



Offaly Rowing Club

Water Safety Policy

Version	Date	Author	Changes
0	30 th Sept 2021	Offaly Rowing Club	New Document
Approved:			



This document will outline the safety protocols that are in place for Offaly Rowing Club in respect for Water Safety. Offaly Rowing Club aims to implement the Rowing Ireland Code of Practice for Water safety <https://www.rowingireland.ie/supporting-our-clubs/health-and-safety/>. The aim of this safety policy is to ensure that all members and visitors are made aware of the safety requirements of participating in rowing, sculling and related activities whilst at Offaly Rowing Club.

Safety is everyone's responsibility

- All members of the club have a duty of care towards safe rowing.
- No one is allowed on the water without prior agreement from the Coach.
- All members are responsible to report any incidents or damages.
- Coaches need to make athletes aware of responsible conduct on and off the water.
- Coxswains should be aware of the rules of the river, hazards and what to do in case of an emergency or accident.

To ensure your own safety we at Offaly Rowing Club seek that all participating members follow the below guidelines:

- All rowing members must complete capsized drill when scheduled
- Athletes must be able to swim at least 25-50 metres in light clothing unaided
- If an athlete cannot swim the appropriate length unaided, then they must seek swimming lessons or wear a life jacket whilst rowing.
- All athletes must show confidence on what to do in the event of a capsized, even if they are unable to complete re-entry to the boat.
- Athletes should bring a spare change of kit and a towel with them in the event of a capsized.
- All capsizes should be reported to a coach along with any damage that may have occurred to the boat.

In all coxed boats, the coxswain is deemed responsible for the overall safety of the boat and crew. The wearing of lifejackets or buoyancy aids by coxswains is compulsory and should not prevent the escape of the cox.

A throw line should be carried by bank patrol in the event of a capsized.

No junior members (rowers under 18 years of age) are to be on the club premises for any reason, training or otherwise, unless scheduled by a coach and are supervised by



that coach. They must not remain on the premises after the training session is over. If children are staying behind while their parent is on the water they must stay in their car/vehicle or cycle alongside them on the bank. Adults and juniors are not to train on the water at the same time. If for some reason the coach cannot attend, the session then cannot go ahead unless arrangements are made for another coach to supervise.

In the event of a capsized:

- If you capsize and are unable to wade ashore, then stay with the boat and use it as a buoyancy aid.
- The rower should attempt to swim ashore when they feel comfortable to do so or stay with the boat until help arrives.
- In cold conditions you should try get as much of your body out of the water as soon as possible. This can be achieved by draping yourself over the boat.
- In the event that a crew boat capsizes, the crew should remain huddled together to stay warm and assist each other in getting back into the boat.
- Rowers that have capsized should return to the clubhouse and get changed as soon as possible to prevent hypothermia from occurring.
- All rowers should participate in capsizing and immersion drills in order to gain confidence as to what to do if one were to actually happen.