



BRITISHROWING

RowSafe Updates - 2020

TEAMWORK | OPEN TO ALL | COMMITMENT

General updates

Events and Competitions

The term “**Competition**” is now used widely across British Rowing in place of the previously used term “**Event**”.

As a result, Chapter 4 has been renamed “**Safety at Competitions and Non-Competitive Events**”

“**Competition and Non-Competitive Events**” is now used to indicate that crews from several clubs come together to for a particular purpose.

An “**Event**” can be thought of as part of a Competition. For example, a Regatta may be a Competition but the MJ164x would be an Event.

The term “Event” has been replaced by “Competition” throughout RowSafe.

General updates

Hyperlinks have been checked and, in some cases, updated.

New links have been added to videos on:-

- Emergency Stop

Links have been added to Safety Alerts issued since the last revision

- Care with Indoor Rowing
- Keep Clear of Weirs
- What3words
- Backstays
- How to stay safe whilst rowing in the sun
- Check your Trailer
- What to do if a rower collapses in a boat

Chapter 1. Culture and Expectations

In 1.1 Roles and Expectations

The following have been added under Everyone is expected to:

Not wear loose, open topped boots (such as wellington boots) when afloat as they make it very difficult to tread water.

This is also clarified in 10.2 Fixed Seat Sea Rowing

Chapter 3 - Club Safety

3.2 Club Safety Plans and Safety Rules

The following has been added under Safety Rules should include:

Steers should be encouraged to use head mounted mirrors or similar devices.

3.3 Club Emergency Response Plan

The following has been added under Club officers are expected to produce a safety plan that includes:

A plan showing all emergency access points, with post codes, **what3words descriptors, or** grid references where possible, to assist emergency services.

The same addition has been made in 4.3 Competition Emergency Response Plan

Chapter 4 - Safety at Competitions and Non-Competitive Events

(new title)

The term “Competition” is used here to include all activities where rowers come together for a particular purpose. Some of these competitions (e.g. Regattas) are competitive and some (e.g. Tours) are not. In this case “Competition” includes “Event”.

4.4 Competition Rowing Safety Adviser Job Description *(new title)*

Abbreviation CoRSA

Chapter 5 - Competence

5.1 Steering and Navigation

The following has been added under Coxes and steers (including scullers) are expected to:

Steers should consider using a head mounted mirror or similar device.

5.2 Launch Driving

The following has been added under Launch Drivers are expected to:

When necessary, instruct rowers in the water to climb on top of their inverted boat to facilitate their recovery into the launch.

Chapter 6. People

In 6.1 People new to Rowing under Club Officers are expected to:

The expectation on the use of lifejackets has been changed from:

Make lifejackets available to all rowers and ensure that they are worn by non-swimmers and juniors who have not completed a capsized drill.

To:

Make lifejackets available to all rowers and ensure that they are worn by non-swimmers.

Determine whether lifejackets should be worn by juniors who have not completed a capsized drill based on a risk assessment that includes the circumstances and their ability.

(The same has been added in 7.3 Safety Aids, under Club Officers are Expected to:)

Chapter 7 - Equipment

7.1 Boats and Blades

The following has been added under Equipment Checklist:

Buoyancy bags **are fully inflated ...**

7.3 Safety Aids

The following has been added under Everyone is expected to:

Wear a lifejacket if:

- They are juniors who have not completed a capsizing drill **if a risk assessment determines that this is appropriate.**

The following has been added under Club Officers and Coaches are expected to:

- Provide training to club members in the use of safety aids **including the use of crotch straps on lifejackets.**

Chapter 9 - Topics Covered in Risk Assessments

Two new sections have been added, they are:

9.10 Rowing in Floods and

9.11 Indoor Rowing

Chapter 10. Rowing on the sea

10.2 Fixed Seat Sea Rowing

The following has been added under Coxes are expected to:

- Take command of the boat, although coxes who are juniors should be guided by a senior rower or a coach in the immediate vicinity (e.g. in a launch).

Chapter 11. Land Training

11.1 Indoor Rowing

This section has been “generalised” to include expectations for schools and gyms.

The following has been added under everyone is expected to:

- Exercise more control to make indoor rowing an exercise in mental control as well as a physical exercise.

end

Please contact

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if you have any comments or questions