

## INFINITY BOAT CLUB SAFETY POLICY 2025-6



Infinity Boat Club has a zero tolerance for 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.

We recognise that our members have primary responsibility for their own safety and the safety of others. The Club, through its Officers and Board, will encourage safe practice having due regard for the guidance provided by British Rowing in RowSafe.

The Club has safety rules that it expects its members to respect; these can be found on the website, in the coaches' office and on the club safety notice board. 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 Adviser Cathy Rooney or her deputy, James Stevenson.

Signed by CEO: *Cathy Rooney*

Date: 22/11/2025

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## **ROLES and RESPONSIBILITIES**

The **CEO** is responsible for creating the Safety Policy and communicating it to all coaches and athletes. She is also responsible for:

- Reviewing all advice issued by British Rowing and the Regional Rowing Council and taking action when required.
- Making members aware of changes whenever the Club Risk Assessment, rules, procedures and advice are updated.
- Maintaining regular communication with all local water users and other stakeholders and circulate any information to members. This could include information about sailing regattas and fishing competitions arranged by other organisations.
- Ensuring that all members are aware of and able to access the communication methods used by the club.
- Reviewing the effectiveness of the club's communication processes.
- Ensuring coaches have access to safety equipment.

**Coaches** are expected to support the implementation of the Safety Policy, lead by example, undertake any Health and Safety Training if required, and have a positive attitude to keeping people safe at Infinity Boat Club. Coaches are also required to report all incidents using the British Rowing Incident Reporting System, and are expected to be aware of the instructions and any safety requirements at competitions, and pass these on to Infinity athletes.

**Coaches** must understand and implement the guidance on Coaching Safe Behaviour found [here](#).

**All coaches and athletes** must read and adhere to the club Safety Policy to the best of their abilities. The Safety Policy can be found on the Safety Notice Board, the Infinity Website and in the Athlete Welcome Pack. They are also expected to read the safety information and guidance that has been made available to them and report any issues or concerns.

## **EMERGENCY PHONE NUMBERS**

The nearest phone is in Castlegate Quay - Watersports Centre (CQ). In emergencies during working hours, the commercial premises in Moat Street may allow use of their telephones.

Be prepared to give directions by road – the address of Infinity Boat Club is

**Castlegate Quay, Moat Street, Stockton-On-Tees, TS18 3AZ**

**What3Words ///banquets.grinning.likening**

Emergencies – 999

Stockton Civic Enforcement – 01642 528439

Tees Barrage Control Room – 01642 633273

River Tees Watersports Centre – 01642 62894

Club Safety Officer and Infinity BC 'emergency contact' mobile phone – 07967 763538

These numbers are on display in the boathouse reception area.

## **RADIOS**

Coaches must carry a radio, set to channel 1 when coaching from the launch. Radios should only be used in an emergency.

## **EMERGENCY EQUIPMENT**

- Throw lines and life jackets are located by the boathouse doors.
- Launches are checked before each outing to ensure they have enough fuel and the appropriate safety equipment (itemised below)
- The outboard motors are serviced regularly and checked before each outing
- Additional first aid kits and a supply of spare clothes available in the Coaches Office in Reception.
- Buoyancy aids stored in boathouse. These must be worn by all coxswains and people in launches, and are available for non-swimmers.
- A shower, soap and towels are available in the shower room off the boathouse.
- Launches are equipped with all 'Rowsafe' safety items;
  - First aid kit
  - Throw line or grab line
  - Thermal ponchos
  - Safety knife
  - Spare Life Jackets
  - Water bottle
  - Bailer
  - Megaphone
  - Paddle

## **SAFETY NOTICE BOARD**

This Safety Plan and other important information is displayed on The Club Safety Notice Board, situated in the reception area. This includes a map of the River, First Aid information including helpful posters on Resuscitation and Hypothermia.

## **INSURANCE**

The boathouse and contents are insured against accidental damage. Additionally, the Club has Public and Employee indemnity insurance (Certificates on display in CQ reception). Registered Members of British Rowing are also covered under their terms of membership.

## **EMERGENCIES ON THE WATER**

If there is serious injury, medical emergency or major boat damage, the crew should land safely as soon as possible. If the boat has become waterlogged, the crew must stay with the boat and can try to swim **with it** to the bank. The attached Map of the River shows where telephones and buildings to summon help from are located. Call on other Club members and the emergency services if necessary. Any incidents should be logged accordingly with British Rowing, and the Club Safety Officer notified. NB Personal safety takes precedence over club equipment.

