

# INDOOR ROWING RISK ASSESSMENT: SAMPLE TEMPLATE



## GUIDELINES

-This sample risk assessment for indoor rowing activity uses BS8800:2004 as a simple risk estimator, for developing controls for the hazards of Indoor rowing activity events.

Likelihood of harm	Severity of harm		
	Slight Harm	Moderate harm	Extreme Harm
Very Unlikely	Very Low Risk	Low Risk	Low Risk
Unlikely	Low Risk	Medium Risk	Medium Risk
Likely	Medium Risk	Medium Risk	High Risk
Very Likely	Medium Risk	High Risk	Very High Risk

-Any hazard which falls into medium risk or above will need control measures in place, and will need to be re-evaluated with new control measures in place.

-Any hazard which falls below Medium risk will not need more control measures, but should still be monitored as part of the activity.

-NOTE: although this sample risk assessment has identified many indoor rowing hazards, it is not exhaustive and does not take into account any local environment hazards.

EVENT NAME AND LOCATION:	CSWsport School Games
DATE:	20th April 2018

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SECTION 1: MOVING AND TRANSPORT OF EQUIPMENT				
Hazard	Suggested Controls	Risk Level	Extra Controls	Revised Risk Level
Moving heavy, awkward loads	Where possible use equipment wheels- if carried Ensure good lift technique is used, have help to carry heavy items. Ensure sensible footwear is worn.	Low		
Damage to equipment while in transit	Ensure equipment is checked for safe use after transit.	Low		
Loading indoor rowers to vehicles- personal injuries	Ensure a low level lift is possible, or plenty of help if a high lift is necessary. Ensure sensible clothing and footwear is worn.	Low		
Transit in Vehicles	Ensure that if transported in small vehicles, equipment is restrained, and will not impede driver of vehicle	Low		
Unloading area- and building access	Ensure good space, and check route to building is clear before unloading- note any trip hazards on route	Low		

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SECTION 2: INDOOR ROWING SESSIONS				
Hazard	Suggested Controls	Risk Level	Extra Controls	Revised Risk Level
Management of group control	Ensure enough ratio of coaches to participant are suitable- and that equipment is supervised when in use.			
Trip hazards	Space equipment out in defined areas to reduce trip hazards.			
Personal injury through use of rowing machines	Ensure that correct technique is taught to avoid personal injury by qualified personal			
	Ensure that T shirts are tucked in, and any necklaces are removed/tucked under T shirts			
Unknown medical conditions	Check with participants to any medical issues and Ensure changes to session plan to suit.			
Space	Ensure layout for session is suitable for the number of people and number of rowing machines			

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SECTION 3: INDOOR ROWING EVENTS				
Hazard	Suggested Controls	Risk Level	Extra Controls	Revised Risk Level
Damaged equipment- personal injury	Check equipment is in good working order and correctly assembled before event	Low		
Dehydration	Ensure that event has access to fresh water supply for competitors	Low		
Temperature	Make sure temperature is within acceptable ranges for physical exertion	Med	Open doors/windows if needed	Low
Space	Ensure layout gives enough room between each rower, and spectator areas	Low		
Building Fire	Ensure that emergency exits are not blocked by spectators or indoor rowing machines	Low		
Leads/wires- trip hazards	Ensure that if used, all wires/leads are secured to surface to remove trip hazards	Low		
Event Volunteers	Ensure event volunteers have been trained for each roll before event, give a list of contacts in case of problems.	Low		
Electrical equipment	When in use, ensure that mains powered electrical equipment is kept away from water.	Low		
Unknown medical issues	Have first aiders on site- and have contact details for local medical response- if possible ask participants for medical issues before each race to raise awareness.	Low		
Risk of Physical injury through Rowing	Ensure all have been taught correct technique, and adequate supervision is available for the age and abilities at event	Med	Offer advice while warming up before racing	Low

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SECTION 4: OTHER / LOCAL				
Hazard	Current Controls	Risk Level	Extra Controls	Revised Risk Level