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# **SAFETY STATEMENT**

# **Ring Rowing Club**

**Clonakilty**  
**Co Cork**

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## PART 1 CLUB STATEMENT

### 1.1 APPLICATION

This Safety Statement has been developed to assist Ring Rowing Club comply with relevant Health and Safety standards and to ensure that Club Members are fully aware of Ring Rowing Club's commitment to high standards and continual improvement safety. To ensure the safety of all our members while on the water or in the clubhouse thus ensuring the continued enjoyment of Coastal/Offshore Rowing in Ring, Clonakilty.

### 1.2 OBJECTIVES OF THE SAFETY STATEMENT

To provide a reference for the policies and procedures used in house and at any locations that Ring Rowing Club carry out club activities. It is also used to assess and audit the levels of health and safety being achieved.

To provide evidence that the policies and procedures to ensure health and safety objectives are met and have been thought out and documented in order to help those who must execute them and give a Safety overview to club members who must adhere to them.

To provide a control document to record the pertinent changes to the Club Safety Statement, which become necessary due to the changing aspects of Coastal/Offshore Rowing.

To help identify training requirements that needs to be fulfilled in order to generate suitably qualified personnel to carry out the policies and procedures contained within the document.

To provide assurance that compliance with legal requirements for health and safety are being met or exceeded thus ensuring that the sport of coastal/offshore rowing can be performed in a safe and enjoyable manner for all.

### 1.3 CLUB SAFETY STATEMENT

It is this Club's intention that its operation will be carried out in accordance with:

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- The Safety, Health & Welfare at Work General Application Regulations 2007 (and all other regulations made under the 2005 Act that may be relevant to Ring Rowing Club)
- The Code of Practice: The Safe Operation of Recreational Craft
- Maritime Safety Act 2005
- The Safety, Health and Welfare guidelines of Rowing Ireland.

All reasonably practicable measures will be taken to minimise risk to Club Members or others who may be affected by Club activities.

Ring Rowing Club has appointed a Club Safety Advisor's having responsibility for managing Health, Safety & Welfare, of club Members on the Club premises while training or competing on the water within the clubs local environs and to ensure that members are aware of the safety procedures when attending or competing in events organised by other Rowing clubs or Rowing Bodies . Reference should be made to the Safety Advisor, in the event of any difficulty arising in the implementation of this policy. The Safety Advisor to the best of their ability will endeavour to ensure that the provisions of this Safety Statement are implemented.

The Success of the policy will depend on the co-operation of all Club Members. It is therefore important that you acquaint yourself with all areas of the Safety Statement. You should ensure that you understand your role and the overall arrangements for Health & Safety within the Club and within your individual area. You should also be aware that you have an obligation to take care of your own safety and that of others that might be affected by your actions.

**Signed:** Ring Rowing Club Committee 2024

**Date:** ~~01/12/2024~~ .

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### 1.4 Policy Statement:

The Committee and Officers of Ring Rowing Club are committed to, protecting the Safety, Health and Welfare of all Members in the club, avoiding product loss, preventing property damage and ensuring its processes will not damage the environment. The Club shall take all reasonable and practicable steps to protect members of the public who may be affected either directly or indirectly by its activities.

All reasonable and practicable steps shall be taken through risk assessment to ensure that Rowing conditions, practices and procedures are safe and in compliance with relevant safety, health and welfare legislation.

All Members shall be adequately trained, supervised and equipped to carry out their duties and responsibilities in a safe manner. All members will have access to the Club's safety statement and should ensure that they are familiar with its content.

The Club shall provide where necessary suitable Personal Flotation Devices (PFDs), equipment and training where hazards cannot be eliminated using all reasonably practicable steps.

Accidents/incidents reported shall be investigated by Club Executive Committee or a safety review committee that may be formed to determine the corrective action necessary to prevent recurrence. Any relevant accidents/incidents will be reported on the Irowsafe forum on Rowing Ireland website.

The Safety Advisor shall implement this policy in all rowing areas and ensure that all Club Officials and Members understand their responsibilities and cooperate with the implementation of this policy.

This statement shall be communicated throughout the organisation by consultation with the Members and be revised as often as is necessitated by changes in legislation or the addition of new processes and equipment and all resources shall be provided to ensure its full implementation.