## **USE OF THE RIVER**

The Canal and River Trust may close the river, sections of it or impose restrictions on its use. These restrictions must be observed, they will be circulated to Coaches. Rowers, Dragon Boats and Canoes have the use of the Barrage Reach at the following times:

Monday 06:00 - 08:00

Tuesday 06:00 - 08:00

Wednesday 12:00 - 22:00

Thursday 06:00 - 12:00

Friday 12:00 - 15:00

Saturday 10:00 - 12:00

Sunday 10:00 - 12:00

Infinity Boat Club members must not take boats downstream of the Princess of Wales Bridge outside of these times. During winter evenings club boats may only be out provided that they meet the requirements of the Night Time Rowing Procedure which is included in Appendix A.

All boats must keep right on the river, and use the centre span of each bridge, except where marked on the map. It is important to keep out of the centre of the river, especially at corners and bridges. There should be no racing through the A66 bridge unless officially advised that appropriate safety cover is in place. In all circumstances, crews should be alert to the presence of other boats. Crews must easy before the booms above the Barrage. The lock channel cannot be used unless part of an officially managed event. Crews should avoid the inlets to the lock channel and canoe slalom.

At times of high flow or strong winds crews should turn well upstream of the Barrage i.e. The University of Durham Buildings. The stretch between The Princess of Wales Bridge and Victoria Bridge has vertical banks that prevent easy escape from the water in the event of capsize, inexperienced crews can only use this area if there is a launch on the water. Rowing beyond Basselton Woods is not recommended because, in the event of an incident, it will be difficult to return safely (hypothermia), and there is unlikely to be anyone on the bank to help raise the alarm.

## HAZARDS ON THE RIVER

Obstacles such as the Barrage, moored boats, buoys and bridges are shown on the River Map. However, the situation is subject to change. Crews must be alert and avoid getting swept into potentially dangerous conditions by taking early action. If stopping or turning the boat, do so downstream of, or a generous distance upstream of, any obstacles.

Obstacles can include;

- Motor Boats & Teesside Princess - Ensure you are in a safe place on the river
- Light wash: gently turn the bows into the wash and row through
- Heavy wash: easy oars, blades on the surface and turn broadside on to avoid shipping water
- Youths throwing stones or firing air rifles - be wary! Keep away from persons acting suspiciously on the bank or bridges. If in doubt, turn and go away.
- Shallow water generally within 2m of the bank
- Driftwood – especially following heavy rain
- Strong wind or stream (see below)
- Choppy water, from opposing wind and stream
- Fog
- Ice
- Cold, wet, or windy weather - hypothermia risk. Coxes wear warm clothing and waterproofs.
- Fishing Lines
- Swans
- Other Boats - give audible warning, e.g., “AHEAD 4”
- Golf balls from the Golf Course at Ingleby (upstream of the pipebridge)
- Coxes and steersmen should keep a good lookout and anticipate the possibility of boats approaching on the wrong side of the river at speed.
- Small craft (e.g. canoes SUP's) cutting the corners.

Coaches will be responsible for assessing conditions against their crew's ability, to decide whether adverse weather or river conditions, and their forecasted or possible development, should result in an outing being cancelled.

The CEO may decide that conditions are unsafe for a crew, in which case they must not boat. If the stream looks fast, e.g the flow is greater than 100 cubic metres per second (cumecs), then only experienced crews may boat. No crews may boat if the flow is greater than 150 cumecs. If the wind is gusting greater than 30mph, crews may not boat. Crews may not boat if fog is preventing visibility of 100m or less. Coaches, coxes and crews should continually assess conditions by constantly doing a dynamic risk assessment. amending their plans accordingly. If in doubt, don't go out.

## ACCIDENT REPORTING

Incidents involving actual or potential injury, both on and off the water, MUST be reported to the Safety Advisor. Incidents are reported to British Rowing by the Safety Advisor as necessary. Any individual may, if they prefer, report any incident directly to British Rowing via their website: <https://incidentreporting.britishrowing.org>

## **EQUIPMENT**

Any damage to equipment **MUST** be brought to the attention of James Stevenson, boatman. Damaged equipment should not be used to prevent further damage or injury, such equipment will be labelled as out of use. If equipment fails during an outing, it is often possible to make temporary repairs and row back using part of the crew. If safe to do so try to retrieve any broken parts.

