

## 1. Health and Safety Planning

- a. ARC strives to conform to the requirements of RowSafe, the British Rowing guide to safe rowing and standards Clubs shall provide. This is available at [www.britishrowing.org](http://www.britishrowing.org) or available at the Club. The Club's risk assessment is on ARC's website.
- b. Any accidents or incidents must be reported to the Club; accidents need to be reported to British Rowing, and ARC will analyse the incidents for ways to improve in future. The Safety Adviser assists with this.
- c. ARC has child and vulnerable adult welfare arrangements, aligned to British Rowing's guidelines. The Club's Welfare Officer is Iain Macleod (07717 774314) who should be contacted in case of any concerns or questions.

## 2. Requirements at the Club for boating

- a. When going on an outing, it is mandatory that the person in charge of the crew (usually stroke or cox, or single sculler) will sign out the boat and crew in the signing in and out book. It is important to state the destination / route so that in the event of failure to return in a reasonable time, people will know where to go looking.
- b. In addition to stating the destination, the other essential field is to confirm that heel restraints have been checked before boating. In the event of a capsize, heel restraints allow feet to come out of the boat and are a potential lifesaver.
- c. All boats can be unstable before all rowers are seated and oars extended. Therefore it is recommended in crew boats for one person, usually cox, to hold the riggers whilst the oars are put in the far side, and these rowers get in and get their oars out, followed by near side people getting in.
- d. Wellies should never be worn in a boat – in the event of a capsize, they will stop you from being able to swim.
- e. Coxes must wear a buoyancy aid or lifejacket; single scullers may opt to wear the specially designed life-jackets, but this is not mandatory.
- f. ARC does not have many 'front loader' type boats; however coxes should not wear auto inflation life-jackets in front loaders.
- g. Get to know the landmarks along the river, the names of the bridges, and how far apart they are, so you know where you are during an outing.



## 3. General Information for Rowing

- a. Most accidents at ARC, other than capsizes, have failure to keep a proper course and look out as a contributory factor. Therefore, all crews must keep a proper look out. Recommended at least every five strokes. The Ancholme can be deceptive due to its generally straight nature, but equally two boats can close on each other surprisingly quickly.
- b. In the event of capsizing, stay with the boat, it will float and provide extra buoyancy for you.
- c. Rowing at night or after dark is not permitted. All crews should plan their outings to be back before dusk.
- d. Proper technique is important, and training / coaching is provided by ARC. Poor technique can contribute to muscle strains, back injury, possible cuts and grazes to the knuckles, all of which are avoided with good technique.
- e. Getting blisters on your hands is quite likely. Again, good technique is important, however there are a few tips to minimise blisters, as well as treating them properly. To start with, avoid excessive rowing until you get used to it.
- f. Weil's Disease is a potentially very serious disease that can be contracted from river water containing rats' urine. You should not row with open cuts on your skin, and avoid accidentally taking in river water. If you develop flu like symptoms about 1-3 weeks after rowing, you should consult your GP. More information can be found at British Rowing or NHS direct websites, or the internet generally.
- g. Pay attention to the weather conditions.
  - In very cold weather, coxes in particular run the risk of hypothermia, and everyone should make sure they have adequate layers, head gear, and change of clothes.
  - Ice will form on the river in a cold winter. Rowing through ice is bad for the boats hulls and not advisable.
  - The river can flood, usually only modestly, but if you can't see the edge of the jetty you should consult with the Club Captain or Vice Captains before boating.
  - Strong winds, particularly if due North / South, i.e. up and down the channel can create choppy conditions which can swamp a rowing boat. This can be a particular feature between Castlethorpe and Broughton Bridges.

***In any event, if you go out, and you feel it would be better to turn round and come back, then do so.***

## 4. Equipment

- a. ARC have a Boatman who's role is to maintain the equipment and keep it in good order. If any equipment is damaged, note it in the Accident and Repair book, so that the Boatman will know to deal with it
- b. Other types of things that the Boatman or other competent Club members can advise on are:
  - grips for sculling blades being in good condition, to prevent excessive blistering to the hands
  - end stops on runners being present / taped over to avoid sharp points in your calves
- c. It is general policy to wash down with water from the hose and dry the boats, as well as using the river wash dirt off the oars after use.
- d. Put equipment away tidily in its correct place after use.
- e. ARC is fortunate to have a coaching launch. This is only for use by those who have been trained.



## 5. Around the Site

- a. ARC is fortunate to have two boathouses, a reasonable size jetty, and a moderate space for moving boats about. There are a couple of hazards associated with the site. One is the grassy slope down to the jetty on the south side of the concrete. Care needs to be taken when this is wet, and it should be avoided unless no other easy alternative. The second is the metal steps down from the upstairs of the new boathouse. Take care and use the handrail.
- b. There is some heavy lifting to be done on occasions, and some boats are on high racks where access is more difficult. Do not attempt to lift things that are beyond your capability. Discuss manual handling with other Club members if you are not familiar with it – keeping your back straight and using your legs being the main point to note. Steps are available for higher racked boats; an appropriate number of other Club members will help you if you need it. Plan your route – in particular if you need them, make sure trestles are in position before you start.



## 6. Going to Events at other Clubs

- a. If you go to a Head or a Regatta at another Club, you may be on an unfamiliar course on an unfamiliar river. Some events, including our own

Ancholme Head, will have many more boats on the river at a given time than we are generally used to at ARC, particularly during marshalling prior to the start of a race. All events provide Safety Plans, Rules and maps, often available on their Club's website. Ask your Club organiser so you can familiarise yourself before hand.



### In the event of an emergency

There is a first aid kit available for minor injuries. The nearest A&E department is Scunthorpe General Hospital, about 20 minutes away.

Fire extinguishers are available.

If a situation is serious call 999.

If at the end of a Club session, or at any other time, you find that one or more rowers have not returned in a reasonable amount of time, contact Andrew Spelman (house directly opposite the Club entrance), Peter Evans, Jim Copson, Peter Mordue, Jo Evans or Penny Barker. One of these individuals will be able to get the launch out to locate the individual(s) or make the decision to call for additional assistance.

### Contacts

If in doubt about anything (safety or other topic) ask. The following people are either regularly available, or contactable:

#### President - Andrew Spelman

Contact details: 01652 656131

#### Chairman - Bill Timms

Contact details: 07734 785288

#### Captain - Ron Norton

Contact details: 07980 855793

#### Secretary - Gill Mordue / Jo Evans

Contact details: 07887 706828 / 07890 370355

#### Safety Advisor - Zoe Sparling

Contact details: 07517 388275

#### Treasurer - Zoe Sparling

Contact details: 07517 388275

#### Welfare Officer - Iain Macleod

Contact details: 07717 774314

#### Penny Barker

Contact details: 07801 244638 / penny.neil@hotmail.co.uk

#### Peter Mordue

Contact details: 07887 846624

#### Peter Evans

Contact details: 07980 597976



**Ancholme Rowing Club**  
Manley Gardens, Brigg



# Ancholme Rowing Club

## Information for Members



### Background

Ancholme Rowing Club (ARC) has a Risk Assessment for the activities at the Club (available from the website or Secretary), and this has highlighted a few areas that would benefit from a more formalised provision of information to members, particularly new members, on some of the do's and don'ts.