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### 1.5 Revision to the Safety Statement

The table below is a record of all revisions made to the safety Statement

REVISION NO	DATE	Section Revised	Revised by	Authorised by
01	06/05/21	All- New	M.Deasy	RRC Committee
02	10/12/22	ALL	Safety Advisor	RRC Committee
03	01/12/24	ALL	Safety Advisor	RRC Committee
				RRC Committee

## PART 2 Duties and responsibilities

### 2.1 MANAGEMENT AND CONTROL

Ring Rowing Club is a Coastal/Offshore and Flat-Water Rowing Club based in Ring Harbour it was formed in 1985. We compete in Coastal, Offshore Rowing and Flat-Water rowing. We are affiliated to Rowing Ireland the National Governing Body for All rowing in Ireland.

Ring Rowing Club has:

#### Coastal Boats

Timber-built FX seat, traditional coastal boats that take a 4-person crew plus coxswain.

One design Coastal 4's that take a 4-person crew plus coxswain.

#### Offshore Boats

Quadruple 4 person plus coxswain.

Double 2X (coxless) Single solos (coxless).

The Safety Policy is central to setting up an effective Safety Management System within the club. The objective of the Safety Management System is to satisfy our legal responsibilities and to exercise greater control of health and safety within our organisation, to protect people and control the sport safely.

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### 2.2 SAFETY ADVISOR

- The Safety Advisor will be responsible for implementation of the procedures within the Safety Statement.
- Should ensure that Members are given correct information and training for them to act in a safe manner.
- Ensuring that Members are supported in enabling them to reach the correct decisions in respect of health and safety matters.
- Supervise the Club Health and Safety programme.
- Review all safety rules annually and, when necessary, recommend suitable changes.
- Investigate all major accidents and damage to Club property and recommend action to the club executive.
- Ensure that accident records are maintained.  
Ensure that records of hazards/near miss reports are maintained.
- Ensure that accident and incident reports are communicated to the Club executive committee and to the Rowing Ireland Safety Advisory Committee in a timely manner.
- The Health, Safety, and Welfare of all Members are not compromised when all other performance standards are set.
- That adequate funding is reserved to meet regulatory needs of safety and health.
- That Club management will lead by example in adhering to stated policies to achieve the Club's aim to reduce accidents and health exposures.

### 2.3 CLUB CAPTAIN

- Regularly inspect the Clubhouse to ensure that the programme is being complied with and make recommendations directly to the Safety Advisor in matters concerning Health and Safety.
- Review the Member suggestion and query forms.
- Supervise the Company Health and Safety programme.
- Communicate directly with membership re safety concerns ensure these concerns are relayed on to the safety advisor and Club Executive.
- Review all safety rules on a regular basis and, where necessary, recommend suitable changes.
- Assist in the induction and safety training of new Members.
- Be the eyes and ears of the club Report any issues of concern to the Club Executive



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### 2.4 CREW CAPTAINS AND COACHES

All Crew captains and coaches should ensure that all crews and rowers under their control adhere to the club's safety rules.

- Ensure that all procedures are complied with for all new and existing Members.
- Implement an efficient communication procedure so that all Members are aware of Club Safety standards and are provided with information on accidents and other safety, health and welfare information.
- Report to the safety advisor where they see shortcomings in member knowledge and co-ordinate safety training as necessary.
- Plan and supervise training processes in a safe manner and in accordance with the standards set out in the Safety Statement. Ensure that all Members directly under your control are aware of their specific responsibilities.
- Coaches should ensure they have the necessary insurances in place. This is available from Rowing Ireland for a Small annual fee of €10
- Carry out coaching plans in such a way that health and safety standards are not compromised.
- Know the location of the First Aid Box.
- Ensure that they know the procedure in the event of a fire/emergency.
- Report any accident or damage, however minor, to senior management.
- Commend members who by action or initiative eliminate hazards.
- Ensure that All Members under 16 years of age wear the appropriate PFDs while on the water.
- Enter any near misses or incidents on the irowsafe forum on Rowing Ireland Website.