## **SUPERVISION**

The level of supervision will be based on crew experience, competence, and weather. Inexperienced coxes may only go out with the launch in attendance. All rowers, who have not proven adequate swimming ability, all coxes and those in launches must wear buoyancy aids. To go out on the water, crews should be wearing the right clothing – firstly a few layers of stretchy close-fitting garments. If it's cold then they will need more layers including a light windproof/waterproof top and a woolly hat. If it's hot, a few layers, a hat, sunglasses and sunscreen. During outings, launch drivers, rowers and scullers must not wear headphones.

Beginners must be properly instructed and supervised by their coach at all times. The extent of this supervision will depend on the coach's opinion of the competence of the rower(s) and sculler(s). Under 15s and younger must stay in sight of a coach at all times. Experienced J16s may paddle without a coaching launch in sight, but must do so with other crews.

## **MISSING CREWS & RESCUE PROCEDURE**

As a Junior-only rowing club no crews should boat without a coach in attendance with the safety / coaching launch already in the water. Coaches should have with them a mobile phone and radio in the event of an emergency to contact the boathouse and or other coaches. If a group is late back immediate contact should be attempted by phone or radio. If not contactable, assume that they are in difficulty and send a launch to search and assist.

Whenever an emergency rescue is required:

- Call 999 – who will alert Tees Rescue and other emergency services as required
- Call the Tees Barrage, who will send a rescue boat if possible
- At least one responsible person should remain at the boathouse to act as a point of contact, using mobile phone if available
- If available, take a Club launch with a rescue kit, throw line, first aid kit and at least one other person.
- If no rescue boat can be sent: If known to be between the barrage and the A66, take lifebuoy, rope and rescue kit in a car and systematically search the river (Barrage Reach, Princess of Wales Bridge, Slipway, Millennium Footbridge, Riverside, Victoria Bridge, Old Boathouse). If further upstream, ask the barrage to instigate a Police Search, and give guidance, if possible, on where to look from the log details: outing direction, duration, crew and boat type. Keep the Barrage updated with the progress of any search, and especially if the crew are found

## **OTHER CLUB PROCEDURES**

- All members Parent(s) / Guardian(s) sign a declaration on behalf of their child of good health and swimming ability.
- Regular checks of boats, by Boatman and Coaches
- Regular checks of buoyancy aids, launch, trailer, first aid kits and other equipment
- Risk Assessment – Updated when new risks are identified.
- Adaptive Risk Assessments
- Night-time Rowing Risk Assessment.

## **BOAT HOUSE SAFETY**

- Smoking / vaping at Castlegate Quay Watersports Centre is prohibited.
- Care should be taken when moving around in the boathouse when lifting and carrying equipment to avoid getting hit by riggers, boats etc.
- All lifting should be done using correct methods - back straight, bend legs.
- All rowers and coaches are expected to keep the boat house and pontoons free of trip hazards. The boatman is responsible for ensuring there is appropriate and adequate storage for the equipment
- Sensible footwear must be worn at all times.

## **USE OF EQUIPMENT**

Crews must take care when handling boats, oars and seats. Boats should be lifted, not slid, off the racks, and placed correctly on trestles and racks so the weight is taken by ribs and not by the skin or riggers. Oars should be placed face upwards to minimise damage. All equipment should be checked before use.

Boats must be washed down before being put away. When the conditions are sufficiently cold to create a risk of ice forming additional care must be taken to avoid any water spillage by simply wiping boats down with a damp cloth. Do not use a hose pipe or a bucket of water in freezing conditions. Do not drain water from launches on the ground - either leave it until there is no risk of it freezing or bail it out into a bucket and dispose of it directly into the river. Oars should be stored in the correct rack. All seats should be left in the boat and secured with bungee clips where fitted.

Drivers of launches must either have been trained (Club course or RYA) or be accompanied by someone who is so trained. The maximum allowable speed, unless accompanying a crew or performing a safety duty, is 5 miles per hour (walking pace). Drivers should be aware of, and considerate to, all other river users. In particular, they should move through the passage in Stockton centre at low speed to avoid creating excessive wash due to the hard embankments.

