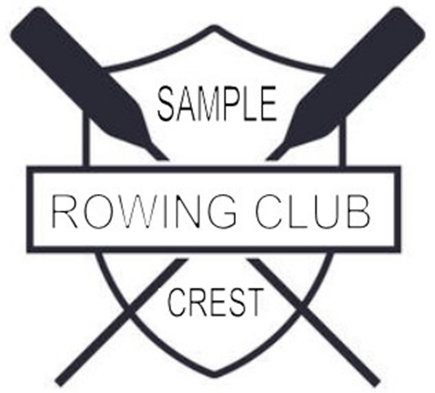
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**Club Safety Statement**

Rowing is a very safe sport when conducted with due consideration for the inherent risks associated with any outdoor water sport. Open Sea Rowing as engaged in by **XXXXXXX** Rowing Club brings some additional risks however provided that everyone in the club acts responsibly and adheres to good practice, there is no reason why club activities cannot be carried out safely and devoid of undue risk.

Everyone in the club has a duty of care to ensure that their actions both on the water and off are conducted in a manner which does not compromise the safety of themselves and others.

**XXXXXXX** Rowing Club has a responsibility to provide information and guidance regarding safety to its members. Individual members also have a responsibility to find out, learn, question and implement safety best practice.

The following will provide guidance on safety protocols relating to **XXXXXXX** Rowing Club.

**Boats & Equipment**

The risks rowers are exposed to are minimised through the implementation of safe practice.

The main areas to observe are:

* All **Oars** must be structurally sound and in good condition.
  + If there are any concerns about any oars the boat must not leave the shore until the damaged or compromised oar is replaced.
* The **Tiller** (*including tiller rope*) must be structurally sound and in good condition.
  + If there are any concerns about the tiller the boat must not leave the shore until the shore until the tiller is either repaired or replaced.
  + The **Tiller** must be securely clipped in place.
  + If clip is damaged or missing, boat must not depart until clip is repaired or replaced.
* **Gates** (*and outriggers where fitted*) must be structurally sound and in good condition.
  + If the gates or outriggers are damaged a crew must not leave the shore until the damaged equipment is either repaired or replaced.
* **Hatch Covers** - The purpose of these is to prevent buoyancy compartments from filling up with water. Make sure they are in place, fitted and sealed properly.
* **Heel Restraints** - Each shoe must be secured properly and individually. The heel tie must be set so that the maximum lift of the heel off the foot stretcher cannot exceed 7cm / 2inches. “Yo-yo is a no-no”. When checking give each shoe a sharp tug.
  + Quick Release - A tug with one hand should release the Velcro shoe fasteners to facilitate the foot slipping out of the shoe easily should an emergency occur.
* All Rowing Boats should carry the following equipment:
  + A bailer
  + An an air horn, loud Whistle or similar.
  + First Aid kit
  + Throw bag
  + Sufficient Life Jackets to cater for every member of the crew, whether worn or not.
  + An appropriate means of communication device, preferably a working VHF radio or failing that a mobile phone) and knowing emergency numbers.

**Safety on the slip**

The slip is a public amenity and is used by other clubs, port users and members of the public.

The slip can be a busy place when several boats are launching or recovering at the slip.

All **XXXXXXX** Rowing Club Members are required to act in a responsible manner at all times.

**Members must not:**

* Block or obstruct the slipway or hinder the activities of other users.
* Play Act or Act the Monkey.

**Members must:**

* Be respectful of other slip users.
* Keep the slipway clear of obstructions, hazards and litter.
* Look out for hazards including trip hazards and seaweed growth on the slipway which may become a slipping hazard.
* Report any hazards to the Club Safety Officer or in his/her’s absence, a member of the Committee*.*

Rowers are urged to be alert for slip and trip hazards on the slipway and always listen to and follow the instructions given by the person in charge of the boat.

**Incidents and Accidents**

* All Club Members are required to report all accidents, incidents and near incidents that they are involved in, witness or become aware of within 24 hours.
* Members are to bring the incident to the attention of the Safety Officer or Club Captain and complete an Incident Form.
* All accidents and incidents will be reviewed by the Safety Officer, and these will be discussed with the Committee; along with any additional control measures deemed necessary to prevent a future repetition.
* Emergency Services must be contacted if and when appropriate.

**Safety Boat**

The Safety Boat should:

* Be quick, manoeuvrable and stable and not create excessive wash.
* Have handholds or a ladder on the side to help any person being rescued and provide self-help should the driver fall overboard.
* Have sufficient space for a person to lie down.
* Bear a plate stating the maximum weight and Number of passengers it can support.
* Be equipped with a kill switch that is attached to the Safety Boat Helmsman.
* Have regular maintenance checks on boat and engine.

