

Written By:	Sara Cinamon, Head of Schools Programme	Activity:	Land Activities: Weights, Ergo, Gym and Outdoor activities
Approved By:	Captain and Club Welfare Officer		



RISK ASSESSMENT – Land Training for Junior Rowers – Lea Rowing Club Introduction

This risk assessment covers those land based activities that will be carried out with juniors participating in activities through the Lea Rowing Club schools programme.

These include use of the gym, including floor equipment, weights and rowing ergometers, and outdoor land-based training activities.

For a school session to go ahead at the Lea RC there must be a coach on site with the minimum of either a UKCC Level 2 in Rowing or the IA award.

Rowing Club and Location:		Lea Rowing Club (Land Training Activities) Gym and outdoor			Date:	6 week course – Year Round
Group at Risk:		Junior Beginner Athletes up to 16 in number				
Hazard	Probability of Accident occurring	Severity of harm if accident occurs	Risk prior to control measures	Risk Control Actions needed		Level of risk once actions have been carried out
1.1 Weights Room						
Walking into a weights station while lifting in progress	Very unlikely	Moderate harm	Low risk	Explanation of the dangers in the gym will occur regularly and all weights will be conducted under supervision		Very low risk
Injury due to collapsing under weight	Very unlikely	Extreme harm	Low risk	All athletes will be supervised and taught how to get rid of a weight so they do not hurt themselves or others. There will also be spotters where appropriate and the safety bars will be used when doing squats.		Very low risk
Injury due to lowering a bar at the completion of a lift	Unlikely	Extreme harm	Medium risk	Athletes will be taught how to safely place the weight down.		Low risk
A weight falling off the side of a bar	Very unlikely	Moderate harm	Low risk	Clamps will be used on the end of all weight bars and checking at the position of weights between every lift will be advised		Very low risk
1.2 Ergometer Room						
Injury through repetitive action	Unlikely	Moderate harm	Medium risk	Stretching and the teaching of appropriate technique to all athletes will reduce the occurrence		Low risk

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Injury from the athlete lifting themselves off the seat during the drive phase	Very unlikely	Slight harm	Very low risk	If this is an exercise then there will be someone to move the seat to ensure athlete lands on the seat.	Very low risk
Injury due to drag factor being set at an inappropriate level	Very unlikely	Moderate harm	Low risk	Each athlete will have a drag factor that is set to their gender, age and experience. Every athlete will be taught how to adjust the score on each machine.	Very low risk
Damage to ergometer from suspension exercise – using a boat tie	Very unlikely	Slight harm	Very low risk	Ensure that the boat tie goes through both sides of the arm to ensure there is no twisting to the ergometer.	Very low risk
Injury from doing the suspension exercise with a boat tie	Very unlikely	Moderate harm	Low risk	This exercise is to be used in small amounts to assist the athlete in improving their body position and therefore reduce injury.	Very low risk
1.3 Gym					
Injury to slipping on dusty floor	Very unlikely	Slight harm	Very low risk	The floor will be cleaned once a week and swept when deemed appropriate	Very low risk
Building Faults	Unlikely	Moderate harm	Medium risk	All will be reported to the club management committee and if necessary the session moved or cancelled until repairs are made.	Low risk
Objects left on the floor	Very unlikely	Slight harm	Very low risk	Instructions for all athletes will be to ensure that when finished with an item that it is to be put away in the appropriate place.	Very low risk

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1.4 Playing Field

Stinging plants on pathway to field	Likely	Slight harm	Medium risk	Path will be cleared when plants grow over it.	Low risk
Heat Stroke while exercising outside	Unlikely	Moderate harm	Medium risk	During hot days water will be available to drink and breaks will be spent in the shade	Low risk
Hay fever	Unlikely	Slight harm	Low risk	Those athletes with hay fever will be encouraged to bring medication if necessary or will not exercise outside if there are problems.	Very low risk
Using activity equipment in park and falling off	Likely	Moderate harm	Medium risk	All Athletes will be reminded that the aim of using the equipment is to improve balance and at no time should they run, race or jeer other athletes to move quicker	Low risk
Twisting ankle whilst doing hill sprints	Unlikely	Moderate harm	Medium risk	Athletes will be required to wear the correct footwear and should stick to the path where possible, taking increased care when coming down hill	Low risk
Doing exercises in field and getting mud into cuts or into eyes.	Unlikely	Slight harm	Low risk	Athletes reminded to wash thoroughly and cover cuts up with plasters before exercising	Very low risk

1.5 Individual

Dizziness, hyperventilation, nausea and exhaustion	Likely	Moderate harm	Medium risk	Dizziness and hyperventilation and general exhaustion is generally alleviated by improved physical condition. All new participants will be recommended to take rests if required and not to push themselves too hard	Low risk
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Hazard	Probability of Accident occurring	Severity of harm if accident occurs	Risk prior to control measures	Risk Control Actions needed	Level of risk once actions have been carried out
Dehydration	Likely	Slight harm	Medium risk	Participants will be encouraged to bring water to every session	Low risk
New comers to the sport being ill equipped to deal with the challenges of the sport	Very Likely	Moderate harm	High risk	Careful and gradual introduction to the sport	Medium risk
Cuts, bruises and nose bleeds	Unlikely	Slight harm	Low risk	All cuts to be cleaned and dressed accordingly any spilled blood will be wiped up with disinfectant.	Very low risk
Muscle fatigue, cramps, sore/stiff joints, pulled muscles, ligaments or tendons.	Very Likely	Slight harm, Moderate harm	Medium risk, High risk	All participants to warm up before participating in the sessions. Participants to stop training immediately and first aid applied. Participants advised to seek medical advice	Medium risk
Participants with existing medical conditions	Unlikely	Extreme harm	Medium risk	All participants must fill out a membership form on which they should declare any medical conditions. All coaches to be made aware of these and if condition affects the training they can opt out of the exercise	Low risk
1.6 Other					
Fire	Very unlikely	Extreme harm	Low risk	If someone discovers a fire inform those around them and the Coach and move calmly towards the nearest exit. The Coach needs to ensure that everyone in their area is out of building and call the fire brigade. Regular checks will be made to ensure that all fire exits are clear and all blockages are removed	Very low risk

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This risk assessment has been carried out in compliance to British Rowing guidance on Risk Assessment for rowing, section 1.2 in Row Safe: A Guide to Good Practice in Rowing, 2008.

