



RowSafe Scotland



Glasgow Rowing Club  
*Safety First*

**Think – *SAFE***

**Plan – *SAFE***

**Communicate – *SAFE***

**Row – *SAFE***



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## “Documentation”

**We have a lot of guidance to deal with:**

- **Scottish Rowing ‘*RowSafe*’ document (2023/24)**
- **GHS/GCC ‘*Rules and Guidelines for the River Clyde*’ which reflect *agreed practice across all local clubs***
- **HSE (Health & Safety Executive) ‘*Guidance on running safe amateur sports clubs*’**
- **GRC rules and guidelines**

**It would be really good if all members could familiarise  
(or re-familiarise) themselves with these documents**



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## “Risks & Hazards”

So many to find and list, but here are some .....

### ‘Headline’ Risks/Hazards:

**Boats Racked Up High**  
**Using the Riverside Steps**  
**Safety out on the River**

### Other Risks/Hazards:

**Boat and Equipment Checks**  
**Personal Checks and Health**  
**Over-Crowding**  
**Slips, Trips & Falls**  
**Access to the Loft**  
**Using the Ergos and Gym**  
**Boats on the Top of the Trailer**  
**Security (Personal and Clubhouse)**  
**Travelling and Competing**  
**Emergency Response**

*Please take care, around the club and out on the river*



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## “Manual Handling” & “Falls from Height”



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## BOAT RACKED UP HIGH?

**Ask for extra help (before you start)**

**Use the blocks and blue steps with care**

**Could you pass the boat down to helpers?**

**PLEASE be CAREFUL**



# RowSafe Scotland

## “Manual Handling” & “Slips, Trips and Falls”



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## USING THE RIVERSIDE STEPS?

**Keep the steps clean (and salted if icy)**

**Keep the steps and top edge clear of kit, shoes, etc**

**Make sure you have enough ‘hands on’**

**If you need help, STOP and ASK**

**PLEASE be CAREFUL**



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“Safety on the River”



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## HEADING OUT ON THE RIVER? (1)

**Is the RIVER rowable?**

**Have you checked your BOAT etc?**

*(See the checklists around the club for reminders)*

**Are YOU well-equipped?**

**Are you LIGHT / BRIGHT?**

**Have the STEPS been cleaned/salted?**

**If you need help or advice, STOP and ASK**



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**“Safety on the River”**



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## **HEADING OUT ON THE RIVER? (2)**

**How is the WEATHER looking?**

**Have you SIGNED out?**

**Is the CLUBHOUSE secure?**

**Do you know the RULES of the RIVER?**

**Will you CLEAN your boat and equipment after?**

**If you need help or advice, STOP and ASK**



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**“Over-crowding”**

## **KEEP BUMPING INTO FOLKS / STUFF?**

**Its great to see the club so busy, but**

**Give yourself enough space, and**

**Give others enough space**





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**“Slips, Trips and Falls”**



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## **KEEP TRIPPING OVER STUFF?**

**Good ‘house-keeping’ can help  
prevent slips, trips and falls**

**Let’s keep the boathouse tidy**

**If you don’t know where stuff goes, ask**



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## “Falls from Height”

### **NEED TO ACCESS THE LOFT SPACE?**

**Access and egress are difficult**

**There's no edge protection**

**Headroom is restricted**

**No 'Lone-Working' please**

**Ask for help (before you go up)**

**PLEASE be CAREFUL**



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## “Use of Equipment”



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## USING THE ERGOs?

**Move and store them with care**

**Know how to use them**

**Use extra care when ergos are upright**

**PLEASE be CAREFUL**



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**“Use of Equipment”**



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## **USING THE GYM?**

**Move and store equipment with care**

**Know how to use the equipment**

**Leave the gym tidy**

**PLEASE be CAREFUL**



# RowSafe Scotland

## “Boat and Equipment Checks”

(from SR RowSafe)



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<b>Suitability</b>	Boat suitable for the situation, eg maximum crew weight.	<b>Feet and Shoes</b>	<b>Must</b> allow rowers to get clear of the boat without delay in an emergency.
<b>Hull</b>	<b>No damage</b> eg scrapes or cracks.		<b>Nothing</b> must restrict the ability of rowers to remove their feet from the shoes in an emergency.
<b>Bouyancy</b>	<b>Compartments, seals, hatch covers, hull and bungs</b> are secure and watertight. <b>Bags</b> are installed where required and fully inflated.		<b>Heel restraints</b> to be strong, secure and durable and the correct length. (Laces / cable ties are <b>not</b> appropriate).
<b>Bow Ball</b>	In <b>good condition</b> and <b>securely fixed</b> .		<b>Shoes</b> shall be in good condition, so that they do not break or become partially detached from the boat in the event of a rower trying to remove their feet during a capsize.
<b>Fixings</b>	<b>Screws &amp; bolts</b> must not represent a hazard. <b>Sharp protrusions</b> to be covered or removed.		Each shoe or device shall be <b>independently restrained</b> ; when the heel reaches the horizontal position the foot should release from the shoe.
<b>Steering</b>	<b>Rudder lines, steering mechanisms, rudder and fin</b> are secure and in good working order.		<b>Laces, Velcro, etc</b> should not be too tight, and must be able to be released immediately by the rower with a single quick hand action of pulling on one easily-accessible strap.
<b>Rigging</b>	<b>Outriggers, swivels, gates, seats, runners and stretchers</b> are secure; operate correctly; show no cracking or fatigue. <b>Forward port</b> and <b>starboard riggers</b> on all boats, other than single sculls, should be protected by a backstay.		
<b>Blades</b>	Are <b>undamaged</b> and buttons/handles/collars are secure and properly set.		
<b>Lighting</b>	<b>No rowing</b> on the Clyde if you need lights.		



# RowSafe Scotland

## “GRC General Rules, Guidelines and Information”



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### Heading Out on the River

**River conditions** must be assessed by a competent person prior to **anyone** venturing out on the river.

**Everyone** must **sign out** before outings, and **sign in** on return. By signing out you are stating that you have checked your boat and that it is **safe to use**. Signing out and in again also lets others know who is out on the river.

If you are unsure if your boat is safe, **stop** and **ask** a committee member, officer or your squad/group lead, prior to heading out.

If the **mobile steps** are required to bring a boat off a high rack, at least one other person should be on hand to hold the steps steady and help out if required.

Glasgow 2000 and Permanent Waves must have a **full complement of inflated buoyancy bags** prior to taking the boat out.

All coxes must wear an appropriate **life jacket** for the boat being used. Life jackets can be found in the training room. Life jackets must be checked before each use – if in doubt, **stop and ask**.

Coaches should carry a **throw rope** when cycling along the riverside in case of capsizes.

Please wash your hands after every outing

### Incidents and Accidents

**First aid boxes** can be found in the **club room** and in both the men’s and women’s **changing rooms**.

**Space blankets** can be found in the disabled toilet, in the event of capsizes.

If something **breaks** whilst out on the river, please report it or write a note in the boat book.

In the event of an incident on the water or around the boathouse, the **incident log** must be filled in - this includes capsizes, crashes, injuries ...