

<b>Address:</b>	Tudor Sailing Club, Eastern Road, Portsmouth, Hants. PO3 5LY		
<b>Activity being assessed:</b>	Rowing in Langstone and Chichester Harbours and the coastal Solent		
<b>Method Statement linked to this activity:</b>	Tudor Sailing Club Rowing Good Practice Guidance 2022		
<b>Date:</b>	JAN 2022	<b>Ref No:</b>	TSC RA001

For each identified Hazard assess the Risk: 1-5 for Likelihood (L) & 1-5 for Severity (S). Multiply to calculate the Risk Rating (R).

**HIGH (20-25)**

**Unacceptable. Do not attempt this activity.**

**MEDIUM (8-16)**

**Additional control measures should be sought to reduce the risk before proceeding.**

**LOW (1-6)**

**Adequate control measures in place; proceed with caution.**

	LIKELIHOOD (L)	X	SEVERITY (S)																																					
1	<b>Very unlikely</b> Existing controls are in place to ensure the activity is safe and the environment is protected.	1	<b>Minor Discomfort (First Aid not required)</b> eg: temporary aches and pains, blisters, scratches, bruises.	<p>(Guide Only) Risk Rating (R)</p> <table border="1"> <tr> <td>5</td> <td>5</td> <td>10</td> <td>15</td> <td>20</td> <td>25</td> </tr> <tr> <td>4</td> <td>4</td> <td>8</td> <td>12</td> <td>16</td> <td>20</td> </tr> <tr> <td>3</td> <td>3</td> <td>6</td> <td>9</td> <td>12</td> <td>15</td> </tr> <tr> <td>2</td> <td>2</td> <td>4</td> <td>6</td> <td>8</td> <td>10</td> </tr> <tr> <td>1</td> <td>1</td> <td>2</td> <td>3</td> <td>4</td> <td>5</td> </tr> <tr> <td></td> <td>1</td> <td>2</td> <td>3</td> <td>4</td> <td>5</td> </tr> </table> <p><b>SEVERITY</b></p>	5	5	10	15	20	25	4	4	8	12	16	20	3	3	6	9	12	15	2	2	4	6	8	10	1	1	2	3	4	5		1	2	3	4	5
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2	<b>Unlikely</b> Some additional measures may be required to make the activity safe and to protect the environment.	2	<b>Minor Harm (First Aid required)</b> eg: minor cuts, minor burns, strains and sprains.																																					
3	<b>Possible</b> Additional controls are necessary to ensure the activity is safe and the environment is protected.	3	<b>Badly Harmed (accidents causing incapacity for &gt;3 days)</b> eg: severe cuts, fractures to fingers & toes, temporarily disabling back injuries.																																					
4	<b>Likely</b> Formal and documented controls are required to protect individuals and the environment.	4	<b>Severe Harm</b> eg: fractures to legs and arms, multiple injuries, chronic illness.																																					
5	<b>Very Likely</b> Further action in addition to the formal documented controls is necessary to mitigate the unacceptable risk/impact.	5	<b>Catastrophic Harm</b> eg: fatality, loss of limb(s), paralysis, blinded, badly burned.																																					

What is the hazard?	What is the risk?	What are the current controls? Each of these controls are designed to cover varying degrees of risk from minor discomfort to catastrophic harm.	Risk Rating	Further Action necessary?
1. General Rowing	Minor Discomfort (First Aid not required)	<ul style="list-style-type: none"> <li>Refer to Tudor Sailing Club Rowing Good Practice Guidance (Jan 2022) before every trip.</li> </ul>	L=3 S=1 R=3	No
	Minor Harm (First Aid required)	<ul style="list-style-type: none"> <li>Ensure adequate drinking water is carried on board.</li> <li>Visual inspection of all equipment to be completed before each trip (eg: oars, rudder, oar-gates, pins etc)</li> <li>All rowers are responsible for assessing their own health and fitness to row.</li> <li>Check weather (including fog) and tide forecast before leaving the slipway. Ensure your ability matches the expected conditions.</li> <li>Leave crew contact details (mobile no) and expected ETA on whiteboard outside Sailing Club male changing room. Consider downloading 'what 3 words' to your mobile phone.</li> </ul>	L=3 S=2 R=6	No
	Badly Harmed (accidents causing incapacity for >3 days)	<ul style="list-style-type: none"> <li>Confirm bung is fitted before leaving the slipway.</li> <li>Ensure trolley is left high enough on slipway (above expected tide).</li> <li>Coxswains MUST wear buoyancy aids while in the boat.</li> <li>Be aware of dredger movements.</li> <li>Avoid leaving Langstone Harbour on a falling tide or with an off-shore wind unless part of a planned event.</li> </ul>	L=2 S=3 R=6	No
	Severely Harmed	<ul style="list-style-type: none"> <li>Wear appropriate clothing.</li> <li>Be courteous to other Harbour users and comply with international navigation rules.</li> <li>Respect the environment and the wildlife in the Harbour.</li> </ul>	L=1 S=4 R=4	No
	Catastrophic Harm	<ul style="list-style-type: none"> <li>Experienced Cadets may row without an adult if assisted by an experienced rower with gig launch and recovery. Cadets must stay within Langstone Harbour unless permission to leave has previously been granted by the Sailing Committee.</li> </ul>	L=1 S=5 R=5	No