### 2.5 ALL MEMBERS

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- All Members are to co-operate with Club management in the wearing of the correct safety equipment, using the appropriate safety devices and following proper safe systems.
- All Members are to co-operate in the investigation of accidents and the reporting of them and also the reporting to their Club captain or safety advisor of any local hazards of which they become aware.
- All Members will be encouraged to promote ideas on the improvements of health and safety standards and also provide suitable suggestions for reduction in risks.
- All Members are forbidden to interfere with or misuse any specified items of safety equipment or any safety device. This includes the VHF radios where channel 16 must only be used in case of an emergency.
- All Members are required to take care of their own health and safety and they should not indulge in horseplay, willful unsafe acts or carry out or play practical jokes on other Members.
- Members who carry out willful unsafe acts may be liable to suspension or other such penalty that are laid down in the Club Rules.
- All employees must assist in tidying up the clubhouse and also to help maintain clear passageways and maintain high standards of local housekeeping and hygiene.

Do not smoke in the vicinity of the club.

- Know the location of the First Aid Box.
- Ensure that you know the procedure in the event of a fire/emergency.
- Report any accident or damage, however minor, to Club Officials.

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### **PART 3 ARRANGEMENTS FOR SAFE ROWING**

#### **3.1 RESOURCES**

The Committee of Ring Rowing Club recognises that for the effective implementation of the safety procedures and policies laid down in this Safety Statement, adequate resources and funding must be made available.

The Committee undertake:

To ensure that adequate numbers of suitably experienced Coaches are available to help carry out the activities of the Club.

To include health and safety considerations into all annual estimates for the running of the Club.

Undertake that in so far as is reasonably practicable resources shall be made available for any upgrading, maintenance, replacement and repair of facilities and Club Equipment such are Boats Oars Ergs and PFDs.

Undertake to provide resources for the ongoing monitoring of health and safety and for the provision of information and training of all Members in health and safety.

#### **3.2 SAFETY INDUCTION**

This procedure will be carried out by the Club Safety Advisor, Club Captain or a Knowledgeable Committee Member.

Apart from explaining to the new Member what he/she will be required to do and how to do it in a safe manner the following points require highlighting:

- Show new Members where the Safety Statement is kept, explain its purpose.
- Advise new Members of any potentially dangerous areas are while training on the water such as.
  1. Strong tidal currents.
  2. Submerged rocks or obstacles
  3. Known shipping lanes
  4. Lobster pots and other fishing equipment
  5. Swimmers in the water
  6. Steer Right Policy in the Bay

- Warn new Members of any prohibited actions in the club while on land or sea, e.g.
  1. Horse play
  2. Interfering with lifesaving equipment.
  3. Bullying of other members
  4. Interfering with radio equipment
  5. Playing other sports on the road.
- Show new Member the location of the First Aid Box and Defibrillator.
- Explain the procedure in the event of an accident, and the necessity to record accidents.
- New youth members should be informed of the club’s child welfare policy and the name of the child welfare officer.
- Maps /Charts of local hazards including shipping lanes for the locality should be posted about the clubhouse

### **3.3 TRAILERS**

Ring Rowing Club uses a trailer to transport boats to various regattas. It is Built by De Graffe trailers and fully galvanised. It is maintained annually by the place of purchase. The current trailer was modified in 2019 to allow for the transportation of Offshore boats and a Coastal 4 boat

The vehicle towing the trailer will be capable of pulling the trailer weight plus the weight of the load (GVW), A 4WD Vehicle is recommended. The Driver should carry the correct licence and insurance and be competent with trailers

A full pre departure check should be carried out and should include

- Tyre pressure and signs of wear
- Trailer lighting
- Load security
- Load overhang, ensure that it is highlighted
- • Tow hitch security and safety chain/ handbrake.

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### 3.4 FIRST AID

The club will appoint suitably qualified First Aiders to provide adequate cover for all activities.

First Aid boxes should be suitably marked and easily accessible and inspected on a quarterly basis. The locations are

- **Clubhouse**
- **Safety Boat Bow Hatch**

First Aiders are not empowered to dispense analgesics, pills, or medications. Supplies of such items will not be in first aid boxes. Individual Members who believe they might have a need of these items must be responsible for their own supplies.

For junior members who have a notified medical condition Parents or Guardians may provide emergency medication solely for their use for example an inhaler for an asthmatic child or an EpiPen for a known allergy this will have been communicated to the club through the membership application form.

In the event of an accident, a qualified first-aid person should be responsible for dispensing any first aid material. All issues of first aid consumables and the relevant treatment should be entered on the accident report from by the first-aid person in cooperation with the safety Advisor.

