

Risk Assessment								
Club	Infinity Boat Club						18/11/2025	
Author	Cathy Rooney (IOSH Managing Safely)						01/11/2026	
No:	Hazard	Barriers	Action to maintain barriers	Controls	Action to maintain controls	Severity (1-5)	Probability (A-E) after controls implemented	Level of Risk (L/M/S/I)
Water								
1	Rough Water leading to capsize, injury, drowning	Find sheltered water Stay in sheltered water Use larger boats Keep inexperienced rowers off the water Cancel rowing if conditions unsafe	Coaches decide if conditions are unsafe Guidance with criteria for unsafe conditions provided by the Safety Officer and this Risk Assessment - no crews can boat if the forecast is for winds gusting over 30 miles per hour Weekly staff training on safety			5	A	Moderate
2	Collision with fixed object i.e. Bridges, trees, buoys leading to capsize, equipment damage to equipment, injury to rower/s	Rowers are introduced to the river gradually so that they become familiar with it Younger rowers/coxes stay 'bridge to bridge' until they are competent steerers Under 15 crews stop when they lose sight of the launch Adherence to the circulation pattern	Map of the river displayed on the safety board Rowers are taught how to steer (backstops, over left, 3 strokes, backstop, over right)	Ensure all rowers have passed a float test and are confident in water Those who have not passed the 5 minute float test wears a buoyancy aid Safe position taught to all members Members are taught to stay with the boat and to try to climb on the boat out of the water if cold Coaches check the weather forecast (BBC Weather) and wind speed (via the Windy app) before the outing Safety launches with qualified drivers are on the water for every session Provision of first aid	Periodic review of records of float	4	A	Low

3	Collision with another rowing boat/boat leading to bruising, broken bones, penetration injuries, immersion	Adherence to the circulation pattern reinforced frequently Only Senior Competition + crews may row out of sight of the coach, but crews train as a group and stick together Only Senior Competition + crews may row at night, but only when 1:1 with a coach in a safety launch	backstops, over night) Crews are asked to look out for one another and warn crews if they need to adjust their course Bow balls are checked frequently	Thermal blankets carried in launch Coaches are first aid trained and are familiar with high quality CPR Hot showers in the boathouse Defibrillator in boathouse Coaches carry mobile phones and radios to summon help if necessary All participants aware of location of nearest phone, which may be a mobile phone in the launch or boathouse Rowers are reminded to check their heel restraints before they boat No auto-inflating buoyancy aids are to be used in bow loaded boats	tests and capsize drills Frequent reminders about safe position Equipment well maintained Periodic checks on launch safety kit Coaches' first aid training is up to date When the conditions are warm and flat, practice buddy rescue Ensure coach launch driver qualifications are up to date Launch engines are regularly serviced Weekly staff training will include an element of safety training	4	B	Moderate
4	Immersion in the river leading to infection, drowning, hypothermia	Rowers are educated about the symptoms of Weil's disease and hypothermia Throw bags / lifebuoys to be available. First Aid kits are available Rowers are reminded to cover any cuts or grazes with plasters and wash their hands/use antiseptic hand gel after the session	Rowers progress from stable boats with floats, the stable boats without floats, and finally fine boats to ensure they are competent			5	A	Moderate
5	Fast flowing water leading to swamping, capsize, being swept into obstacles resulting in bruising, broken bones, drowning, hypothermia	Only crews capable of rowing in the conditions allowed out.... If in doubt don't go out Stay upstream of the boathouse Use larger boats	Coach decides if conditions are unsafe Guidance with criteria for unsafe conditions provided by the CEO If the stream is over 100 cubic metres per second, only the CEO/Safety Officer can approve an outing Crews may not boat when flow rate is over 120 cubic meters per second Coaches should continuously assess the conditions by completing a dynamic risk assessment during the session	If conditions worsen and crews are in danger of swamping, capsize, being swept into obstacles, land crews and carry the boat back to the boathouse or tow it with a launch Turn crews well upstream of obstacles, and out of the stream		5	A	Moderate
Weather								

