

Safety Policy

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1 Chairs Introduction

Welcome to Row the Erne. We hope that you will have a safe and enjoyable time with us. Safety is a priority at Row the Erne.

We recognise that all crew (members and those on taster sessions) have primary responsibility for their own safety and the safety of others. The Club, through its Officers and Committee, will encourage safe practice having due regard for the guidance provided by British Rowing in 'RowSafe'.

It goes without saying that the lake/sea can be dangerous at any time; conditions change very quickly. Rowing a currach or being on any boat vessel can be dangerous and risky. Safety, therefore, has to be a constant theme in everything we do. Crew must consider their own as well as other's safety and wellbeing in every club activity. It is most important that you read this Safety very thoroughly and practice the stated rules and requirements. If you have any queries, please contact me or any other member of the Committee.

Row the Erne has in place a number of specific measures to avoid anyone being harmed as a result of our members' participation in the sport. We believe that harm is not an inevitable consequence of our activities and that incidents that cause harm can be avoided. We will strive to provide an environment in which the sport can be practised safely and enjoyably by our members. We will guide and lead our members in a way that fulfils these aims.

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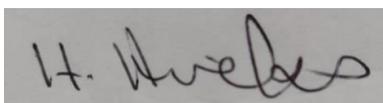
The Club has safety rules that it expects its members to respect. Complying with these rules will help to prevent harm.

The Club is also committed to learn from the incidents it becomes aware of and will share this information to help others in the sport to learn too. We are committed to make appropriate use of British Rowing's Incident Reporting System.

Members are invited to refer any questions and concerns, relating to safety, to the Club's Rowing Safety Officer, Helen Daly, (or in the absence of the Safety Officer, inform any other Member of the Committee). If, however, this relates to a dynamic situation whilst rowing you must immediately inform the Skipper of the boat.

All crew must read the Row the Erne 'Safety Policy' and make a formal acknowledgement of having done so on membership forms.

Signed



Heather Hicks
Chair

2 Safety on the land

2.1 Parking

Please park with consideration for others.

2.2 The shed

The Shed is a small space. Please consider others when you go in.

Please listen to the lead person in the shed allocating buoyancy aids/lifejackets.

It may be more comfortable to fit your buoyancy aids/lifejacket outdoors. Please ask someone to check your buoyancy aids/lifejacket is fitted correctly.

It is important that all those who use the shed do everything possible to minimise the possibility of damage, theft or fire to the facility or to the items inside.

2.3 First Aid

There is a first aid kit in the shed. Please familiarise yourself with its location and contents. The Rowing Safety officer is responsible for inspecting the kit and replenishing it. All crew have a responsibility to inform the officer as soon as they realise items need replacing.

2.4 Lifting or Moving equipment

A number of items relating to the boat are heavy, cumbersome and/ or valuable. For the safety of yourself and in the interests of maintaining the condition and longevity of this gear please handle with due care and attention.

Please adhere to the following guidelines

- Teamwork is essential. This ensures nobody is putting themselves under undue strain. This protects the gear. This ensures that no harm or injury is caused by longer items incidentally impacting on someone/ something.
- Please call use the verbal warning system when lifting heavy/ longer items e.g. “oar coming over”, or “hoisting”. Please acknowledge and react accordingly (protecting yourself, others and the boat) when such warnings are sounded.
- Heavy lifting can cause back and other injuries. Row the Erne can take no responsibility for any injuries that might occur within the club activities including, but not limited to, any aspect of launching, rowing and recovering the boat.
- When lifting, it is important to stand straight, feet slightly apart, weight evenly distributed, back straight and lift predominantly using leg drive. During the lift, take the weight and try not to twist your body whilst lifting.
- When lifting heavier items (e.g. engine) inform all on board and on the jetty before lifting onboard or taking off the boat

Be careful when lifting or moving Items whatever you can.

<https://www.hseni.gov.uk/articles/manual-handling>

Inform the skipper or lead person or any injuries that may prevent you from moving or lifting gear.