### 3.5 REPORTING OF ACCIDENTS, INCIDENTS

All accidents and dangerous occurrences must be reported. Blank forms are available from the Safety Advisor and are also listed in the appendix. The form is a direct Template of the standardized Rowing Ireland Accident form and once completed must be returned to the **Rowing Ireland Safety Advisory Committee**. The Club management, in consultation with the First Aid person, will decide upon the immediate action required in the event of an accident.

### 3.6 CLUB WELFARE FACILITIES

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The Club will ensure that adequate welfare facilities are provided on the premises for all personnel. Adequate boat washing facilities shall be provided. Eating is not permitted in the clubhouse premises except with the specific approval of the committee for organised events. There are no drinking water facilities on the premises.

### **3.7 PERSONAL FLOTATION DEVICES**

All safety equipment purchased by the Club will be to approved standards. The Club should ensure that all Members use Personal Flotation Devices and suitable clothing where required.

Ring Rowing Club will ensure that adequate supplies of all the necessary protective safety equipment is available for use as required and that when issued to Members it will be use in a proper manner and after returned to its normal storage location in the club house.

There are 3 different types of PFDs used in the club:

- Automatic Gas type.
- Manual Gas Type.
- Foam type.

***Note: World rowing stipulate that PFDs must be retained in coastal boat's cargo nets at all times in case of emergency.***

All PFDs should be checked regularly for signs of wear/ damage and tested as per manufactures instructions

### **3.8 DESIGNATED PERSON ASHORE**

It is the Policy of Ring Rowing Club that crews train at designated times only when the clubhouse is open and members are present.

With the introduction of Offshore rowing the season has been extended to include February March and October and as an endurance sport the training area can extend beyond the traditional distances. Training times have been extended beyond the 'coastal type timings' and 5-person crew is no longer the norm as Solo and doubles rowing becoming more widespread. To Facilitate this type of rowing and meet current legislation, additional procedures have to be put in place.

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### DESIGNATED PERSON ASHORE CONTROL MEASURES

This person should record the training activities of rowers outside normal clubhouse hours. These records can be recorded electronically and retained for at least 1 year.

Prior to a rower or rowers setting out to sea they must

Firstly, inform the DPA in person or electronically of the following

- Name/s of rowers
- Type of boat being used
- Where they intend to go
- Planned time of Departure
- Planned time of a row and estimate time of return

The Notice should be given to the DPA electronically preferably WHATSAPP. Once received The DPA will check the local weather conditions and forecast and depending on the competency levels of the rower/s may give Permission to row.

**The rowers can ONLY proceed once the permit is given if there is no response from the DPA they must not set out.**

Any Rower training outside normal training times with the authorisation of the DPA **MUST** have a means of shore contact either a mobile phone or radio in a waterproof case.

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### **3.9 SMOKING POLICY**

Smoking is NOT permitted in the club nor its environs.

### **3.10 DRUGS AND ALCOHOL POLICY STATEMENT**

Ring Rowing Club recognises that alcohol, drugs, or other substance abuse by individuals can have an adverse effect on their ability to perform tasks and consequently put themselves, the Club and others at significant risk.

All Members must be able to perform their duties whilst on Club business, or when they are in Club premises/ Boats in such a manner that will not affect their safety or the safety of others by acts or omissions.

If the Club has reasonable grounds to suspect that a member is under the influence of alcohol or drugs (illegal or misused legal substances), disciplinary action will be taken which may lead to suspension or revoking of the membership of the individual concerned.

The possession, distribution or sale of drugs or any associated materials whilst you are on Club property, Club owned Boats or other off-site locations, will lead to disciplinary action being taken.

### **3.11 ANTI BULLYING POLICY**

The Committee recognises and accepts its responsibilities as a sports Club to provide a safe and healthy environment for our Members. As part of our policy of maintaining good Sporting practice Ring Rowing Club wishes to clearly state that bullying of any kind will not be tolerated.

Bullying is defined as: 'Persistent criticism and personal abuse, both in public and in private which humiliates and demeans the individual, gradually eroding their sense of self.

Bullying can be best described as repeated inappropriate behaviour, whether verbal, physical, or otherwise, conducted by one or more persons against another or others, at the clubhouse and/or in the course of sporting interaction, which could reasonably be regarded as

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undermining the individual's right to enjoyment of rowing. An isolated incident of the behaviour described in this definition may be an affront to dignity at sport, but as a once off incident is not considered to be bullying.