1	Adverse weather; cold, foggy, lightning leading to crashing, immersion, drowning, hyperthermia, being struck by lightning	Cancel rowing if conditions are unsafe..... if in doubt don't go out If rowing takes place ensure that rowers are correctly dressed	Coach decides if conditions are unsafe Guidance with criteria for unsafe conditions provided by the CEO/Safety Officer; Development/Active sessions - do not go out if visibility is less than 250m, and/or the temperature is lower than 0 degrees, and/or lightning is forecast. Junior Competition sessions - do not go out if the visibility is less than 150m, and/or the temperature is lower than -2 degrees, and/or lightning is forecast. Senior Competition sessions - do not go out if visibility is less than 100m, and/or the temperature is lower than -5 degrees, and/or lightning is forecast.	Coach checks the weather forecast before the session Safety launches with qualified drivers are on the water for every session Provision of first aid Thermal blankets carried in launch Coaches are first aid trained and are familiar with high quality CPR If conditions worsen and crews are in danger land crews and get them to a safe place Use the 30/30 rule if lightning occurs	Periodic review of records of float tests and capsizing drills Frequent reminders about safe position Equipment well maintained Periodic checks on launch safety kit Coaches' first aid training is up to date Ensure coach launch driver qualifications are up to date Launch engines are regularly serviced Weekly staff training will include an element of safety training	5	A	Moderate
2	Hot weather resulting in sunburn, heatstroke, dehydration	Cancel rowing if conditions are unsafe..... if in doubt don't go out If rowing takes place ensure that rowers are correctly dressed and have applied strong sun cream and are wearing hats	Coach decides if conditions are unsafe Guidance with criteria for unsafe conditions provided by the CEO/Safety Officer; Development/Active sessions - do not go out if the temperature is over 32 degrees. Junior Competition sessions - do not go out if the	Ensure that rowers carry enough drinking water Frequent checks to ensure the athletes are OK Coach checks the weather forecast before the session Safety launches with qualified drivers are on the water for every session Provision of first aid	Notices in the boathouse Weekly staff training will include an element of safety training Provision of water bottles	1	C	Low
Local Environment								
1	Overhanging trees resulting in scratches, bruises, capsizing	Train rowers to keep a good lookout and stay away from the bank	Mark on the navigation plan Coaches to remind rowers to steer every 3rd stroke Rowers introduced to the river gradually Crews are asked to look out for one another and warn crews if they need to adjust their course	Safety launches with qualified drivers are on the water for every session Provision of first aid	Maintain First Aid equipment and trained first aiders	1	C	Low
Going afloat and landing								
1	Slippery surface on the pontoon and around the boathouse leading to trips, slips and falls resulting in sprains, bruises, cuts, grazes, broken bones, damage to boats	Reliance on vigilance of coaches, rowers and coxes All members, coaches, and volunteers to wear suitable footwear with grip	Briefings and reminders to rowers and coaches to take care on slippery areas and to wear sensible footwear	Provision of first aid Salt/grit applied if the surface is icy	Ensure the Pontoon, decking and other areas around the boathouse are in good condition	1	D	Low
2	Stepping onto the wrong part of a boat leading to boat damage	Training of rowers and supervision of coaches Rowers are introduced to more fragile equipment gradually	Novices are supervised by a coach and are taught how to get into a boat Briefings and reminders by coaches to rowers	Stickers that indicate where to stand in a boat are replaced if damaged Any damaged boats are quarantined	Coaches know how to report damage to boats	1	C	Low
Around the boathouse (including handling boats on land)								

1	Poor boat handling resulting in damage to equipment and/or bruises, strains, broken bones	Train rowers how to handle and carry boats correctly and shout 'mind your backs' to warn people that may be in their way	Briefings and reminders to rowers Coaches ensures adequate numbers to carry boats safely	Provision of first aid Any damaged boats are quarantined	Maintain First Aid equipment and trained first aiders	2	C	Low
2	Lack of awareness leading to contact with riggers leading to bruises, head injury, cuts	Train rowers to be aware of their surroundings Ensure adequate light levels in the boat house Ensure the boat house is designed with enough room to remove and return boats safely	Coaches to be vigilant and remind rowers to be aware Any broken lights to be reported to the boatman promptly	Provision of first aid	Maintain First Aid equipment and trained first aiders	2	C	Low
3	Trailer loading and unloading leading to impact injuries and falls from height resulting in bruising, broken bones, head injuries	Train members how to load boat trailers Only senior competition rowers (2+ years experience) and coaches may climb on the trailer to tie boats onto the upper racks	Coaches to be vigilant and ensure only experienced rowers climb the trailer	Provision of first aid Only those strong enough and with good footwear allowed to climb	Maintain First Aid equipment and trained first aiders	4	B	Moderate
Pre-existing health conditions and low levels of fitness								
1	Pre-existing medical conditions of rowers such as anaphylaxis, diabetes, asthma is highlighted on the member medical form	None		Provision of first aid Coaches understand the appropriate response to common medical conditions Records of members medical problems stop rowers likely to collapse from rowing in a 1x	Members give details of health problems on application form Provide information to coaches Inhalers, auto-injectors, energy tablets within easy reach	2	B	Low
2	Low fitness levels leading to over-exertion, muscle soreness	Sessions are well planned, progressive and appropriate to the fitness level and strength of the members Coaches programme warm up exercises	Coaching sessions plans are regularly reviewed to ensure progression and safe activity levels	Provision of first aid Coaches ask for member feedback throughout the session	Maintain First Aid training and equipment Through CPD ensure coaches training is up to date	1	A	Low
Indoor Training								
1	Incorrect lifting technique during S & C sessions leading to pulled muscles, strains, being trapped	Only qualified coaches may instruct in lifting Members are encouraged to go at their own pace and increase the load only once technique has been mastered	Those supervising S & C sessions remain vigilant to incorrect technique Coaches remind members to go at their own pace	Provision of first aid	Maintain First Aid training and equipment Through CPD ensure coaches training is up to date	3	B	Low
2	Insufficient warm up resulting in strains, pulled muscles, soft tissue damage	Coaches programme warm up exercises to build into heavier sets	Sessions are planned with an appropriate warm up Coaches remind members to go at their own pace	Provision of first aid including ice packs (in the freezer)	Maintain First Aid training and equipment Through CPD ensure coaches training is up to date	2	B	Low
3	Over loading bench press, leg press, squat leading to failure of the lift resulting in trapping, asphyxiation, bruising, broken bones	Coaches ensure safety equipment is used by members Suitable spotter is used for Bench Press	Those supervising S & C sessions ensure a spotter is used when appropriate	Provision of first aid including ice packs (in the freezer) Equipment in good working order and fail safes working as required	Maintain First Aid training and equipment Through CPD ensure coaches training is up to date	3	B	Low