What is the hazard?	What is the risk?	What are the current controls?	Risk Rating	Further Action necessary?
2. Strong currents in harbour entrance	Capsizing	All General Rowing controls apply <b>plus</b> : <ul style="list-style-type: none"> <li>• Only leave the harbour in calm conditions and with fair weather forecast</li> <li>• Beginners to avoid harbour entrance unless rowing with at least one crew member who has a good knowledge of the tidal movements in the vicinity of the harbour entrance.</li> <li>• Assess tidal conditions before entering the harbour entrance.</li> <li>• Keep to edge of the channel to avoid the strongest currents.</li> <li>• Beach the boat if the current becomes too strong.</li> <li>• Exhibit extra caution on a falling tide</li> </ul>	L=2 S=3 <b>R=6</b>	No
	Drowning		L=1 S=5 <b>R=5</b>	No
	Boat swept out to sea through harbour entrance (crew overwhelmed by tide and exhaustion)		L=2 S=3 <b>R=6</b>	No

What is the hazard?	What is the risk?	What are the current controls?	Risk Rating	Further Action necessary?
3. Strong wind / rough sea  OR change of weather  Arrival of fog / strong winds.	Capsizing	All General Rowing controls apply <b>plus</b> : <ul style="list-style-type: none"> <li>• Cancel session if winds too strong, before or likely during session.</li> <li>• Ensure you have planned for whole period of the row and not just on current conditions.</li> <li>• Experienced cox and rowers only</li> <li>• Windproof clothing to be worn</li> <li>• Abort session and return to TSC if wind picks up</li> <li>• Beach boat if unable to continue</li> </ul>	L=2 S=3 <b>R=6</b>	No
	Drowning		L=1 S=5 <b>R=5</b>	No
	Water ingress to craft		L=3 S=2 <b>R=6</b>	No

What is the hazard?	What is the risk?	What are the current controls?	Risk Rating	Further Action necessary?
4. Collision with obstacles or other craft	Sinking	All General Rowing controls apply <b>plus</b> : <ul style="list-style-type: none"> <li>Do not row in poor visibility.</li> <li>Complete an assessment of craft numbers prior to departure.</li> </ul>	L=2 S=3 R=6	No
	Capsizing	<ul style="list-style-type: none"> <li>Be aware of dredger movements. Consider other vessel movements and move out of the path of approaching vessels. Clear the main channel or hold water if unsure.</li> </ul>	L=2 S=3 R=6	No
	Drowning	<ul style="list-style-type: none"> <li>When possible row with a cox. Crew to be extra vigilant if rowing without a cox.</li> <li>Cox to always be in control if onboard. Good communication between Cox and crew to stay aware of any obstacles or approaching craft.</li> </ul>	L=1 S=5 R=5	No
	Skeletal / bodily injuries	<ul style="list-style-type: none"> <li>At least one crew member shall have a good knowledge of local waters and tidal movements with a good understanding of basic navigation.</li> </ul>	L=2 S=3 R=6	No

What is the hazard?	What is the risk?	What are the current controls?	Risk Rating	Further Action necessary?
5. Equipment failure during activity eg: broken oars, rudder, oar-gates, pins etc	Crew stranded off-shore	All General Rowing controls apply, <b>specifically</b> : <ul style="list-style-type: none"> <li>Check and confirm equipment listed below is onboard prior to launch: <ul style="list-style-type: none"> <li>First Aid kit including thermal blankets</li> <li>fully charged VHF radio and fully charged mobile phone</li> <li>full set of oars (2x sculls + 2x sweeps)</li> </ul> </li> <li>Visual inspection of all equipment to be completed before each trip (eg: oars, rudder, oar-gates, pins etc)</li> <li>Leave crew contact details (mobile no) and expected ETA on whiteboard outside Sailing Club male changing room.</li> </ul> <p><b>Plus</b>, each crew member to be responsible for ensuring they carry sufficient fluids.</p>	L=2 S=3 R=6	No
	Crew exposure to extreme weather (hypothermia / hyperthermia)		L=2 S=3 R=6	No

