

Hazards	Resulting Risks	Persons Affected	Controls in Place to reduce risks	Persons responsible for ensuring controls in place
<p><b>River Based Collision</b></p>	<ol style="list-style-type: none"> <li>1. Speared by sharp bows</li> <li>2. Struck by blades</li> <li>3. Being knocked unconscious</li> <li>4. Skeletal injuries</li> <li>5. Immersion</li> <li>6. Drowning</li> </ol>	<p>Other river users &amp; Crew Members</p>	<p>Rubber balls on bows</p> <p>All novice boats are coxed by registered cox's</p> <p>First Aid Kits in Coach Launch and available in all boathouses</p> <p>First Aiders available – All Coaches have a duty of care to ensure that they hold a current First Aid qualification (min appointed persons or Life Saver)</p>	<p>Boat Men, Coach &amp; Cox</p> <p>OURC's Committee. Coach</p> <p>Coach, Boat Men</p> <p>Coach, Director of Rowing</p> <p>OURC's Committee</p>
<p><b>Capsize</b></p>	<ol style="list-style-type: none"> <li>1. Drowning</li> <li>2. Infection</li> <li>3. Hypothermia</li> <li>4. Feet caught in boat</li> <li>5. Hit on the head by blades.</li> <li>6. Hit by other boats</li> <li>7. Cox trapped</li> </ol>	<p>All Crew Members</p>	<p><b>NOVICE BOATS ONLY GO OUT WITH REGISTERED COXSWAINS</b></p> <p>All boats must have heel restraints attached to assist removal.</p> <p>All participants to stay with the boat. Capsize practice.</p> <p>Cox to wear a manually inflated life jacket only in front loading boats.</p> <p>All rowers must be able swim, swim tests to be done by all new members.</p> <p>Safety/Coach boats to carry ARA Safety Bags.</p> <p>All participants aware of water quality, Wells Disease information.</p>	<p>OURC's Committee</p> <p>Coach.</p> <p>Boat Men, Coach, Crew</p> <p>Cox, Coach</p> <p>Coach, Club Captains</p> <p>Director of Rowing</p> <p>Club Captains, Coach</p> <p>Boat Men, OURC Committee,</p> <p>Director of Rowing</p> <p>Club Captains, Coach.</p>

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Swamping	1. Risk of capsize 2. Hypothermia 3. Infection	All Crew Members	NOVICE BOATS NOT TO GO OUT WHEN ORANGE & RED BOARDS HAVE BEEN PUT OUT BY THE ENVIRONMENT AGENCY.  <i>Experienced/Senior Crews; see section</i>  <i>Adverse weather/river conditions.</i>  Isis Flag system to be followed during Term Time  All rowers to understand ARA capsize drill  Swim Tests	OURC Committee, Coach, Club Captains.     OURC Committee, Boat Men Coach,  Cox, Coach, Club Captains  Coach, Club Captains
Catching a Crab	1. Winding 2. Head injury 3. Unconscious 4. Thrown from the boat 5. Drowning 6. Infection	All Crew members	REGISTERED COXSWAINS WITH NOVICE CREWS  First Aid Kits available on Safety/Coach boats & boathouses  Qualified first aiders available  People know where nearest emergency phone is  All participants aware of water quality, Weils Disease information	OURC Committee, Coach  OURC Committee, Boat Men, Coach. Director of Rowing.  Coach, Club Captains, D of R.  Club Captains, Coach, Cox  Club Captains, Coach,

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Over Exertion	1 Hyperventilating 2. Pulled muscles 3. Cramp 4. Hypothermia 5. Back injuries	All Crew members	ALL ROWERS TO TAKE PART IN THOURGHER WARM UP BEFORE GOING ON THE WATER.  Suitable clothing to be worn during cold weather  Awareness of medical/physical problems,  Training in lifting & moving boats. (Manual Handling)  First Aiders and First Aid Kits available	Crews, Coach,           Coach, Cox   Coach, Director of Rowing

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<p><b>RIVER BASED</b></p> <p><b>Use of Safety/ Coach Boats</b></p>	<p>1. Capsize</p> <p>2. Falling off</p> <p>3. Caught up in propeller</p>	<p>Safety Boat Crew</p> <p>People in the water</p> <p>Other river users</p>	<p>ARA recommendations followed re training of drivers</p> <p>Appropriate seating used</p> <p>Boats not overloaded</p> <p>Kill Cords to be fitted and always used</p> <p>Buoyancy Aids/Life Jackets to be worn by all crew members</p> <p>ARA Safety Bags to be always carried, containing: First Aid Kit, Throw Line minimum length 15 metres. Exposure bag &amp; Foil Blanket.</p> <p>Spare paddle, bailers for non-catamaran boats.</p> <p>Fuel Tanks to be secured to the boat.</p> <p>Driver/Coach to be qualified First Aider.</p> <p>(Consider carrying Radio or Mobile Phone)</p>	<p>Director of Rowing</p> <p>Club Captains</p> <p>Boat Owners</p> <p>Coach,</p> <p>Boat Owners, D of R, Coach, Safety Boat Crew.</p> <p>Safety Boat Crew</p> <p>D of R, Club Captains, Coach.</p>

In the event of the Environment Agency (EA) displaying Yellow or Red Boards at the local locks which indicates a Strong Stream, the Director of Rowing and the OURC's Committee have developed the following contingency plan to allow the Rowing in some instances to continue. It must however be clearly understood that in high steam conditions if the Coach still decides to take the crew out even having complied with the Controls of the Risk Assessment the responsibility of any incident rests with them.

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<b>RIVER BASED</b>  Adverse Weather/  River Conditions	Strong Stream Flowing	All OURC Crews  & OU Squads	<i>0-2 Bucks No warning Flag</i>  River Fully Open	<b>Boat Men, Coach &amp; OURC Committee</b>
		All OURC Crews    OU Squads	<i>2-4 Bucks Blue Flag</i>  River Closed to Novice coxes.  Allowed out	<b>Boat Men &amp; OURC Committee</b>    <b>Director of Rowing, Coaches</b>
		All OURC Crews    Only OU Squads	<i>4-5 Bucks Amber Flag</i>  River open to Senior Crews only.  Allowed out with Safety Boat.	<b>Boat Men &amp; OURC Committee</b>    <b>Director of Rowing, Coaches</b>

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		<p>All OURC Crews</p> <p>Only OU Squads</p>	<p><i>5+ Bucks Red Flag</i></p> <p>River Closed to all crews</p> <p>May go out but only after the following have been actioned:</p> <p>Consultation with D of R, Boat Men.</p> <p>The Crew.</p> <p>2 x Safety Boats out</p> <p>Mobile Phone on Safety Boat.</p> <p>Coach to notify the Boat Men at Radley or Godstow</p> <p>D of R if at Carmel or Henley (plus host club).</p>	<p><b>Boat Men, Coach, OURC Committee</b></p> <p><b>Director of Rowing, Coaches</b></p>
	<p>High winds against stream causing potentially choppy water conditions.</p>	<p>OU Squads</p>	<p>River Closed to all rowing</p> <p>No beneficial training to be had in these conditions</p>	<p><b>Director of Rowing</b></p>