



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 (Oct 2025)**
- **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:

Safety out on the River

Boats Racked Up High

Using the Riverside Steps

Access to the Loft

Other Risks/Hazards:

Boat and Equipment Checks

Personal Checks and Health

Over-Crowding

Slips, Trips & Falls

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



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“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 clubhouse 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?

Please check with one of the following in advance and agree a safe plan:

Safety Adviser

Boathouse Manager

Club Captain

Club President

(or another Committee member)





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"Falls from Height"

NEED TO ACCESS THE LOFT SPACE?

Difficult access and egress

Limited edge protection

Restricted headroom

Uneven flooring

Weak floor (suspended ceiling areas below)

Exposed gas pipe in floor

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 clean them after use

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 clean equipment after use

PLEASE BE CAREFUL



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“Boat and Equipment Checks”

(from SR RowSafe)

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



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“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.

The wearing of **light/bright clothing** to aid visibility is recommended. Dry robe or similar, denims, jeans or similar absorbent clothing are **not to be worn** when afloat. Hoodies are also **not to be worn** as oar handles can catch in the pockets.

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. Coxes in bow-loader boats **must not wear** any type of clothing that could become entangled and impede a rapid exit. 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**.

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 ...