



**RISK ASSESSMENT – Covid 19 Tiers**

**Site:** SABC Boathouse, Meggetland

**Ref.:** RA 001 (REV 4)

**Assessment carried out by:** Rob Bradley

**Date:** 8<sup>th</sup> January 2021

**RISK MATRIX**

		SEVERITY				
		Major (5)	High (4)	Medium (3)	Low (2)	Minor (1)
L I K E L I H O O D	Certain (5)	25	20	15	10	5
	High (4)	20	16	12	8	4
	Medium (3)	15	12	9	6	3
	Low (2)	10	8	6	4	2
	Improbable (1)	5	4	3	2	1

**Risk Rating**    1 – 9    Low  
                      10 – 15    Medium  
                      16 – 25    High

**Approved By:** Lindsay Flockhart

**Release Date:** 12<sup>th</sup> January 2021  
**Date for Review:** 1<sup>st</sup> February 2021

## **Introduction**

This set of Risk Assessments have been developed using Scottish Rowing guidance to permit safe return to rowing.

Specific governing document quoted is:

Scottish Rowing: [Scottish Rowing Current COVID-19 Strategic Framework V4](#)

Advice is changing on a weekly basis; however, this document should outline which risks have been identified and their relevant controls.

Emphasis should be noted that we have a duty to ensure that public health is not compromised by our activities and therefore members need to be fully aware of their responsibilities to themselves, their families, the club and the public.

**For avoidance of doubt, at time of writing, Scotland is under extended Tier 4 restrictions which emphase need to stay at home. Please refer to Section 3 for specific details.**

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**1. COVID Awareness and decisions- Tiers 0,1 and 2**

<b>COVID Hazards</b>	Covid 19 is an invisible, highly transmittable virus which can cause hospitalisation and death
	A Member shedding virus has been in the boathouse within the last three days
	Exposure within the clubhouse contaminated surfaces (boats, etc) within the boathouse
	A member who is shielding visits the boathouse

**At Risk:** Athletes, Public

**Assessment of Risk:** High - 16 (14 x s4)

**Risk Controls**

Members

Members who are symptomatic should self-isolate for 7 days and household members for 14 days as per NHS guidance. No one who is self-isolating should attend an outdoor sports facility/activity.

Bubbles of up to 30 Members can row and train together outdoors, with a maximum of 200 per day.

Indoor training will be restricted to bubbles of 6 members for 2 households and subject to gym or leisure facility guidance.

Current guidelines for social distancing are to maintain a distance of at least 1m apart both on and off the water.

If you are shielding, you can meet up with members of **one** other household (subject to a maximum of 8 people) to go rowing however, you cannot row in the same boat as members of a different household due to physical distancing restrictions. You should not meet people from more than 1 other household each day.

Club Officers

Notices circulated and all members updated with procedures and access limitations.

**Controlled Risk:** Medium - 4 (13 x s3)

**Approved By:** Lindsay Flockhart

**Release Date:** 12<sup>th</sup> January 2021

**Date for Review:** 1<sup>st</sup> February 2021

**2. COVID Awareness and decisions- Tier 3**

<b>COVID Hazards</b>	Covid 19 is an invisible, highly transmittable virus which can cause hospitalisation and death
	A Member shedding virus has been in the boathouse within the last three days
	Exposure within the clubhouse contaminated surfaces (boats, etc) within the boathouse
	A member who is shielding visits the boathouse

**At Risk:** Athletes, Public

**Assessment of Risk:** High - 16 (14 x s4)

**Risk Controls**

Members

Members who are symptomatic should self-isolate for 7 days and household members for 14 days as per NHS guidance. No one who is self-isolating should attend an outdoor sports facility/activity.

Adult members of two other households (subject to a maximum of 8 people) can go rowing however, you cannot row in the same boat as members of a different household due to physical distancing restrictions. You should not meet people from more than 2 other households each day.

Junior rowers can use crew boats in Tier 3, however guidance for coxes is that they should only be with one crew in addition to wearing a full face mask and ensuring any shared equipment is thoroughly cleaned between outings.

If you are shielding, you can meet up with members of **one** other household (subject to a maximum of 8 people) to go rowing however, you cannot row in the same boat as members of a different household due to physical distancing restrictions. You should not meet people from more than 1 other household each day.

All rowers from different households must maintain a distance of at least 2m apart both on and off the water.

Club Officers

Notices circulated and all members updated with procedures and access limitations.

