

Ramsey Rowing Club Water Safety Policy

1. Duty of Care

1. A Duty of Care requires us to consider that the consequences of our acts or omissions do not give rise to a foreseeable risk of injury to any other person.
2. All members of Ramsey Rowing Club owe each other a duty of care.
3. In addition as an organisation Ramsey Rowing Club owes a Duty of Care to members of the public we encounter through the pursuit of our activities.
4. It is important that we all understand and accept our responsibilities to operate as safely as possible. Those members who act in such a way as to deliberately endanger the well being of others will be in breach of their Duty of Care and may be asked to withdraw from the activities of the organisation.
5. Having carried out a risk assessment of our activities, Ramsey Rowing Club has drawn up a safety code of practice. It is important that all members familiarise themselves with this code of practice and adhere to the procedures laid down.
6. Please be aware that we will not be expected to be 'expert' in any particular field neither would we be expected to guarantee the safety of others. Specific Skills, knowledge and experience used in a reasonable manner is sufficient.

2. Purpose

1. The purpose of this policy is to provide members of the Ramsey Rowing Club with information required in order to be safe when participating in rowing activities.
2. The club aims to attract a wide range of people in terms of rowing expertise and experience and to provide a sufficient level of coaching/supervision to enable enjoyment and development of individual rowers.
3. These procedures and adherence to them is to protect and support all levels of the Ramsey Rowing Club from litigation. However in the event of deliberate and reckless actions causing injury to another person, negligence is likely to be cited.
4. The regular monitoring and evaluation process that is part of the continually developing safety programme, will continue to help eliminate or manage the foreseeable risks and avoid negligence.

3. Policy

1. All members must abide by the rules and regulations of the club.
2. All members must behave sensibly whilst on or around the water.
3. No member of the club is allowed to row **on the sea** if they have not completed an ARA compliant safety drill composing of a 100 metre swim.
4. All coxswains must wear a lifejacket.
5. Coaches are required to hold a qualification such as the Instructors Award Course.
6. Members may only use equipment which they are experienced enough to use as decreed by the Club Water Safety Adviser (CWSA) or member of the committee.
7. All rowers must wear sensible fitness training clothes, with sufficient layers, especially in cold weather.

8. All coxswains must wear warm clothes and a waterproof jacket and a life jacket on top.
9. All rowers in a boat must listen and adhere to instructions given by the coxswain.
10. All new members, prior to sculling or as soon as possible, will undertake a capsized drill.
11. All new members must be taught how to lift and handle the club's boats safely.
12. Rowers and coxswains must be taught how to launch and land a boat safely as well as the necessary commands and corresponding actions.
13. All new members must be taught how to get in and out of a boat correctly and are shown how to use the oar before going onto the water.
14. Novice rowers must wear ARA approved PFDs (personal flotation devices) until they have completed a swim test, received training in capsized procedures and reach a satisfactory level of competence.
15. Novice rowers will be placed in a boat with at least two senior rowers and an experienced cox until they are deemed experienced enough by coaches, committee members or CWSA.
16. Coxswains must be trained with senior crews only until they are deemed experienced enough by coaches, CWSA or committee members. Progression must be discussed and agreed upon.
17. Boats must be regularly cleaned both inside and out including the slides and seats.
18. Any damage to equipment or boat maintenance required must be logged in the damages report book.
19. The trailer must conform to current road safety standards.
20. All new members must be taught how to tie boats onto the trailer safely.

