

Maidstone Invicta Rowing Club

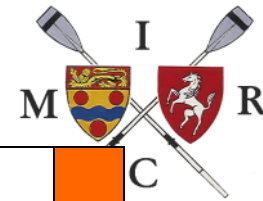


Risk Assessment – CoViD19

Hazard Potential to cause harm	Risk Who and How	Risk Rating			Control Measures	Residual Risk		
		L	S	RL		L	S	RL
<p>CoViD19</p> <p>Exposure to the CoViD 19 while at the rowing club.</p> <p>THIS RISK ASSESSMENT HAS BEEN CARRIED OUT ON 15/05/2020.</p> <p>ANY CHANGES TO CIRCUMSTANCES WILL REQUIRE IT TO BE UPDATED.</p> <p>ALL CLUB MEMBERS SHOULD FOLLOW THIS RISK ASSESSMENT AS A MINIMUM UNTIL IT HAS BEEN REVIEWED USING COMMON SENSE ERRING ON THE SIDE OF CAUTION</p>	<p>Risk of contracting infection leading to health complications</p> <p>All club members, coaches and visitors to the club.</p> <p>Potential risks:</p> <ul style="list-style-type: none"> • Potential for airborne droplet infection. • Overcrowding/too many people at the club. • Being in close proximity or near to other people while at the rowing club. • Collecting the club keys. • Handling of the club keys. • Unlocking and opening the main gate into the club and touching the pad locks. • Unlocking and opening the gates on the river side of the club and touching the pad locks. • Unlocking and opening the boat houses. • Unlocking and opening the disabled toilets. • Opening any doors and 	3	5	15	<p>These control measures MUST be read in conjunction and complying with current Government guidance and advice on dealing with the CoViD19 virus.</p> <p>If you are;</p> <ul style="list-style-type: none"> • in a vulnerable category or an at risk group • you feel you may be at risk for other reasons • you have reservations about rowing in the current climate <p><u>You must consider your own personal circumstances carefully and the risks associated with coming to the club and rowing and take personal responsibility.</u></p> <p>If you decide to come to the club and row you must follow the processes that have been put in place by the club to help reduce risks.</p> <p>If in doubt ask</p> <p>The First Aid Kit and Eye Wash Station have been moved to the disabled toilets. They must NOT be touched or used unless there is a genuine emergency, YOU could be putting other people at risk.</p> <p>Ensure you record your rowing session in the outing book, signing out and back in when you return as per normal procedures.</p>	2	5	10