**Controlled Risk:** Medium - 4 (13 x s3)

**Approved By:** Lindsay Flockhart

**Release Date:** 12<sup>th</sup> January 2021  
**Date for Review:** 1<sup>st</sup> February 2021

**3. COVID Awareness and decisions- Tier 4- Winter 2021**

<b>COVID Hazards</b>	Covid 19 is an invisible, highly transmittable virus which can cause hospitalisation and death
	A Member shedding virus has been in the boathouse within the last three days
	Exposure within the clubhouse contaminated surfaces (boats, etc) within the boathouse
	A member who is shielding visits the boathouse

**At Risk:** Athletes, Public

**Assessment of Risk:** High - 16 (14 x s4)

**Risk Controls**

Members

Members who are symptomatic should self-isolate for 7 days and household members for 14 days as per NHS guidance. No one who is self-isolating should attend an outdoor sports facility/activity.

Members of two households subject to a maximum of 2 people can go rowing however, you cannot row in the same boat as members of a different household due to physical distancing restrictions. You should not meet people from more than 2 other households each day.

All rowers from different households must maintain a distance of at least 2m apart both on and off the water; please use facemasks at all times until you are on water.

In addition to Covid restrictions, in the current cold conditions, you must carefully consider your individual risk assessment before rowing. It is important not to put any additional pressure on emergency services having to rescue rowers or treat the effects of cold exposure.

Note that emergency space blankets are situated next to the First Aid boxes located above the cox-boxes cupboard at the rear of the boathouse.

Club Officers

Notices circulated and all members updated with procedures and access limitations.

**Controlled Risk:** Medium - 4 (13 x s3)

**Approved By:** Lindsay Flockhart

**Release Date:** 12<sup>th</sup> January 2021  
**Date for Review:** 1<sup>st</sup> February 2021



#### 4. Generic Risks

<b>General Hazards</b>	Canal bank is public Right of Way Weather changes in Scotland Rowing is aquatic sport
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**At Risk:** Athletes, Public

**Assessment of Risk:** High - 16 (l4 x s4)

#### Risk Controls

##### Members

- Athletes must have suitable clothing, fluids, sun screen and full change of clothes.
- Any rower or cox who does not have the appropriate clothing or fluids to safely and comfortably complete the session will not be allowed to take part, even if this results in the cancellation of the session.

##### Club Officers

Coaches must adhere to the specific risk controls detailed below and also adhere to the compulsory requirements listed here.

- Coxes must have suitable clothing, fluids, sun screen, floatation aid, cox box and full change of clothes.
- Coaches must have access to, a first aid kit, emergency blankets, throw rope, working and fully charged mobile phone, suitable clothing, fluids and a full change of clothes.
- Coaches should be aware that the training area is approximately 1.5km long and care must be taken to ensure that the training plan takes into account the fitness of all rowers within the boat.
- The canal is exposed in sections and in the event of high winds or thunderstorms the session should be cancelled and the boat taken back to the landing stage as quickly as possible. Weather reports should be checked in advance to prevent where possible cancellation of any training session.
- Ensure squads signup to approved SABC communication channels.

**Controlled Risk:** Low - 4 (l1 x s4)

**Approved By:** Lindsay Flockhart

**Release Date:** 12<sup>th</sup> January 2021  
**Date for Review:** 1<sup>st</sup> February 2021



## 5. Travelling to and entering Boathouse

<b>Travelling Hazards</b>	Exposure to Covid 19 by public transport or in a car with someone from a different household Exposure to Covid 19 in private a car when travelling to or from the club Exposure to Covid 19 when using the club changing facilities
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**At Risk:** Athletes, Coaches

**Assessment of Risk:** High - 16 (14 x s4)

### Risk Controls

#### Members

- other people wear a mask or face covering
- everyone maintains social distancing
- people with symptoms self-isolate
- ensure that cars contain members of one household only

#### Club Officers

- Close the changing facilities so that they cannot be used
- Advise rowers to travel to the club wearing the kit that they intend to row in and to travel home to shower and change
- Communicate which members can and may attend rowing activity together with specific timings.
- Advise car drivers to park with minimum 2 metre spacing

**Controlled Risk:** Low - 4 (11 x s4)

**Approved By:** Lindsay Flockhart

**Release Date:** 12<sup>th</sup> January 2021  
**Date for Review:** 1<sup>st</sup> February 2021



## 6. Lifting and manoeuvring Boats in boathouse

### **Manoeuvring Hazards**

Contamination from infected surfaces  
Lifting of objects that are too heavy resulting in injury to athletes.  
Dropping boat or colliding with people or objects.  
Slips or trips.