If you incur an injury inform the skipper or lead person immediately.

3 Insurance

Row the Erne take out annual insurance to cover:

- Menapian Currach and support boat;
- Trailer
- Shed and contents:
 - o Lifejackets
 - o Buoyancy aids
 - o Kit for the boat
- Expedition gear including tablet, compass, vhf radios

4 Launching, Recovering and Transporting Boats

4.1 Launching and Recovering

Please listen to instructions of the lead person in launching and recovering.

Be careful with ropes getting tangled etc

Use common sense when working around the trailer to avoid getting your hand trapped in bars

Work in pairs to put the bars on. Listen to the lead person to lift and replace bars on the trailer

Never place your hand between the struts on the trailer and the boat

Never stand on the hitch between the vehicle and the trailer.

Be careful working the winch, listen to instructions

If on the boat during launch recover, move slowly and carefully.

4.2 Transporting the boat

Listen to the driver of the vehicle.

Always stand where the driver can see you, particularly if he/she is reversing

5 Fire

Row the Erne use flammable fuel

Please take extra care around handling fuel.

If a fire occurs – move away quickly and contact the fire brigade

What is the policy on fire?

6 Safety around the water

Crew will take responsibility for themselves and others while on or around the water.

6.1 Walking to the Jetty

Crew will take responsibility to walk carefully to the Jetty where the Currach is docked. The walkway at Waterways Ireland can sometimes be very slippery and greasy.

6.2 On the Jetty

Crew will take responsibility for themselves and others on all jetties. They may be narrow, slippery and bouncy.

Crew will move carefully around jetties, walking at all times. Folk will take care when lifting and moving gear, being mindful not to injure themselves or others. In particular, take care when someone is passing on the jetty, its easy to knock someone accidentally.

6.3 Safety on the Menapian Currach and any other boats/vessels

Please note: when mentioning the boat we refer to all vessels (currach, boats, canoes etc)

Crew will take responsibility for themselves and others while on or around any boat.

Crew will call on stepping on or off the boat to let other know their movements as the boat will move.

Move slowly around the boat and stay low at all times.

Listen and do as the skipper requests at all times. The skipper has your best interests in mind and often see things that the crew canno.

Crew will take responsibility to lift and do what you physically are able to. It is their responsibility to let the skipper know.

No smoking on the boat.

7 Safety for each other

We are a crew when we are on the boat. Crew take responsibility to look after their own safety and welfare and that of other crew and the skipper.

7.1 Cold weather

Crew will wear the appropriate clothing and consider bringing extra gear that they can put on when they stop for a cuppa.

Crew will look out for others who appear to be getting cold. They will inform the skipper.

7.2 Hot weather

Crew will wear the appropriate clothing (this may include a sun hat and sun cream). Bring water if needed.

Crew will look out for others who appear to be getting hot. They will inform the skipper.

People who lack confidence

Crew who feel they lack water confidence are responsible for informing the skipper ahead of the row.

Crew will look out for others who lack water confidence, being sensitive to their needs on land, on jetties, getting on and off the boat and while rowing/journeying.

8 Incident Reporting

Row the Erne is committed to learning from incidents it becomes aware of, by any means, and will share this information to help other clubs to learn too.

Crew are invited to refer any questions and general concerns, relating to safety, to the Club's Rowing Safety Adviser (or another member of the Committee in absentia).

An Accident/Incident Book is retained by the Rowing Safety Adviser as a point of reference. In any dynamic safety situation whilst rowing you must immediately inform the Skipper of the boat.

In any serious health & safety situation the Club Chairman and Rowing Safety Adviser (and Skipper in a dynamic rowing situation) must be informed as soon as possible.

In any health & safety situation that involves a participant less than 18 years of age the Club Chairman, Rowing Safety Adviser (and Coxswain in a dynamic rowing situation), Safeguarding Officer and the parents/guardians must be informed as soon as possible.

In any 'Safeguarding' issue the club Safeguarding Officer must be informed. For the reporting process please see 'Child Protection Policy – Safeguarding' policy.