When the launch is being used for safety purposes, due consideration should be given to the number of crew. In most circumstances a crew of two would be most appropriate. Launches may travel above the river speed limit (5 mph) provided they are “directly engaged in safety duty, training, coaching or umpiring of vessels powered by oar. It is judged that “directly” means within 10 lengths. If the training launch meets other river users, a lower speed may

then be required to avoid swamping them. Other river users who are especially vulnerable to wash are SUP paddlers and kayakers who also need to be given plenty of room when being overtaken.

## **BOATING**

Before boating, the boat should be placed on trestles and checked for loose nuts, free seat movement, functioning safety straps on shoes, presence of a bow ball and that the boat buoyancy is functioning. Buoyancy may consist of sealed under seat compartments, bow and stern sections or additional inflated buoyancy bags. Generally, the bow and stern sections of singles, doubles and pairs and sealed under seat compartments in fours and eights are adequate to prevent sinking in the event of being swamped.

For outings or races on tidal and wide rivers, only fours and eights with either sealed under seat compartments should be used. Boats should be placed on the water with bows pointing upstream. Boating will take place from the pontoon. If whilst boating a motorboat wash approaches, the boat must be held firmly clear by at least 2 people. Sequence for boating is: bank side blades in, hold riggers, river side in, blades in and rest on water, cox in, bank side one foot in together and push off. The crew should push off and row clear of the pontoon before putting feet in if another crew is waiting. Do not fasten the shoes too tightly as this may prevent release in the event of capsizing.

## **LANDING**

Approach the pontoon, when possible, against the prevailing conditions; this is usually upstream unless there is a strong tailwind. Stop and take your feet out before attempting to land.

## **TOWING**

Drivers who tow trailers must be authorised by the Club. When drivers are authorised, they are supplied with the British Rowing Guide to Towing.

## **ROWING AT OTHER CLUBS OR LOCATIONS**

When rowing at other clubs, coaches should make themselves aware of the local rules and conditions applicable to the locality. For competitions, these are included in the 'Instructions for competitors'. Coaches must ensure that all racers understand and adhere to these instructions.

## **HOSTING OTHER CLUBS/ATHLETES**

If another club or athlete is planning on rowing from Infinity Boat Club, a member of staff should be appointed (or self-appointed) to make the visitors aware of the local hazards and procedures, including this document, and to make sure they have access to IBC in case of an emergency.

## **COMPETENCE IN WATER**

It is important that rowers who find themselves in the water do not panic and are able to respond so that they can keep themselves safe. In effect, this means that they should be able to swim or float. Floating, rather than swimming, is recommended by the RNLI, RLSS

and NWSF because it tends to conserve heat and energy when in cold water. All participants in rowing should be competent and confident in the water. Infinity Boat Club's Risk Assessment determines the capability that it requires its members to have.

Everyone taking part in rowing should be able to float unaided for at least five minutes, and ideally be confident in water. Those that aren't will wear a buoyancy aid.

### **ADAPTIVE ROWERS**

IBC will ensure that adaptive rowers at the club are not exposed to risk that they would find substantial or intolerable. An individual risk assessment will be created for any adaptive rowers and ensure the resultant protocols are documented and implemented.

### **DEFIBRILLATOR**

A defibrillator is installed in the Coaches Office in reception adjacent to the metal shutter.

