

Safety

25 February 2019

Understand the safety requirements of planned rowing sessions/ activities

Be able to structure coach education, training camps to minimise the risk of injury to rowers

Be able to plan for and implement contingencies to coaching sessions/activities as a result of a change in circumstances

Safety- Key Definitions

- Hazard: something that can cause harm
- Hazardous Event: an accident
- Barriers: **prevent** hazardous events
- Controls: **lessen** the effects of hazardous events
- Risk: chance of harm and an indication of how Serious the harm might be



Simply limiting the possibility that something harmful will happen

Risk assessment

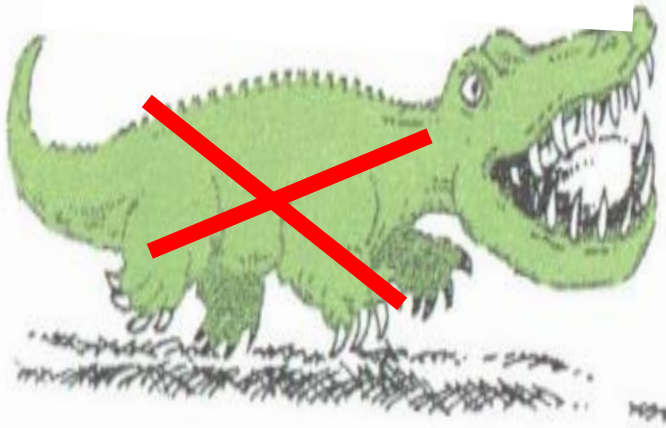
- “Think of what could go wrong and take it into account”
- A careful examination of what could cause harm ie. death, ill health damage or injury

Risk management

- Taking action to **minimise** the level of risk “Sensible health and safety is about managing risks not eliminating them”
“Safety is simple limiting the possibility that something harmful will happen”

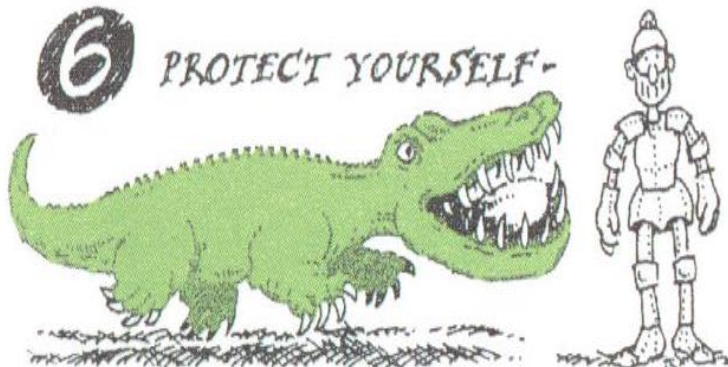
Safety-Hierarchy of Barriers and Controls