Ring Rowing Club will strive to ensure that all Members are free to perform, and enjoy their sport in an environment, which is free from threat, harassment and intimidation. All complaints of objectionable or offensive behaviour should be made to Chairperson or the Safety Advisor.

The Club gives the undertaking that it will investigate all complaints sensitively and will resolve locally, if possible, the source and cause of the bullying behaviour. If the circumstances warrant it, the Club will not be deterred in invoking formal disciplinary procedures.

All members are invited to strive in ensuring that our clubhouse and general environment remains a pleasant and friendly atmosphere.

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### **3.12 CHILDREN'S POLICY**

Ring Rowing Club has a thriving youth section beginning at under 10s 12s 14s 16s 18s both male and female and adhere to all child safeguarding and Garda vetting policies.

The club appoints annually a youth Coach who will relay any youth members concerns or requests to the club committee.

We believe it is essential that Parents / Guardians are involved in the youth section and have a voice too. We are committed to ensuring all our Committee members, Coaches and Coxes are Garda Vetted. If a committee member, coach or coxswain refuse to be Garda vetted. It is in the interest of Safety they step down from their position immediately.

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### **PART 4 HAZARD IDENTIFICATION AND CONTROL MEASURES**

#### **4.1 GENERAL**

Ring Rowing Club recognises that its activities and premises may present Health and Safety risks and shall identify the areas where control measures are required. Identification of hazards shall be undertaken at regular intervals and the club shall take all practicable control measures to reduce the risks to its members and visitors.

Hazards will be identified, risk assessments made and every effort will be made to reduce the risk as much as possible.

#### **HAZARD IDENTIFICATION AND RISK ASSESSMENT**

The policy of the Club is to approach hazards in the clubhouse and on the water with a common-sense approach. We are not health and safety professionals but will attempt to assess the risk to Safety and Health and to control risks as far as is practicable so that they are reduced to an acceptable level.

"Hazard" is taken to mean "any substance, article, material or practice, which has the potential to cause harm to the Safety, Health or Welfare of Club Members."

"Risk" is taken to mean "the potential for the hazard to cause harm in the actual circumstances of use."

Risk Assessment is based on the linking of the probability of occurrence with the severity of loss and/or injury.

Probability also called likelihood, (x axis) pertains to the extent of how likely it is for the risk to occur. The risk rating levels under this component are as follows:

1. **Rare** – unlikely to happen and/or have minor or negligible consequences
2. **Unlikely** – possible to happen and/or to have moderate consequences
3. **Moderate** – likely to happen and/or to have serious consequences



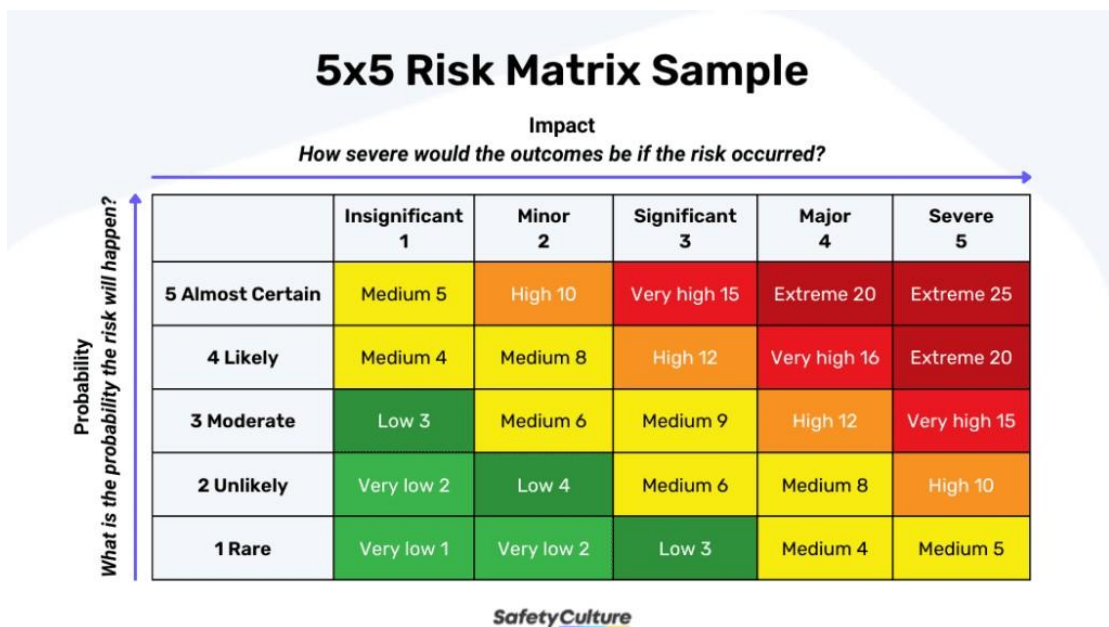
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- 4. **Likely** – almost sure to happen and/or to have major consequences
- 5. **Almost certain** – sure to happen and/or have major consequences.