### REFERENCES

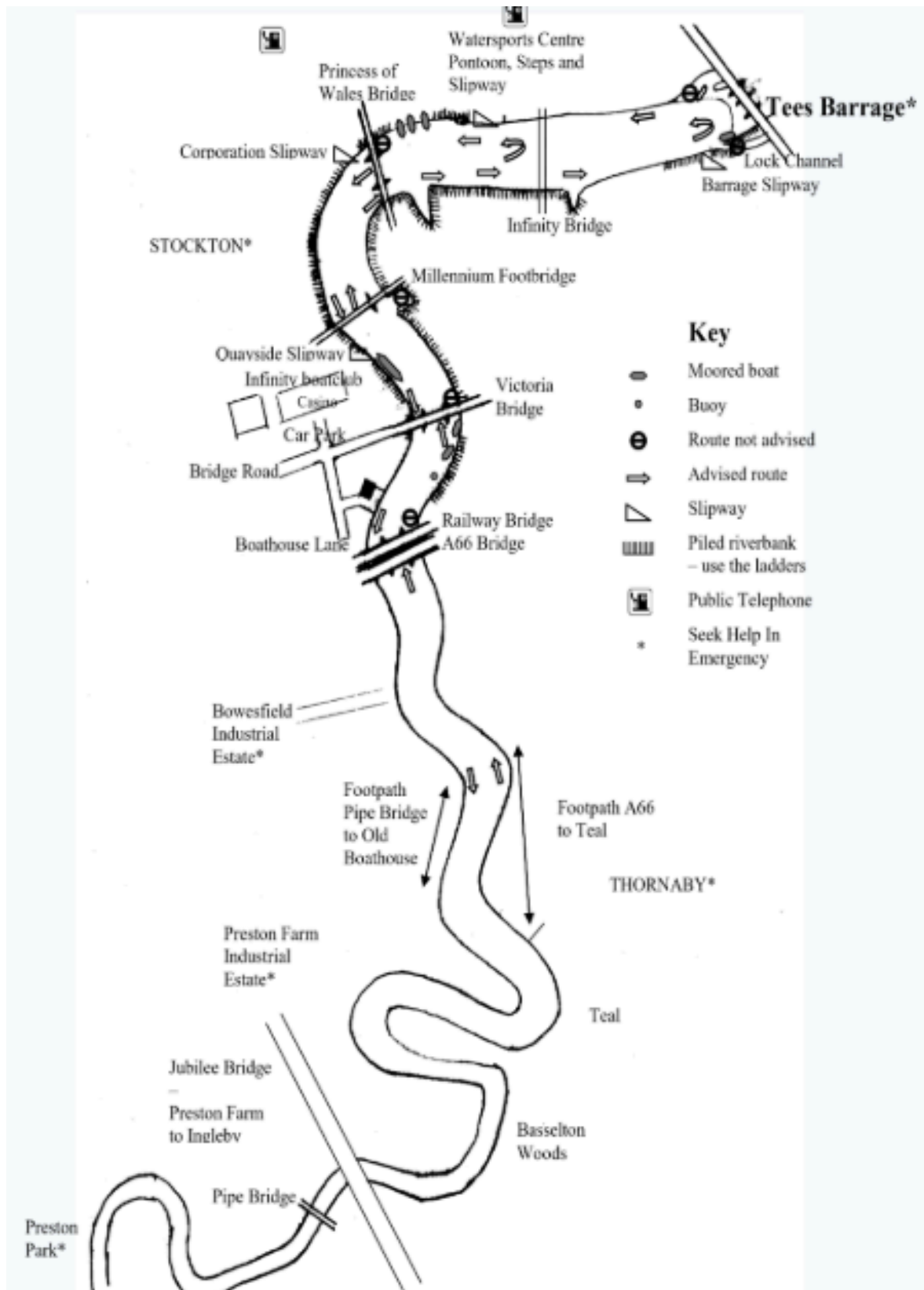
British Rowing ['RowSafe'](#)

British Rowing [Safeguarding and Protecting Children Policy](#)

Infinity Boat Club - Risk Assessment. [www.infinityboatclub.com](http://www.infinityboatclub.com)

Canal & River Trust - [River Tees Guidance Notes](#)

# APPENDIX A - Map of the River Tees



## **APPENDIX B - HYPOTHERMIA**

The symptoms of hypothermia depend on how cold the environment is and how long you are exposed. Severe hypothermia needs urgent medical treatment in hospital. Shivering is a good guide to how severe the condition is. If the person can stop shivering on their own, the hypothermia is mild. If they cannot stop shivering it is moderate to severe.

### Mild Cases

In mild cases, symptoms include:

- Shivering
- Feeling cold
- Low energy
- Discomfort at higher temperatures than normal
- Cold, pale skin

### Moderate Cases

The symptoms of moderate hypothermia include:

- Violent uncontrollable shivering
- Being unable to think or pay attention
- Confusion (some people don't realise they are affected)
- Loss of judgment and reasoning
- Difficulty moving around or stumbling (weakness)
- Feeling afraid
- Memory loss
- Fumbling hands and loss of coordination
- Drowsiness
- Slurred speech
- Listlessness and indifference
- Low, shallow breathing and a weak pulse.

### Severe Cases

The symptoms of severe hypothermia include:

- Loss of control of hands, feet, and limbs
- Uncontrollable shivering that suddenly stops
- Unconsciousness
- Shallow or no breathing
- Weak, irregular or no pulse
- Stiff muscles
- Dilated pupils.