ELIMINATE

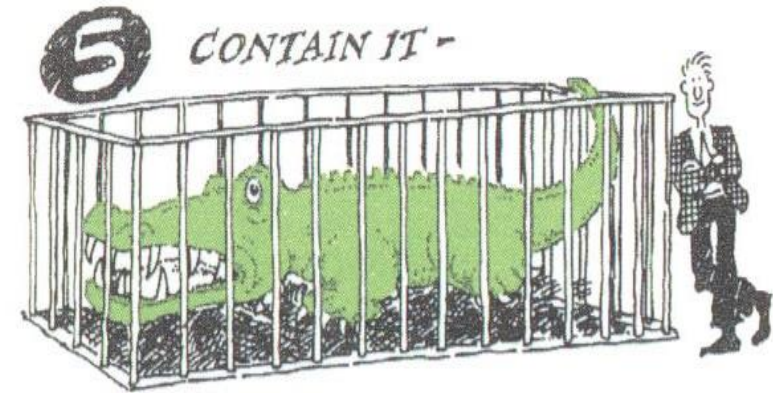


CONTROLS
PROCEDURES
TRAINING
SUPERVISION

REDUCE OR SUBSTITUTE



ISOLATE OR CONTAIN



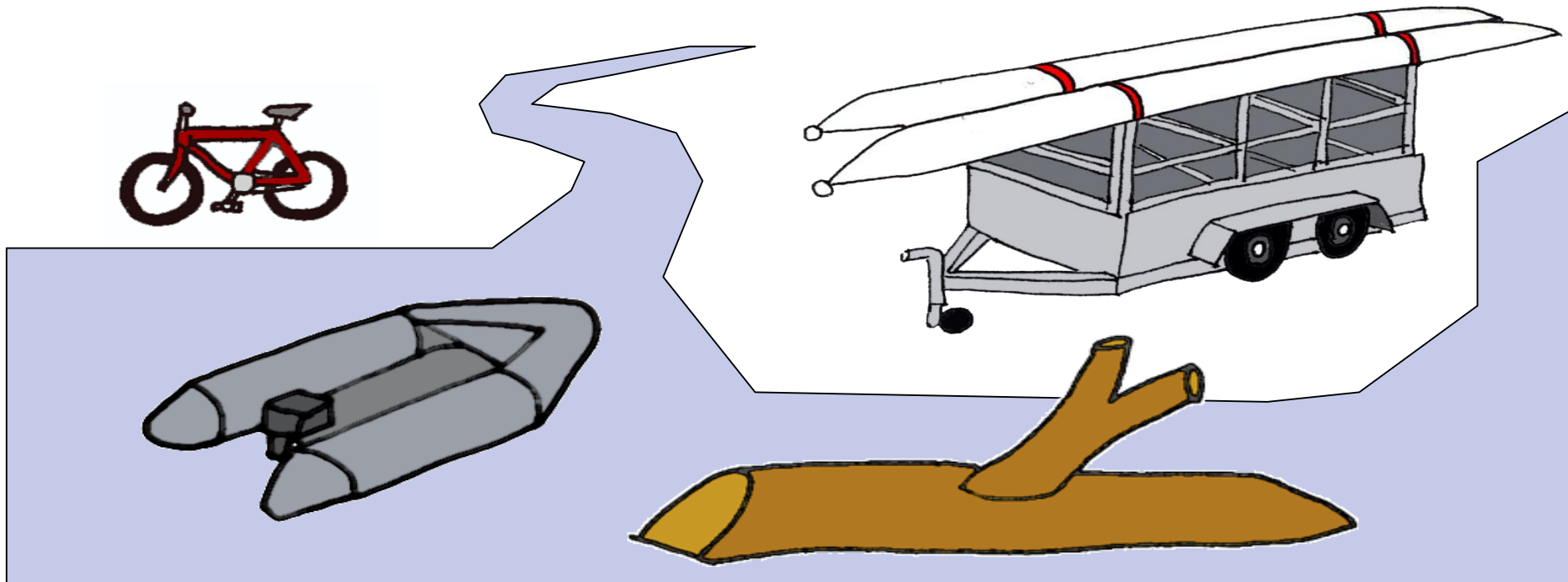
PERSONAL PROTECTIVE EQUIPMENT

Safety-5 Steps to Risk Assessment



Safety-Step 1

I. Identify the hazards



Safety-Step 2 Who Might be Harmed and How They Could be Harmed

Groups at risk	Beginners, coxes, youngsters, para rowers, older rowers, people with illness/medical problems, fisherman, sailors, swimmers, etc.
Ill health	Infection Water borne illness
Injury	Minor injuries; blisters, cuts, slipping, falling, More serious injuries; broken limbs, broken ribs, concussion, blood loss Acute injuries Chronic injuries
Death	Animal Attack Drowning Hypothermia, Hyperthermia Heart Attack



3. What
barriers are
in place?

- Are existing barriers adequate or should more be done?

A barrier can be equipment or a procedure – it must be maintained (procedures communicated) and ready to work on demand

Safety- What is the Level of Risk?