**At Risk:** Athletes, Public

**Assessment of Risk:** High - 16 (l4 x s4)

### **Risk Controls**

#### Members

- No more than 2 members in boathouse at same time
- Ensure trestles and blades are only to be carried by athletes who will row
- The boat should only be carried in a manner approved by the club. These methods are shown during training to prevent injury to athletes and prevent damage to the boat.
- The boat should be carried by the same number of athletes as there are seats in the boat as a minimum.
- Ensure loads are stable and secured where necessary
- Maintain communication whilst manoeuvring boats at all times

#### Club Officers

- Ensure disinfectant wipes/gels are positioned at strategic points for easy access to them
- Ensure that boathouse surfaces are free from trip hazards
- Coxes and/or coaches should be used to guide the athletes carrying the boat. This is a public area and caution must be taken at all times to ensure the safety of athletes and public. Always be aware that there will possibly be walkers, cars, cyclists, pets/animals in the vicinity during this exercise.
- The area from the car park to the landing stage is generally in good condition and of even surface however checks should be made every visit to ensure the path/road is free from debris and all obstacles are removed.

**Controlled Risk:** Low - 4 (l1 x s4)

**Approved By:** Lindsay Flockhart

**Release Date:** 12<sup>th</sup> January 2021

**Date for Review:** 1<sup>st</sup> February 2021





## 7. Pre-Boating Checks boats & taking to landing stage

<b>Manual Handling Hazards</b>	Lifting of objects that are too heavy resulting in injury to athletes. Dropping boat or colliding with people or objects. Slips or trips.
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**At Risk:** Athletes, Public

**Assessment of Risk:** High - 16 (14 x s4)

### Risk Controls

#### Members

- The boat should only be carried in a manner approved by the club. These methods are shown during training to prevent injury to athletes and prevent damage to the boat.
- The boat should be carried by the same number of athletes as there are seats in the boat as a minimum.
- Coxes and/or coaches should be used to guide the athletes carrying the boat. This is a public area and caution must be taken at all times to ensure the safety of athletes and public. Always be aware that there will possibly be walkers, cars, cyclists, pets/animals in the vicinity during this exercise.
- Whilst moving the boat from the trailer/trestles to the landing stage, care is to be taken so that correct lifting technique is applied.

#### Club Officers

- The landing stage area should be clear from vegetation and steps intact.
- The landing stage can be slippery underfoot during wet conditions so appropriate footwear must be worn until the boat has been safely placed in the water or when being removed from the water.
- Ensure loads are stable and secured where necessary

**Controlled Risk:** Low - 4 (11 x s4)

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## 8. Landing Stage

<b>Boat embarking Hazards</b>	Falling into water Getting too close to members of public
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**At Risk:** Athletes

**Assessment of Risk:** Low - 8 (14 x s2)

### Risk Controls

#### Members

- Be aware of members of the public in the immediate location of the landing stage.
- Athletes should only begin to access/exit the boat only when told to do so by a coach or cox who is securely holding the boat at the landing stage or when safe to do so in a coxless boat.
- Athletes should only enter/exit the boat one at a time.
- Where applicable the cox should enter the boat last and exit the boat first, to assist in controlling the athletes and securing the boat.

#### Club Officers

- The landing stage area should be clear from vegetation and steps intact.

**Controlled Risk:** Low - 2 (11 x s2)

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**9. Rowing on the canal -Single Sculls**

<b>Canal Hazards</b>	Capsize Collision with other water users or bank Weed and vegetation Being alone Weil's Disease (bacterial infection) and Cryptosporidiosis (parasitic infection).
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**At Risk:** Athletes and other water users.

**Assessment of Risk:** High - 16 (l4 x s4)

**Risk Controls**

Members

- Must undertake personal risk assessment and only go out at their own risk.
- Must inform next of kin about their whereabouts if no other users are in the boathouse or near canal.
- Must have done a capsize test and be confident moving the boat to and from water alone.
- Keep a good lookout at all times
- Avoid overhanging branches
- Athletes must be fully aware of the circulation pattern.

Athletes have a complete change of clothing available in the event of capsize.

Cuts and abrasions should be covered, shoes worn on bank sides to avoid cuts, do not swallow water and never handle or eat food until you have washed and disinfected your hands.

