



RowSafe Scotland



“Water Confidence”

Glasgow Rowing Club
Safety First

If you end up in the water:

- Don't panic.
- Ideally stay with the boat.
- Ideally float rather than swim (to conserve energy).
- Unless you're in danger – then you may need to swim.

Can you:

- Float unaided for at least five minutes?
 - Swim at least 50m in rowing kit?
 - Tread water for at least 2 minutes?
 - Swim underwater for at least 5m?

If not, you need to wear a life jacket or bouyancy aid.

(Extracted from SR RowSafe 3.6)



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“Health (1)”

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Be aware of and prepared for:

Cold water immersion and hypothermia

- Cold water shock – stay calm.
- Someone affected may be feeling cold, disorientated and/or confused.
 - Wear appropriate cold weather clothing.
- Get those affected to the clubhouse and warm asap.

Sunburn, heat illness and exhaustion

- Use sunscreen.
 - Wear a hat.
- Wear appropriate hot weather clothing.
 - Stay hydrated.

(Extracted from SR RowSafe Section 8.1)



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“Health (2)”

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Be aware of and prepared for:

Waterborne infections and diseases

These can include:

- Bacteria, viruses, contaminants.
- Weil’s Disease (Leptospirosis).
- Upset stomachs

Reduce risks by:

- Cover all cuts, scratches, grazes with waterproof plasters before going on the water.
 - Don’t drink the water 😊
- Wash hands thoroughly after a session before eating and drinking.

If you do feel unwell:

- See your GP.
- Tell them you’ve been out on the river.

(Extracted from SR RowSafe Section 8.4)



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“Health (3)”

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Be aware of and prepared for:

Concussion

This can include:

- **Sudden short-lived loss of cognitive function, after a blow or other injury to the head, face or neck.**
- **Can also occur if a blow to the body causes a sudden jarring of the head.**

Can lead to:

- **Headaches / Vomitting.**
- **Changes in behaviour / Heightened emotions.**
 - **Memory or reasoning issues.**

Reduce risks by:

Stay aware of your surroundings.

Do everything you can to avoid possible head impacts.

If someone is concussed:

- **Help them stay safe if you feel safe and able.**
 - **Call 999 if its serious.**
 - **Or take them A&E.**

(Extracted from SR RowSafe Section 8.5)



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“Health (4)”

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Be aware of and prepared for:

Collapse

- **Someone who has collapsed, and is unresponsive and not breathing normally, may have no heartbeat.**
- **It is vital to summon help and start chest compressions immediately. Call 999 and give details and directions.**

Guidance produced by the British Rowing Medical Panel indicates the three key factors in the pre-hospital phase are:

- 1. Early recognition and a call for help – to prevent cardiac arrest.**
- 2. Early CPR (chest compressions) – to buy time.**
- 3. Early defibrillation – to restart the heart.**

It is the combination of chest compressions and AED that produces success, not AED alone. So it is essential to deliver good chest compressions (if you feel able) until an AED can be sourced.

(Extracted from SR RowSafe Section 8.7)