4. Safety Procedure and First Aid.

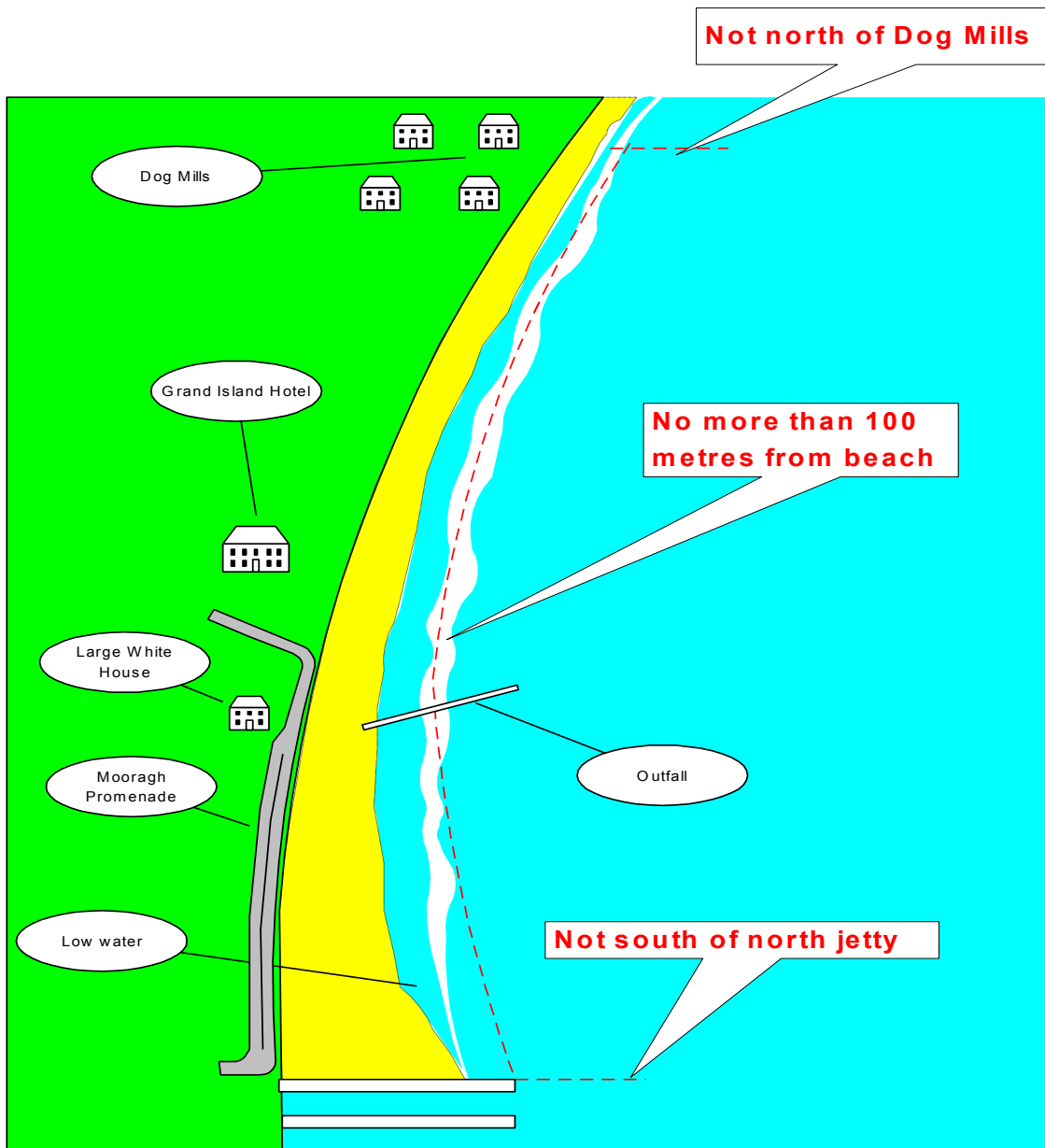
1. The weather conditions will be assessed prior to each outing by the CWSA or designate and decision made as to where rowing will occur.
 - CWSA/Captain can exclude people from rowing if they were deemed not to be competent for the prevailing conditions
2. At each outing a responsible person will be nominated to remain on the shore to observe crews on the water. This person will ensure that the safety kit, mobile phone and binoculars are available before crews take to the water.
3. There will be a first aid qualified person present at each outing.
4. There must be a comprehensive fully equipped first aid kit, thermal blankets and an emergency lifeline. (see appendix i)
5. The CWSA will regularly replenish the first aid kit.
6. All PFD's will be checked for wear and tear before each use.
7. All PFD's will be checked every 3 months and a record will be kept with incident log.
8. Any accident must be reported on an ARA report form and must be logged with the ARA.
9. Any injury or health problems should be notified to the CWSA immediately.
10. At each rowing location crews must observe the restrictions shown on the following pages.
 - At North Beach:
 - No rowing further north than Dog Mills unless by agreement by CWSA or designate.

- Single sculls go no further than the Mooragh Promenade if alone
- No rowing further south than the north jetty.
- Always remain within 100 metres of the shore.
- Look out for the outfall by the large white house, this is exposed at low tide.

On Mooragh Lake:

- Always row in a clockwise direction around the lake.
- Look out for moored boats, buoys and markers.
- Give way to pleasure boats & sailing boats (they may not be fully under control)

North Beach Ramsey



Remember:

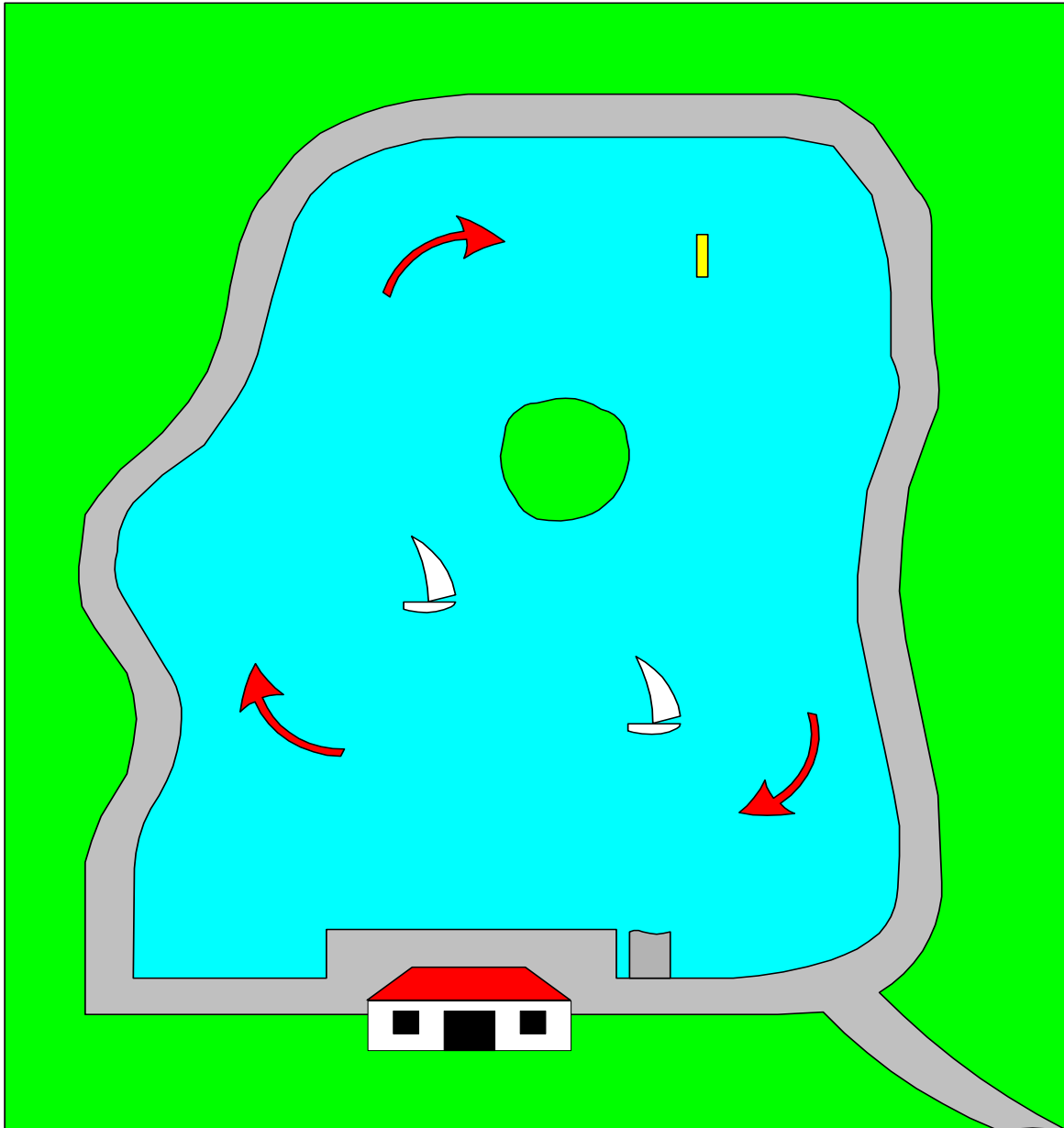
No Rowing North of Dog Mills

No Rowing South of North Jetty

No More than 100 Metres from shore

Beware of outfall by white house at low tide

Mooragh Lake



Remember:

Clockwise circulation - keep to left bank

Lookout for buoys & marker pole

Give way to pleasure boats & sailing boats

Launch boats from slipway by cafe

First Aid Kit Contents

The kit must contain:

Description	Number
Triangular bandage	1
Conforming bandage	1
Large sterile un-medicated wound dressing pad	1
Medium sterile un-medicated wound dressing pad	1
Sterile 'Melonin' dressings 10cm * 10cm	2
Roll micropore tape	1
Assorted waterproof plasters	20
Safety pins	4
Pair scissors	1
Alcohol-free antiseptic cleaning wipes	4

The kit should also contain:

Description	Number
'Resusci' face shield	1
Pair large latex gloves	1
Eye pad	1
Eye bath	1
Tube anti-septic cream	1
Sterile 'Melonin' dressings 5cm * 5cm	2
First aid leaflet	1
Spare supplies	

Safety Kit Contents

The kit must contain:

Description	Number
List of emergency phone numbers	1
Throw-rope	1
Mobile phone – check fully charged	1
Thermal blankets	4
Pair Binoculars	1

Emergency Phone Numbers

Police/Fire/Ambulance	999
Ramsey Cottage Hospital	811800
Coast guard duty officer	661664

Location of Phones

Mobile phone with safety kit

Nearest land line is at Mooragh Cafe