Club Officers

- The coach could have a well-maintained bicycle or simply run to follow the boat they are coaching.
- Only scullers who have passed their sculling assessment, capsize drill, swim test and hypothermia talk will be allowed to train with no supervision; this must be evidenced to club officers.
- A throw line can be used on certain sections of the canal however caution needs to be used as the banks are uneven in certain areas.
- Athletes must be made aware of this in the event of capsize and in event of difficulty, rowers should be encouraged to move to banks that can be safely accessed from the towpath.

**Controlled Risk:** Low- 8 (l2 x s4)

**Approved By:** Lindsay Flockhart

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**10. Rowing on the canal -Crewed Boats**

<b>Canal Hazards</b>	Capsize Collision with other water users or bank Weed and vegetation  Weil's Disease (bacterial infection) and Cryptosporidiosis (parasitic infection).
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**At Risk:** Athletes and other water users.

**Assessment of Risk:** High - 16 (l4 x s4)

**Risk Controls**

Members

Keep a good lookout at all times

Avoid overhanging branches

Coaches, athletes and coxes must be fully aware of the circulation pattern.

Have a complete change of clothing available in the event of capsize.

Athletes have a complete change of clothing available in the event of capsize.

Cuts and abrasions should be covered, shoes worn on bank sides to avoid cuts, do not swallow water and never handle or eat food until you have washed and disinfected your hands.

Club Officers

- The coach could have a well-maintained bicycle or simply run to follow the boat they are coaching.
- The coach should be responsible for as many boats as they feel confident to manage.
- Only rowers who have passed their sculling assessment, capsize drill, swim test and hypothermia talk will be allowed to train with no supervision; this must be evidenced to club officers.
- A throw line can be used on certain sections of the canal however caution needs to be used as the banks are uneven in certain areas.
- Athletes and coxes must be made aware of this in the event of capsize and in event of difficulty, rowers should be encouraged to move to banks that can be safely accessed from the towpath.

**Controlled Risk:** Low - 8 (l2 x s4)

**Approved By:** Lindsay Flockhart

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**11. End of sessions checks and cleaning**

<b>Cleaning Hazards</b>	Contamination from infected surfaces
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**At Risk:** Athletes and other water users.

**Assessment of Risk:** High - 16 (l4 x s4)

**Risk Controls**

Members

Sponge and rinse with hose, inside and outside of boat

Sponge and rinse with hose blades with attention to handles

After putting boat onto correct shelf, wipe all carrying surfaces with provided disinfection products

Do not linger in boathouse

Club Officers

Ensure adequate quantities of hygienic disinfection materials are present in boathouse

Allocate club member/officer to dispose of used product in a safe manner

**Controlled Risk:** Low - 8 (l2 x s4)

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### **Appendices- Boating Checklist**

- 1 Arrive ~15 min before 'hands-on' time
- 2 Ensure your crew are all there, decide on seat order and discuss outing plan
- 3 Find correct oars and take up to bank
- 4 Put out trestles
- 5 Hands-on, carry boat out of boathouse and place on trestles
- 6 Check bow ball, steering, heel restraints, rigger nuts and hull damage
- 7 Find your seat and alter shoes/slides
- 8 Hands-on, carry boat up to canal, check tow-path for pedestrians/cyclists
- 9 Carry boat down tow-path 'out of town' and spin on spot
- 10 Carry boat 'into town' along to concrete steps
- 11 Step down towards water
- 12 Roll boat down to waists, push right out towards the water and gently place
- 13 Find oars and place in gates
- 14 Get in boat and secure oars in gates and feet in shoes
- 15 When the whole crew is ready, lean towards canal and push off bank

### **End of outing Checklist**

- 1 Remove oars from waterside gate and quickly get out of boat
- 2 Remove oars from landside gate and place next to hedge with any other loose items
- 3 Hands on, lift boat out of water and carry boat up steps at waists
- 4 Check towpath for pedestrians and cyclists
- 5 Roll boat up to heads (Crew boats)
- 6 Carry boat out of town, past the boathouse footpath and spin on spot
- 7 Carry boat down towards boathouse at heads
- 8 Position boat bow ball pointing into boathouse (spin if necessary)
- 9 Place boat on trestles
- 10 Sponge and rinse with hose, inside and outside of boat
- 11 Check for damage and report repairs if applicable
- 12 Check route to boathouse rack is clear
- 13 Carry boat bowball first into boathouse and place on named rack
- 14 Collect oars and place inside boathouse with trestles
- 15 If you are the last one out of the boathouse: turn off lights and ensure doors are shut.  
The side door needs to be closed carefully and checked, as the lock doesn't always catch.