Risk Assessment Matrix

		People	Assets	Likelihood				
				A	B	C	D	E
				Highly Improbable (never heard of in Rowing)	Possible (Heard of in Rowing)	Occasional (Has happened in local clubs)	Likely (has happened in club or more than once per year in rowing)	Highly Probable (Happens more than once per year at club)
Severity	1	Slight Injury or Health Effect	Minor Damage to Equipment (<£100)	Low	Low	Low	Low	Moderate
	2	Minor Injury or Health Effect (no potential for time off sport)	Damage Repair Costs Low (£100 - £1,000)	Low	Low	Low	Moderate	Substantial
	3	Moderate Injury or Health Effect (potential for time off sport)	High Damage Repair Costs (>£1,000)	Low	Low	Moderate	Substantial	Intolerable
	4	Major Reportable Injury	Very High Damage Repair Costs (loss of boat, 3rd party damage)	Low	Moderate	Substantial	Intolerable	Intolerable
	5	Fatality	Major Damage & Major Costs (loss of several boats, high 3rd party damage)	Moderate	Substantial	Intolerable	Intolerable	Intolerable

Low	No additional controls are required
Moderate	Efforts should be made to reduce the risk. Risk reduction measures should be implemented within a defined time period. Where the moderate risk is associated with harmful/serious consequences further assessment may be necessary to establish more precise
Substantial	The activity should not be started until the risk has been adequately managed. Considerable resources may have to be allocated to reduce the risk. Where the risk involves activity already in progress, urgent action should be taken.
Intolerable	Activity should not be started or continued until the risk has been reduced. If it is not possible to reduce risk even with unlimited resources, activity has to remain prohibited.

Safety-Severity of Harm

1	Slight injury or health effect. No treatment required and no time off rowing needed	Minor scratches and dents to equipment
2	Minor injury or effect on health. First Aid treatment needed or rest. A few days off rowing to recover	Low damage, small repairs necessary
3	Moderate injury or ill health. More than simple first aid needed, a week or two off rowing to recover	Lots of damage, equipment unusable without repair
4	Major injury or effect on health. Hospital treatment needed for more than one day and weeks off training and rowing.	Very high levels of damage eg loss of boat. 3 rd party damage
5	Fatality or life threatening injury or effect on health. Could end rowing career or cause hospitalisation for months	Major damage and high repair costs. Loss of several boats, high 3 rd party damage

The probability of a hazardous event can be rated like this

- Highly Improbable: *I have never heard of this happening in rowing*
- Improbable: *I have heard of this happening in rowing but it is rare*
- Possible: *I know it has happened once recently or at a nearby club*
- Probable: *I know this happens a lot*
- Highly probable: *I know this happens at my club regularly*

$$\begin{aligned} &\text{Severity of harm} \\ &+ \\ &\text{probability of harm} \\ &\text{occurring} \\ &= \\ &\text{LEVEL OF RISK} \end{aligned}$$

Safety-The Risk Matrix

Risk Assessment Matrix

		People	Assets	Likelihood				
				A	B	C	D	E
				Highly Improbable (never heard of in Rowing)	Possible (Heard of in Rowing)	Occasional (Has happened in local clubs)	Likely (has happened in club or more than once per year in rowing)	Highly Probable (Happens more than once per year at club)
Severity	1	Slight Injury or Health Effect	Minor Damage to Equipment (<£100)	Low	Low	Low	Low	Moderate
	2	Minor Injury or Health Effect (no potential for time off sport)	Damage Repair Costs Low (£100 - £1,000)	Low	Low	Low	Moderate	Substantial
	3	Moderate Injury or Health Effect (potential for time off sport)	High Damage Repair Costs (>£1,000)	Low	Low	Moderate	Substantial	Intolerable
	4	Major Reportable Injury	Very High Damage Repair Costs (loss of boat, 3rd party damage)	Low	Moderate	Substantial	Intolerable	Intolerable
	5	Fatality	Major Damage & Major Costs (loss of several boats, high 3rd party damage)	Moderate	Substantial	Intolerable	Intolerable	Intolerable

Low	No additional controls are required
Moderate	Efforts should be made to reduce the risk. Risk reduction measures should be implemented within a defined time period. Where the moderate risk is associated with harmful/serious consequences further assessment may be necessary to establish more precise
Substantial	The activity should not be started until the risk has been adequately managed. Considerable resources may have to be allocated to reduce the risk. Where the risk involves activity already in progress, urgent action should be taken.
Intolerable	Activity should not be started or continued until the risk has been reduced. If it is not possible to reduce risk even with unlimited resources, activity has to remain prohibited.

