



Abingdon Rowing Club Safety Plan

General Safety

At Abingdon Rowing Club, safety is a priority. We work hard to ensure everyone can enjoy rowing safely. The Club's Safety Regulations cover all on-water activity, with additional guidance for coxes and scullers, launch driving, and towing boat trailers.

COMPLIANCE WITH THE BRITISH ROWING WATER SAFETY CODE

British Rowing outlines comprehensive water safety rules and advice through [RowSafe - British Rowing](#). This prescribes the duties of care for athletes, coaches and coxswains.

Safety is everyone's responsibility

- All club members have a duty of care to promote safe rowing.
- No one is permitted to go on the water without prior agreement from the Captain or Coach.
- All club members must know what to do in the event of a medical emergency.
- All members must acknowledge in writing that they understand their duties and responsibilities regarding their own safety and the Club's safety.
- All members are responsible for reporting any incidents or damage.
- Coaches must train athletes in responsible conduct on the water and during training to safeguard their health.
- Coxswains and steerspeople must be fully aware of navigation rules, hazards, and what to do in the event of an emergency or accident.
- The Safety Adviser must report risk assessments to the committee regularly.

WHAT YOU MUST DO TO ENSURE YOUR OWN SAFETY

Safety for ARC Athletes

- You must be able to swim at least 100 metres in light clothing.
- Know the rules of navigation. See the guide to navigating the Abingdon Reach.
- If using a single scull without launch cover, you must have passed a capsize drill.
- Bring a change of kit and a towel to each session in case of a capsize.
- Report any boat damage to your captain and record it on the digital boat booking sheet.
- Report any on-water incidents to your captain and the Water Safety Adviser and complete an incident report form.
- Assist any fellow water user in distress. Please read the ARC first aid guidance on boat use and the British Rowing [RowSafe](#) information.
- You may only use a boat when you have specific permission to do so. If in doubt, ask the Captain.
- Use navigation lights when going out in the evening or at dawn.
- Know how to make an emergency stop and be signed off as a capable cox.
- Avoid injury while training by warming up, stretching, and focusing on technique.



Safety for ARC Coxswains

To cox or scull you need to have been signed off as being capable.

Safety for ARC launch drivers

To drive a launch, you need to have been signed off as being capable.

Safety for ARC Boat Trailer Towing

To tow our boat trailer, you need to have been signed off as being capable.

WHAT TO DO IN CASE

1. If you have an accident or damage a boat; all incidents involving injury and/or damage to a person or equipment must be reported to your captain and the Water Safety Adviser. The Safety Adviser will then direct you to the British Rowing page to complete an incident form recording the details of what happened. Keeping these records helps both the Club and the British Rowing identify trends at local and national levels. Observing trends and unforeseen incidents is a valuable part of future risk assessments.

Reports must contain:

- A detailed summary of the incident, including date, time, names of boats and crew members, and light, wind and stream conditions.
- A sketch, if necessary, showing boats, obstructions, direction of travel and stream.
- Statements by those involved and by witnesses in other boats or on the bank if the incident is serious or involves substantial equipment damage.
- If the accident requires first aid treatment, then the name of the first aider should also be recorded, and the treatment given.
- Details of Hospitals, doctors or any other agency, involved.
- Reports are to be filled in as soon as practical after the event, certainly within 7 days and whilst memories are fresh.

2. You see something at the club that you consider unsafe

The majority of the work done at the club is voluntarily so if you can do something about it, please do so immediately.