

# Churchill College Safety Plan

## Introduction

This safety plan aims to highlight the possible hazards that club members can encounter whilst rowing and how to approach these hazards to minimise risk. All boat club members should read this document and any queries; near misses or incidents should be reported to the club safety officer (up to date name and contact details on the boat club committee page

<http://www.churchillboatclub.org.uk/committee/>). This safety plan has been constructed with reference to the British Rowing safety guidance via the RowSafe document

(<https://www.britishrowing.org/wp-content/uploads/2019/04/Row-Safe-April-2019-online.pdf>)

All members should read the RowSafe document.

## The Cam

The regulations of boating on the Cam are regulated by the Cambridge University Combined Boat Club (CUCBC) and the regulations must be followed by all boat club members. The handbook can be found on the CUCBC website

(<http://www.cucbc.org/handbook>)

## Conditions on the Cam

In certain conditions, it is not suitable to boat and therefore outings may have to be cancelled. This is monitored by the CUCBC via the flag system and states when crews can boat. This can be viewed at <http://www.cucbc.org/handbook/flag>.

Possible hazardous weather conditions are listed below:

- Lightning/ thunder:
  - If there is any lightening follow the following British Rowing guidelines:
    - Use the '30 - 30 Rule' when you see lightning, count the time until you hear the thunder. If it is 30 seconds (approx. 10 km away) or less, seek 'proper shelter'. If you can't see the lightning, just hearing the thunder is a good back-up rule for it being time to seek 'proper shelter'. Wait for a minimum of 30 minutes after the last lightning or thunder before leaving shelter.
- Cold:
  - During cold weather ensure that all rowers have adequate clothing in the boat
  - If the river is frozen, in so that it is obstructed, then crews should not boat
  - If there a crew does capsize, get out of the water as soon as possible and warm up as soon as possible. If there is an increased risk of capsizing (small boats) bring a spare set of clothes and carry a foil blanket.

- Heat:
  - During hot weather make sure to take additional water in the boat, wear a sun hat/ visor.
  - Do not enter the river to cool down
- Fog:
  - If there is reduced visibility lights need to be placed on the boat
  - If the visibility is significantly reduced the cox, captain and coach must decide if it is safe to boat
- High winds:
  - If there are strong winds consider the direction and whether the crew can make it back to the boathouse.
  - Also, consider the experience of the cox/steerer before continuing with boating.

***Coxswains have the final decision as to whether they feel comfortable, competent and able to undertake an outing under any weather conditions.***

### **Accident management**

In case an accident happens at the boathouse that requires medical attention call the emergency services. For non-emergency cases call 111 to reach the NHS helpline and in an emergency call 999 for an ambulance.

If an accident occurs and results in a minor injury there is a first aid kit available at the boathouse (in the may room and in the boatman's office).

If a person is non-responsive follow the DRS ABCD outlined by the Australian Resuscitation Council (<http://www.ausims.com.au/n/drsabcd-resuscitation/3>) in appendix 1.

### **Incident reporting**

There is an incident logbook in the may room at the boathouse. This book is for any member of the club to report incidents or near misses. This logbook is reviewed regularly, but if the incident needs to be reported urgently please contact the club equipment and safety officer immediately.

If an incident occurs it should also be reported on the British Rowing Incident report (<https://incidentreporting.britishrowing.org>).

### **COVID-19**

All members should be familiar with the specific COVID-19 plan and risk assessment. The latest advice can be found on the British Rowing website. (<https://www.britishrowing.org/coronavirus>)

## **Location of the boathouse**

If there is an incident that requires the emergency services call 999 and talk to the relevant service. The location of the boathouse is the:

Combined College Boathouse,  
Logan's Way,  
Cambridge,  
CB4 1BL

Directions to the boathouse should include that the boathouse is at the end of Logan's Way. The location within the boathouse site should include if it is inside or outside the boathouse. If it is inside the boathouse, instructions should include which floor and room.

## **Contact details**

To contact the current safety officer:

Radu Udrea  
Churchill College  
Storey's Way  
Cambridge  
CB3 0DS  
40726371860

## **Appendix 1**

**D**

**Dangers?**

**R**

**Responsive?**

**S**

**Send for help**

**A**

**Open Airway**

**B**

**Normal Breathing?**

**C**

**Start CPR**

30 compressions : 2 breaths

*if unwilling / unable to perform rescue breaths continue chest compressions*

**D**

**Attach Defibrillator (AED)**

as soon as available and follow its prompts

**Continue CPR until responsiveness or normal breathing return**

From the Australian Resuscitation Council