

ASSESSING OUR RISKS – Christchurch Rowing Club					Risk Assmt. Ref: 002				
Site: Christchurch Rowing Club				Severity Probability	Minor injury	Lost time/ Ill Health	Major / >3 days	Perm. Disability	Fatal/ Site Loss
Task/Activity/Area: Weights and Ergo Area					Highly Unlikely	1	2	3	4
Notes: (Including details of previous accidents/incidents)				Unlikely	2	4	6	8	10
RA Team: M. Green		Date of RA: 30 July 2008	Review Date: April 2019	Possible	3	6	9	12	15
People at risk: (e.g., Visitors, Club Members, members of the public, and other water users)				Probable	4	8	12	16	20
Club Captain (Print Name): James Erwin		Signature:		Certain	5	10	15	20	25
Ref No. or Task-Step	Hazards identified or clear Injury causes, highlighting risks	Score - No controls	Controls/Procedures/Key Behaviours (existing controls, information, training etc)	Score - Post Controls	Further action required			Action Priority (H/M/L)	
1	Slips, Trips and Falls <i>Pulled muscles, Broken bones, Cuts</i>	6	a. Ensure floor area is free of dust and clutter b. Ensure tools and equipment are clear of walk ways c. Ensure that boats overhanging the door way are marked with safety tape or shock absorbing padding	2	Club captain, coaches cox and crew to ensure weight room is clean and tidy				
2	Dropping of weights and ergo <i>Broken bones, Cuts, crushing of hands and feet ,Damaged equipment</i>	6	a. Ensure a clear walk way b. Ensure the load to be lifted or moved is within your capacity c. Ensure you have a good hold of the equipment prior to lifting d. All lose weights to be stored in designated storage racks e. All weight bars to be racked f. Due to limited head room no overhead weight lifting	2	Coaches to ensure new members are shown the correct way to move & lift equipment				
3	Stress and strain injuries by exercise	9	a. All persons must have been inducted on the equipment. b. All persons warm up and down prior too and after exercise c. Group sessions must be planned by a competent persons d. All under 18s must be supervised at all times	3	Coaches to ensure persons using the equipment have been inducted. Coaches to record and report his/ her athletes competency in lifting free weights				

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4	Dehydration	6	a. Ensure that sufficient fluids are consumed before, during and after exercise	2		
5	Hygiene	6	a. Ensure that equipment is cleaned after use b. Ensure drinks containers are placed in the bin c. Personal clothing is removed and stored in respective changing rooms	2		
6	Person being injured during weights training session	9	a. Correct lifting techniques are to be used at all times b. Only lift weights within their capacity c. Group and assessment sessions must be planned by a coach d. Under 18s must be supervised at all times e. Ensure weight retaining clips are fitted and serviceable f. Ensure equipment is serviceable g. Ensure that equipment not being used is placed back in the racks h. Ensure equipment faults are reported in equipment log	2	Coaches are to ensure groups have been inducted Coaches must be aware of British Rowing "How much and how often" recommendations	
7	Person being injured during ergo training session	6	a. Correct ergo techniques are to be used at all times b. Group and assessment sessions must be planned by a coach c. Under 18s must be supervised at all times d. Ensure equipment is serviceable e. Ensure that equipment not being used is put away in safe designated area f. Ensure equipment faults are reported and if necessary remove from use	2	Coaches are to ensure groups have been inducted Any incidents to be recorded in the Club Incident book and reported on the British Rowing Website, Incident Reporting	

- Comments:
1. **All accidents or incidents must be put into the log book and reported to the Water Safety advisor**
 2. **Club coaches must produce their own risk assessment for land training**
 3. **Use the British Rowing website for Incident Reporting**

Declaration: I the under signed have read and understood the above Risk Assessment (RA: 002)

Position	Name	Date	Signature
CRC President			
CRC Chairman			
CRC Treasurer			
CRC Secretary			
CRC Captain			

Notes: Amendments to be forwarded to the Club Water Safety Advisor