What is the hazard?	What is the risk?	What are the current controls?	Risk Rating	Further Action necessary?
6. Slipway launching and recovery including boarding and alighting the craft	Slips, trips and falls	<p>All General Rowing controls apply <b>plus</b>:</p> <ul style="list-style-type: none"> <li>Wear suitable footwear</li> <li>Gig to be under control as people board and alight</li> <li>Only one person on or off at a time. Help one another on and off.</li> <li>Assessment of craft numbers made prior to departure</li> <li>Cox and crew to understand and be experienced with launch and recovery procedures</li> <li>Sufficient people to be available to control launch and recovery. Cancel session if insufficient people available to control launch or recovery.</li> <li>Experienced rowers to warn beginners of known hazards / slippery areas</li> </ul>	L=3 S=2 <b>R=6</b>	No
	Skeletal / bodily injuries		L=2 S=3 <b>R=6</b>	No

What is the hazard?	What is the risk?	What are the current controls?	Risk Rating	Further Action necessary?
7. Night Rowing	Inability to contact/alert support in case of harm or sickness	<p><b>All General Rowing controls apply plus:</b></p> <ul style="list-style-type: none"> <li>Ensure someone is aware that you are rowing and know who to contact if you are late back. Coastguard to be alerted if crew get into difficulty.</li> <li>Always row with a cox if available. Cox must understand navigation lights, and channel markers in Langstone Harbour.</li> <li>Test and fit navigation light (all-round white light).</li> <li>Always carry a flashlight.</li> <li>Glow stick to be clipped to the shoulder strap of all buoyancy aids ready for activation.</li> <li>Always carry working electronic strobic flare.</li> <li>Only leave Langstone Harbour as part of a flotilla (at least 2x boats).</li> <li>Consider sharing GPS track of location whilst rowing using a mobile phone app eg Glympse.</li> <li>Cadets are <u>not</u> to row at night unless permission has previously been granted by the Sailing Committee.</li> </ul>	L=3 S=2 <b>R=6</b>	No
	Getting lost – leading to exposure		L=2 S=3 <b>R=6</b>	No
	Increased risk of collision against objects or by another craft.		L=1 S=4 <b>R=4</b>	No

What is the hazard?	What is the risk?	What are the current controls?	Risk Rating	Further Action necessary?
8. Young Rowers	<p data-bbox="456 165 750 193">Safeguarding of under 18s</p> <p data-bbox="456 496 689 523">Capsizing / Drowning</p> <p data-bbox="456 692 689 783">Exposure to weather conditions within the harbour</p> <p data-bbox="456 1214 645 1241">Injury and illness</p>	<ul data-bbox="777 165 1675 1369" style="list-style-type: none"> <li>• Closed WhatsApp group separate to main rowing WhatsApp group for discussion and sharing of young rowing session details, time of rows etc. Parents of Young Rowers are on the group, as is the TSC Welfare Officer.</li> <li>• No adult rowers on water with Young Rowers unless DBS checked and approved by TSC Welfare Officer.</li> <li>• Registration / Consent forms completed and signed by parents/guardians of Young Rowers and held securely by Rowing Captain.</li> <li>• Registration Form / Consent form will state that Young Rowers must be able to swim 50 metres in light clothing, tread water for 2 minutes and swim 5 metres underwater.</li> <li>• Man Overboard protocols in place for all adult rowers supervising Young Rowers and these will be taught as appropriate to the young rowers.</li> <li>• All Young Rowers will be required to wear a buoyancy aid.</li> <li>• In harbour rowing only by Young Rowers.</li> <li>• The rowing leaders will be suitably experienced, and sessions are based on the decisions made by the leaders on the day with suitable safety measures put in place. The rowing leads will be prepared to amend quickly as needed should the weather change dramatically. No night rowing for Young Rowers.</li> <li>• Winter rowing permissible, as long as the Young Rowers are adequately prepared clothing wise.</li> <li>• Only sculling oars will be used in the gigs by under 15s, being smaller and lighter than sweep oars.</li> <li>• Consent form will hold information on potential health issues that might affect or prevent a Young Rower going out onto the water. This information will be available to the activity leader to ensure safe judgements can be made.</li> <li>• Parent/guardian of Young Rower will be responsible for ensuring any needed medication is available during the rowing activity.</li> <li>• Parent/guardian will leave emergency contact details with activity leader and give authorisation for appropriate first aid to be administered if required.</li> <li>• Qualified medical practitioner will be authorised to administer emergency care should it be required.</li> </ul>		

Assessment completed by (print name):		Sign		Date	
Committee acceptance (print name):		Sign		Date	
Review acceptance no change (year 1)		Sign		Date	
Review acceptance no change (year 2)		Sign		Date	
Review acceptance no change (year 3)		Sign		Date	

- A review of the Risk Assessment is required annually or following incidents or significant changes to the Method Statement. Where changes to the Risk Assessment are required a new document must be started, otherwise please confirm acceptance for the year as indicated above.