	<p>touching handles.</p> <ul style="list-style-type: none"> • Touching any equipment at the club. • Touching and/or putting out boat racks/stands. • Removing club and/or private boats for their racks and putting them on stands and vice versa. • Bike storage areas and room. • Touching club and/or private blades. • Use of the toilet facilities. • Unnecessarily touching or using First Aid equipment. • Unnecessarily touching firefighting equipment. • Droplet infection. • Rowing too closely in another rower's wake. • Being too close to other water users. • Use of any shared equipment related to boats or otherwise. 			<p>All club members, coaches and visitors to the club.</p> <p>The rowing club committee to put relevant procedures in place.</p> <p>Risk reduction measures:</p> <p>Who</p> <ul style="list-style-type: none"> • Experienced rowers only as defined by the Director of Rowing. • Boat use: <ul style="list-style-type: none"> ○ Singles only. ○ If cohabiting with another members doubles or pairs. • No coaching unless cohabiting with another member you are coaching. <p><u>IF YOU HAVE SYMPTOMS OR SUSPECT YOU HAVE THE VIRUS, DO NOT COME TO THE CLUB, FOLLOW THE GOVERNMENT'S GUIDANCE ON SELF ISOLATION.</u></p> <p>Sanitisation</p> <ul style="list-style-type: none"> • Personal sanitisation is the responsibility of each member. • When sanitising if you unknowingly have the virus you may pass this on to others if you do not sanitise equipment thoroughly. • When sanitising equipment prior to use do this to the level you see fit for your own personal protection ALSO when you have finished equipment before putting it away. <p>At the club</p> <ul style="list-style-type: none"> • Do not socialise at the club. "Row and go" • Keep the number of people in the club at one time on 		
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				<p>dry land to 6 number.</p> <ul style="list-style-type: none"> • Use the booking system for a time slot. • Stagger rowing outings to help minimise contact with others and avoid gathering of people at the club • Maximum of 3 outings a week per person. • If there appears to be too many people in the boating area ask them to inform you when there is enough space to get your equipment out, then wait in your car. <p>Guidance</p> <ul style="list-style-type: none"> • Follow government guidance on: <ul style="list-style-type: none"> ○ Washing your hand regularly. ○ Social distancing. ○ Good hygiene practice. ○ Wearing of a mask. • Wearing of protective gloves when at the club and when not in a boat is recommended. • Use hand sanitiser. <p>Keys & Access</p> <ul style="list-style-type: none"> • Wear protective gloves when picking up the keys. • Keys only for the club gates, boathouse and disabled toilet are available at the Barracks. • Keys need to be sanitised at pick up and drop off. • When unlock/locking padlocks, doors, etc, use hand sanitiser. • Current areas of the club are currently closed and should not be used including: <ul style="list-style-type: none"> ○ Kitchen ○ Club lounge ○ Gym ○ Changing rooms ○ Showers 		
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				<p>Washing, Use of Equipment & Rowing</p> <ul style="list-style-type: none"> • Record outing as per standard procedures. • Washing equipment: <ul style="list-style-type: none"> ○ Use warm water with the washing up liquid provided and ensure there are plenty of suds/bubbles. ○ Wash blade handles thoroughly with disinfectant both: <ul style="list-style-type: none"> ▪ Prior to rowing ▪ Before putting the blade away ○ Wash boats down thoroughly. ○ This video is a good example. https://youtu.be/yjtzYmISr4A • Get your equipment out and onto the water as promptly as possible to avoid clogging up the boating area and hard standing outside of the boat sheds. • Stay at least 2m apart when at the club and on the water. Take into consideration wind its direction if you are down wind of someone. • When rowing: <ul style="list-style-type: none"> ○ Remove gloves. ○ Avoid being down wind of someone. ○ Keep at least 8 meters behind if following someone. ○ If you are a faster boat and you want to overtake: <ul style="list-style-type: none"> ▪ Ensure you can see up the river. ▪ Inform the person you are going to overtake and ask them to slow down if necessary. ▪ When overtaking give the other person plenty of room ensuring you pull in 8 meters ahead of them. • When coming off the water check for adequate space 		<p>C</p>
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				<p>in the hardstanding outside of the boat sheds prior to taking your boat off the water. Prompt and thoroughly wash equipment you used prior to putting it away.</p> <p>The Rescue of Others:</p> <ul style="list-style-type: none"> • <u>THERE IS CURRENTLY NO LEGAL DUTY TO ASSIST IN UK LAW.</u> • Please dial 999 as soon as possible, if you do not have a phone call for help. • Please refer to the Social Action, Responsibility and Heroism Bill which relates to providing assistance in the case of an incident. <p>There is a heightened risk to rowing on your own, please refer to the BR Safety Alert link about safety when going afloat alone: https://www.britishrowing.org/wp-content/uploads/2015/09/Safety-Alert-November-2015-Is-it-safe-to-go-afloat-alone.pdf</p>	
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Appendix A – Risk Control Matrix

This risk control matrix is used to calculate risks associated with individual activities both prior to and after risk control measures have been implemented

Formula: Likelihood of event * Severity of event = Risk level of event

	Severity				
	1	2	3	4	5
Likelihood	Very minor injury Or Incident	Minor injury Or slight property damage	Injury leading to Hospital Treatment Or Major property damage	Major injury Or significant damage/loss	Life in danger Or catastrophic damage / loss
1. Extremely unlikely	1	2	3	4	5
2. Unlikely	2	4	6	8	10
3. Likely	3	6	9	12	15
4. Very likely	4	8	12	16	20
5. Certain	5	10	15	20	25