The **Safety Boat** should carry the following equipment:

* A bailer
* A sound signalling warning device such as an air horn or similar.
* A VHF Radio or other means of Communication with the Shore / Emergency Services.
* A sharp knife in a carrying sheath (*to cut free from tangled ropes or weeds*)
* Paddle.
* An anchor and line.
* First aid kit.
* Thermal blankets.
* Throw bag.
* Life buoys.
* Ample fuel to cover the voyage.

Safety **Boat crew** must adhere to best practice safety behaviour by:

* Adhering to the speed limits applicable in the **YYYYYYY** Port area. *(edit or delete as appropriate)*
* Carrying an appropriate form of communication device, preferably a working VHF radio or failing that a mobile phone) and knowing emergency numbers.
* Be familiar with and adhere to the Rules & By-Laws of **YYYYYYY** Port. *(edit or delete as appropriate)*
* Wearing life jackets at all times on the water.
* Being trained in boat handling and rescue techniques.

**Swimming Proficiency**

* In the event of an accident or capsize, all Rowers and Coxes should remain with their boat. However, all members should declare that they are confident and competent swimmers.

They should be able to

* + Able to Swim at least 50 meters in light clothing (rowing gear).
  + Able to Tread water for at least two minutes.
  + Swim under water sufficient distance to be able to safely extricate themselves from an upturned boat.

**Capsize Drill**

* If a boat capsizes rowers must be instructed to stay with the boat, regardless of their swimming ability. The boat can be used as a life raft. The ICRF recommends that the clubs hold annual capsize training.

The following are activities should be practised:

* + Righting and getting back into the capsized boat.
  + Lying on top of and paddling the boat.
  + Alerting other boats and launches to get help.
  + Recovery using throw lines.
  + Holding on to the boat and swimming to the nearest bank.

**First Aid Boxes**

* Fully stocked first aid boxes shall be provided for anyone to make use of should the need arise.
  + They are left in the gym area. Please report to the Health and Safety Officer if you find anything missing from the boxes so that they can be re-stocked.

**Defibrillator**

* A Defibrillator is available on the external wall of the Wicklow RNLI Station.
  + Training shall be provided to as many members as possible in the use of the defibrillator.

**Life Jackets**

* The Club has a good supply of life jackets in different sizes for the use by launch drivers and coxes. It is the responsibility of the user to make sure that the life jacket is the correct size and type. Inflatable jackets must not be used by coxes in front loading boats.

**Safety Considerations pertaining to Crews training without the support of the Safety Boat**

* Unaccompanied Crews must not put out to sea without first reporting their departure and expected time of return to a responsible person on shore and must advise the said person upon their safe return.
* All Crews should carry a means of communication with the shore such as VHI Radio or Mobile Phone.
* Unaccompanied Crews must adhere to one of the often used *courses (define the limits in which crews should remain)*.
  + Under no circumstances should an unaccompanied crew deviate outside *of (define the limits again).*

**Use of** *(Special conditions related to particular boats such as Singles, Currachs, sixes, gigs, etc)*

* . . . . . . . . . . . . . . . . . ..

**Lifting and Moving Boats**

* Crews & Club Members are to ensure that every care is taken to prevent injury when lifting boats.
  + There should be adequate numbers to comfortably handle the lift.
  + One person shall be in charge of the lift, giving clear instructions before and during the lift.
  + When available, boat & launching trollies must be utilised for both Launching & Recovery.

**Loading the Trailer**

* The Tow Driver must ensure that all boats and equipment are safely loaded and secured on the trailer prior to departure and that the necessary requirements for rear projections and lighting are observed.

**Severe weather Conditions:**

* In the event of strong winds, high and/or choppy seas and severe weather conditions, crews must not . . . . . . . . . . . . . . . . . . . . . .

*Enter guidelines appropriate to your location taking into account local conditions and environment such as Harbour, Open water, lake, river, water traffic, underfoot conditions such as Concrete Slip, shingles, pontoons etc.*

**Useful Telephone Numbers:**

**Emergency Services**: . . . . **999** or **112**

**YYYYYYY Lifeboat Station**: . . . 12345678

**YYYYYYY Gardai**: . . . . 12345678

**YYYYYYY Primary Care Centre**: . . 12345678

**YYYYYYY Health Service Executive** (*HSE*): . 12345678

**Doctors on Call Service**: . . . 12345678

**Westmount Clinic**: . . . . 12345678

**Local Harbour Office**: . . . . 12345678

**Local County Council**: . . . . 12345678

**Health & Safety Authority** (*HSA*): . . 01 - 614 7000

**Irish Water Safety**:. . . . 091 - 564 400

**XXXXXXX** **Club Captain**: . . . 12345678

**XXXXXXX** **Safety Officer**: . . . 12345678

Safety Statement adopted by the Committee of **XXXXXXX** Rowing Club on this day: **GGGday** **DD**th **MMM YYYY**.

Signed:

. . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . .

Name, Safety Officer Name, Secretary