MODERATE	Club guidance to be followed		TOLERABLE
Submerged Objects/Rocks	PARTICIPANTS	Holing boat and sinking	MODERATE	Club map and guidance to be followed		TOLERABLE
Sand Bars/Mud Flats	PARTICIPANTS	Running Aground	TOLERABLE	Club map and guidance to be followed		TRIVIAL

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Moored boats	PARTICIPANTS	COLLISION	TOLERABLE	Club guidance to be followed		TOLERABLE
Buoys	PARTICIPANTS	COLLISION	TOLERABLE			TOLERABLE
Harbour Walls/Breakwater	NOT APPLICABLE					
Fishing Nets/Lines	NOT APPLICABLE					
Launches and Propellers	NOT APPLICABLE					
Water borne hazards/diseases						
UNKNOWN	ANYONE	ILLNESS	TOLERABLE			
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?						
Hazards on the land						
Tripping/slipping	PARTICIPANTS	Abrasions, sprains, strains	TOLERABLE	Follow club launching guidelines		TOLERABLE
Falling	PARTICIPANTS	Injury	MODERATE	Follow club launching guidelines		TOLERABLE
Lifting and carrying	PARTICIPANTS	Back Injury	MODERATE	Follow club launching and recovery guidelines		TOLERABLE
Land training	NOT APPLICABLE					
Travelling to and from venues	NOT APPLICABLE					
Towing boats	NOT APPLICABLE					
Fire; storage of petrol for launches	NOT APPLICABLE					
Participants with low level fitness or health problems	PARTICIPANTS	Injury	MODERATE	PARQ Pre launch checklist		TOLERABLE

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Equipment hazards						
Unsuitable/inappropriate equipment	NOT APPLICABLE					
Lack of safety and rescue equipment	PARTICIPANTS	VARIOUS	MODERATE	Use pre launch check list		TOLERABLE
Poorly maintained equipment	See below			Report as per club guidance		TOLERABLE
Cracked or damaged hull	PARTICIPANTS	SINKING	MODERATE	Use pre launch check list		TOLERABLE
Insufficient Buoyancy	PARTICIPANTS	SINKING	MODERATE	Use pre launch check list		TOLERABLE
Bung	PARTICIPANTS	SINKING	MODERATE	Use pre launch check list		TOLERABLE
Steering mechanism	PARTICIPANTS	Running Aground, Collision	TOLERABLE	Use pre launch check list		TOLERABLE
Equipment failure	See above/below			Report as per club guidance		TOLERABLE
Swivels/Rowlocks/Pins	PARTICIPANTS	Difficulty	TRIVIAL	Report as per club guidance		TRIVIAL
Topnuts (where swivels are used)	PARTICIPANTS	Difficulty	TRIVIAL	Report as per club guidance		TRIVIAL
Buttons/Collars (where used)	PARTICIPANTS	Difficulty	TRIVIAL	Report as per club guidance		TRIVIAL
Unsuitable/inappropriate clothing	PARTICIPANTS	SUNBURN/STROKE HYPOTHERMIA	MODERATE	Use pre launch check list		TOLERABLE
Poorly maintained launches and engines	NOT APPLICABLE					
The activity itself						
Performing tasks unsuitable for participants	PARTICIPANTS	FATIGUE, INJURY	MODERATE	All Beginners/Juniors receive adequate coaching as per club guidance.		TOLERABLE
Poor posture/movement patterns	PARTICIPANTS	FATIGUE, INJURY	MODERATE	All Beginners/Juniors receive adequate coaching as per club guidance.		TOLERABLE

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Hazards of behaviour; e.g. Poor coaching practice						
Not educating others of hazards, risks and health and safety requirements	PARTICIPANTS	VARIOUS	VARIOUS	Club Safety Procedures on website and publicised Standing agenda item of Safety at club meetings	Safety Presentation	TOLERABLE
Lack of awareness of hazards by participants	PARTICIPANTS	VARIOUS	VARIOUS	Club Safety Procedures on website and publicised Standing agenda item of Safety at club meetings	Safety Presentation	TOLERABLE
Not educating participants to recognise risks	PARTICIPANTS	VARIOUS	VARIOUS	Club Safety Procedures on website and publicised Standing agenda item of Safety at club meetings	Safety Presentation	TOLERABLE
Lack of awareness of hazards by coach	PARTICIPANTS	VARIOUS	VARIOUS	Club Safety Procedures on website and publicised Standing agenda item of Safety at club meetings	Safety Presentation	TOLERABLE
Coach: participant ratios that are inappropriate	PARTICIPANTS	VARIOUS	VARIOUS	All Beginners/Juniors receive adequate coaching as per club guidance.		TOLERABLE
Potentially harmful situations						
Collision	PARTICIPANTS and OTHER WATER USERS	COLLISION	MODERATE	Club guidance to be followed		TOLERABLE
Swamping	PARTICIPANTS	HYPOTHERMIA	MODERATE	Bailer in boat Pump operational Check weather to decide whether to row Thermal blankets in boat		TOLERABLE
Capsizing	PARTICIPANTS	DROWNING	MODERATE	Follow club guidance to decide whether to row		TOLERABLE
Being trapped in boat	PARTICIPANTS	DROWNING	MODERATE	Follow club guidance to decide whether to row		TOLERABLE
Immersion in water/Man Over Board	PARTICIPANTS	DROWNING	MODERATE	Thermal blankets	Man overboard drill	TOLERABLE
Hypothermia	PARTICIPANTS	HYPOTHERMIA	MODERATE	Thermal blankets carried in dry bag		TOLERABLE
Heat Stroke	PARTICIPANTS	Heat Stroke	MODERATE	Use pre launch check list		TOLERABLE
Other hazards identified						