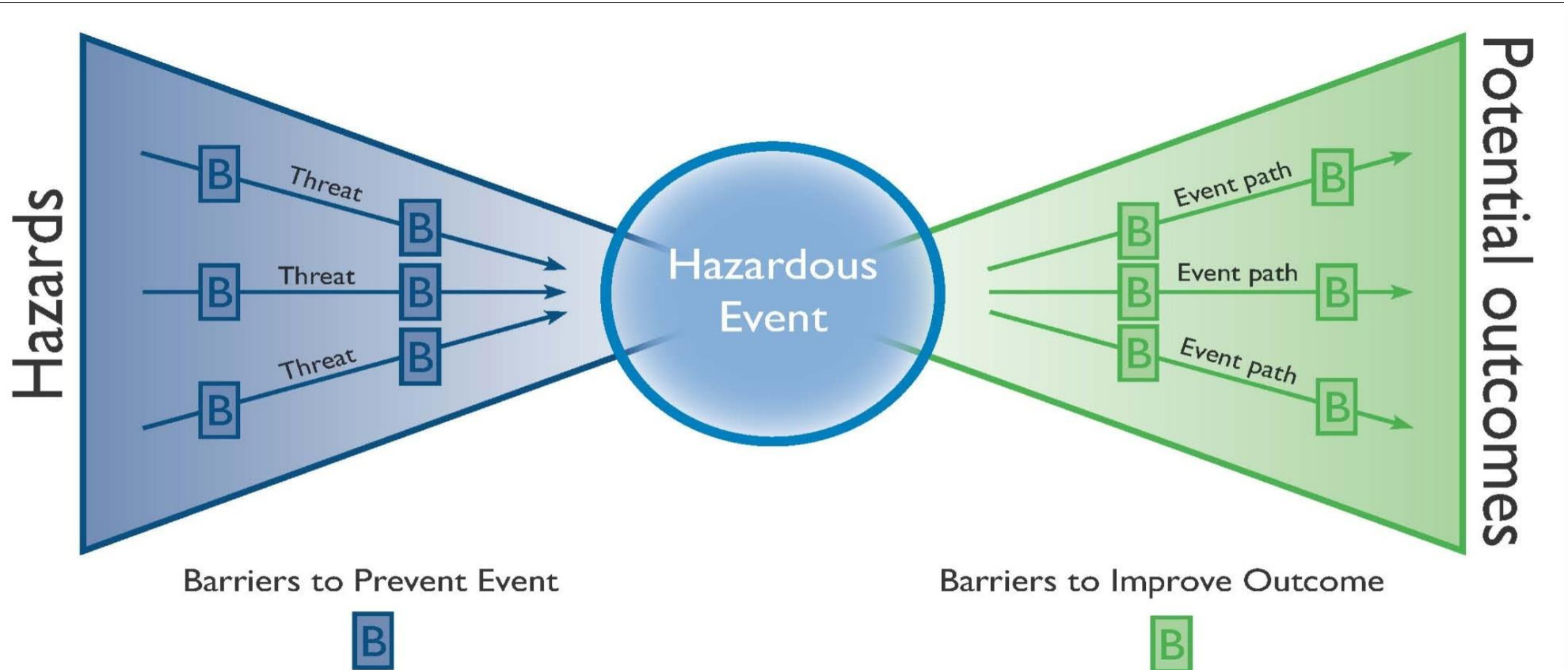


Record your
findings

Record your findings

Share your findings

Safety-The Risk Management Bow Tie



Periodically, regularly and if there have been changes.

Assess risks on a continuing basis, as they can change during an outing.

Safety-Risk Template

HAZARD	BARRIER	HAZARDOUS EVENT	CONTROL

1. Identifying the hazards in regards to
 - Environment, Water, Weather, Equipment, Access, Individual .
2. Agree on the potential consequences
3. Agree on likelihood of incident occurring
4. Agree on severity of the potential consequences from incident
5. Determine level of risk
6. Identify barriers to prevent incident and controls to improve outcome
7. Agree that there are effective barriers and controls to reduce the risk and that they will work when required
8. Identify who has to take the action



- Understand the safety requirements of planned rowing sessions/ activities
- Be able to structure coach education, training camps and other FISA rowing activities to minimise the risk of injury to rowers
- Be able to plan for and implement contingencies to coaching sessions/activities as a result of a change in circumstances.