Although hypothermia is defined as occurring when the body temperature drops below 35°C (95°F), mild hypothermia can start at higher body temperatures. As the body temperature decreases further, shivering will stop completely. The heart rate will slow and a person will gradually lose consciousness. When unconscious, a person will not appear to have a pulse or be breathing. Emergency assistance should be sought immediately and CPR provided while the person is warmed.

### Treating hypothermia

As hypothermia can be a life-threatening condition, seek medical attention as soon as possible. Hypothermia is treated by preventing further heat being lost and by gently warming the patient. If you are treating someone with mild hypothermia, or waiting for medical treatment to arrive, follow the advice below to prevent further loss of heat.

Things to do for hypothermia:

- Move the person indoors, or somewhere warm, as soon as possible
- Once sheltered, gently remove any wet clothing and dry the person
- Wrap them in blankets, towels, coats (whatever you have), protecting the head and torso first
- Your own body heat can help someone with hypothermia. Hug them gently
- Increase activity if possible, but not to the point where sweating occurs, as that cools the skin down again.
- Rewarm the body slowly
- If possible, give the person warm drinks (but not alcohol) or high energy foods, such as chocolate, to help warm them up

Once body temperature has increased, keep the person warm and dry. It is important to handle anyone that has hypothermia very gently and carefully.

Things you should NOT do:

- Don't warm up using a hot shower, as this may send cold blood from the body's surfaces to the heart or brain too suddenly, causing a stroke or heart attack;
- Don't apply direct heat (hot water or a heating pad, for example) to the arms and legs, as this forces cold blood back to the major organs, making the condition worse
- Don't give the person alcohol to drink, as this will decrease the body's ability to retain heat
- Don't rub or massage the person's skin, as this can cause the blood vessels to widen and decrease the body's ability to retain heat. In severe cases of hypothermia there is also a risk of heart attack

## APPENDIX C - ANAPHYLAXIS

Anaphylaxis is a severe, potentially life-threatening allergic reaction often involving difficulty breathing, a drop in blood pressure, and skin reactions, that can develop rapidly and require immediate medical attention. Symptoms of anaphylaxis happen very quickly. They usually start within minutes of coming into contact with something a person is allergic to, such as a food, medicine or insect sting.

People prone to anaphylaxis should carry their Adrenaline Autoinjectors (AAIs); these are designed for self-administration. However, people needing an injection from an AAI may, occasionally, need help to inject themselves. The administration of a single AAI dose may not be sufficient as its benefits may last for typically five to ten minutes, and a second dose may be required.

Current guidance from the Medicines and Healthcare Products Regulatory Agency (MHRA) is that anyone prescribed an AAI should always carry two of the devices.

Everyone at Infinity is expected to:

- Be aware of people in the club who may be prone to anaphylaxis
- Assist a person who needs their help
- Know how to support a person who is suffering from anaphylaxis.

The CEO is expected to:

- Review the information below and, where appropriate, communicate it to their members
- Discuss it with their coaches

Coaches are expected to:

- Ensure that rowers prone to anaphylaxis carry their autoinjectors close by
- When on the water, ensure that rowers prone to anaphylaxis carry their autoinjectors in a dry bag
- Recognise the symptoms of an anaphylactic episode
- Understand how to support a person having an anaphylactic episode
- Provide support to a person having an anaphylactic episode
- Know how to access help.

### Recognition

Signs of anaphylaxis include:

- Swelling of the throat and tongue
- Difficulty breathing or breathing very fast
- Difficulty swallowing, tightness in the throat or a hoarse voice
- Wheezing, coughing or noisy breathing
- Feeling tired or confused
- Feeling faint, dizzy or fainting
- Skin that feels cold to the touch
- Blue, grey or pale skin, lips or tongue – if the person has brown or black skin, this may be easier to see on the palms of the hands or soles of the feet
- A rash that's swollen, raised or itchy.

## Treatment

**Always give an adrenaline auto-injector if there are ANY signs of anaphylaxis.** You should administer the person's own AAI. The AAI can be administered through clothes and should be injected into the upper outer thigh in line with the instructions issued for each brand of injector.