4	Trips, slips and falls during activities in the gym resulting in sprains, breaks, bruising, head injuries	Coaches ensure trip hazards are removed where possible Coaches ensure the gym is not overcrowded Coaches ensure obstacles are removed, or permanent structures such as the posts are protected Coaches keep in check over-zealous behaviour	Coaches remind members to be sensible	Provision of first aid including ice packs (in the freezer) Flooring is soft Hard objects are protected Clear floor policy in place to ensure Obstacles/Trip hazards removed	Maintain First Aid training and equipment Through CPD ensure coaches training is up to date	2	C	Low
Transport of Equipment and Members								
1	Drivers unqualified/unfit to drive leading to collisions resulting in bruises, cuts, breaks, head injuries, death	Staff/Volunteers who drive an infinity vehicle, or use their own vehicle must be suitably qualified and medically fit	Minibus drivers require a Category D1 entitlement, together with a current Minibus Driver Awareness Scheme (MiDAS) qualification Drivers must inform the CEO of any medical condition or medication that affects their ability to drive Drivers' driving licences checked annually by the CEO Drivers are aware that they are personally responsible for their own fitness to drive, e.g. affected by medicines, alcohol, drugs, too tired Driver must inform the CEO if they have more than 3 points on their licence, or have been convicted of a serious driving offence Drivers must not use mobile phones when driving Those towing the trailer must be suitably experienced and/or qualified with an awareness of British Rowing advice	Provision of First Aid Safety Equipment and First Aid kit in the minibus and Truck Drivers pull over if they are tired or unwell	Staff training and CPD provided Annual driving licence checks	5	A	Moderate
2	Poorly maintained vehicles leading to breakdown putting members in danger of serious injury or death	Vehicles well maintained and checked before each journey Drivers know how to keep members safe in the event of a breakdown	Bus serviced regularly Drivers to be aware of the action to be taken in the event of an emergency	Vehicles are equipped with a first aid kit, mobile phone, torch, fire extinguisher, and warning triangle Seat belts worn at all times when	Staff training and CPD provided Vehicles are checked at regular intervals for roadworthiness	5	A	Moderate
3	Members' bad behaviour and/or not following rules leading to the driver being distracted resulting in collision	The vehicle does not move away until all children are seated with their belts on Pupils are instructed to stay in their seat until the vehicle pulls to a standstill	Members are told to 'buckle up', and 'keep your bottoms on your seat' before the journey begins	Seat belts worn at all times when the vehicle is moving Provision of First Aid Safety Equipment and First Aid kit in the minibus and Truck	If safe to do so the driver will pull over until all passengers comply	5	A	Moderate
4	Adverse weather conditions leading to accidents, collisions resulting in serious injury or death	Driver to decide if it is safe to use vehicles in adverse weather ... If in doubt don't go out	Drivers must check the road conditions and weather forecast before starting their journey If conditions worsen, consider pulling over	Seat belts worn at all times when the vehicle is moving Provision of First Aid Safety Equipment and First Aid kit in the minibus and Truck	Staff training and CPD	5	A	Moderate