### **IF IN DOUBT, GIVE ADRENALINE**

After giving adrenaline do NOT move the person. Standing someone up with anaphylaxis can trigger cardiac arrest. Provide reassurance. The person should lie down with their legs raised. If breathing is difficult, allow the person to sit. If someone appears to be having a severe allergic reaction, it is vital to call the emergency services without delay – even if they have already self-administered their own adrenaline injection and this has made them better. A person receiving an adrenaline injection should always be taken to hospital for monitoring afterwards.

**ALWAYS DIAL 999 AND REQUEST AN AMBULANCE IF AN AAI IS USED.** If an AAI has been used afloat, then the crew must immediately return to the club or the nearest landing stage and call the emergency services. They MUST NOT continue the outing.

## APPENDIX D - ASTHMA

Asthma is common, affecting 5.4 million people or one in eight people in the UK. It is most common in children, but also affects about a quarter of all elite athletes. Asthma does result in 1,200 people dying per year, but if managed correctly asthma should not be a barrier to a normal life or participation in sport. The diagnosis of asthma is usually made by the GP and treated with a variety of prescription inhalers – often a blue “reliever” and/or a brown “preventer”. It is important to comply with the medication prescribed and to liaise with healthcare professionals if symptoms persist. It is important to remember that particularly for asthma, prevention is easier than cure.

Everyone is expected to:

- Recognise the symptoms of an asthma attack
- Know how to support a person who is suffering from an asthma attack.

CEO is expected to:

- Review the information below and communicate it to their members.
- Discuss it with their coaches, particularly coaches of juniors.
- Display relevant information wherever it will be most helpful.

Coaches are expected to:

- Be aware of exercise induced and seasonal asthma.
- Ensure that all asthmatic rowers carry their inhalers on the water in a dry bag.
- Recognise the symptoms of an asthma attack and the difference between asthma and hyperventilation.
- Be aware of action to take if someone has an asthma attack.
- Understand how to support a person having an asthma attack.
- Know how to access help.

Rowers with Asthma Rowers with asthma are expected to:

- Carry their relieving inhaler at all times.
- Take the prescribed inhaler just before exercise (although the initial effect is dilation of the bronchi this can last for three to four hours).
- Always carry the prescribed inhaler in the boat (or close by in the gym) so that symptoms can be treated without delay.
- Warm up and cool down carefully and effectively, especially in hot, dry dusty or ‘asthma inducing ambient weather’.
- Minimise exercise with upper respiratory tract infections (such as colds and flu) as this will hasten the onset and make the asthma worse.
- Ensure that coaches and fellow rowers are aware of their condition and how best to manage it.

## **APPENDIX E - WATER-BORNE DISEASES**

Diseases can be caused by waterborne infectious agents such as bacteria or viruses or contracted due to exposure to other contaminants in the water. These can include, for example, algal blooms, faecal matter and chemical contamination.

Everyone is expected to

- Read and understand any information on waterborne infectious agents and contamination provided by the club.
- See their own doctor as soon as they think that they may have any relevant symptoms
- Inform the club if they have contracted a disease associated with a waterborne cause so that others can be encouraged to take greater precautions
- Cover all cuts or grazes with waterproof dressings if the water is contaminated
- Wash or shower after any significant contact with water from the river, lake, canal or sea especially if they have any exposed cuts or grazes
- Never drink water from sources such as rivers, lakes, canals or sea
- Wash hands thoroughly before eating or drinking
- Clean open wounds, such as blisters or calf abrasions with an anti-bacterial substance
- If contaminated water has been swallowed, refer to their doctor with full details of the incident
- Wear suitable footwear when launching or recovering a boat, particularly if it is necessary to wade into the water, to prevent direct contact with the water and protect the feet from cuts and abrasions.
- Wash all equipment after outings to remove any potential contamination, take particular care to wash oar handles.
- Report incidents to the club and British Rowing.

The CEO is expected to:

- Determine the extent to which the waters that they use may be infected with relevant bacteria, viruses or other agents
- Include these risks in the club's Risk Assessments
- Provide information (such as posters) to members as appropriate. This information should include:
  - Precautions to be taken to avoid exposure
  - Early signs and symptoms of any relevant disease so that early medical intervention can be sought.

Coaches are expected to:

- Be aware of the extent to which their participants are at risk of contracting a disease associated with a waterborne cause
- Bring information about the risks and appropriate actions to the attention of participants.
- Monitor the behaviour of any persons at risk and ensure that they act appropriately