Impact also called severity or consequences, the Impact (y axis) aims to determine the level of effects that the hazard can cause and to determine the risk's impact:

- 1. **Insignificant** – won't cause serious injuries or illnesses
- 2. **Minor** – can cause injuries or illnesses, only to a mild extent
- 3. **Significant** – can cause injuries or illnesses that may require medical attention but limited treatment
- 4. **Major** – can cause irreversible injuries or illnesses that require constant medical attention
- 5. **Severe** – can result to fatality



Each risk box represents the rating of a risk that is calculated based on its particular levels of probability and impact. In most cases, the 5x5 risk matrix uses numeric values to better represent the risk ratings.

Calculating Risks Using the 5x5 Risk Matrix

$$\text{Probability} \times \text{Impact} = \text{Risk Level}$$

The first step is to assign a numeric value from 1 to 5, 1 being the lowest, for each of the categories under Probability and Impact. Then, use the formula of multiplying the value of the Probability to the value of Impact to determine the Risk Level.



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To better understand how the various levels indicate the Probability and Impact, here's a guide on the numeric values and their representation as a result of the analysis:

**1-4: Acceptable** – no further action may be needed and maintaining control measures is encouraged

**5-9: Adequate** – may be considered for further analysis

**10-16: Tolerable** – must be reviewed in a timely manner to carry out improvement strategies

**17-25: Unacceptable** – must implement cease in activities and endorse for immediate action

This is to help with assessing the risk and helping to arrive at a sensible decision regarding the risk.

### 4.2 FIRE

#### HAZARD:

There is a risk of Fire at the club house and containers however it is minimal. The electrical supply in the central bay is low powered and the only power supply into the club. Only a small jerrycan of petrol for the safety boat is sometimes kept in one of the containers.

#### RISK ASSESSMENT:

Likelihood	Severity	Risk Value
Unlikely = 2	Significant = 3	Result = 6 (Adequate)

#### CONTROL MEASURES

A portable fire extinguisher will be available at the central bay for use in the event of a small fire. The petrol should always be kept in a container separate to the power supply.

Exits should always be kept clear when the central bay is occupied. Good housekeeping and Emergency plan for the Clubhouse will be followed by the Ring Rowing Club Members.

#### Action in the event of fire

Clear everyone from the immediate vicinity of the fire and evacuate the premises. Contact the Fire Brigade, giving them the address clearly and any other directions necessary.

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If there is no danger by doing so, try to put out the fire with the apparatus provided, but remember our equipment will only be effective on a small fire - you must catch it before it develops

Members should not delay their departure and should assemble at the designated assembly point so that they can be quickly accounted for. The Assembly point is located beside the pier it is 100 metres from the Club House and away from the road to ensure evacuees do not obstruct fire vehicles.

Make sure that the Club house is cleared of members and visitors. Close doors. See that no unauthorised person enters the Club house.

#### 4.3 GOOD HOUSEKEEPING

##### HAZARDS

Poor housekeeping can pose a wide variety of risks to health and safety.

- Trips: - Materials left lying in the open
- Slips: - On a greasy floor, slippery material strewn around
- Falls: - Use of materials for accessing higher work areas.
- Collisions: - Blockage of access aisles with materials
- Objects falling on people: - Improper stacking of materials

##### RISK ASSESSMENT:

Likelihood	Severity	Risk Value
Moderate = 3	Significant = 3	Result = 6 (Adequate)

##### CONTROL MEASURES

The Committee will ensure that access routes are clear and water spills from the boats are cleaned up immediately.

The Club will ensure that the clubhouse is maintained to a satisfactory standard and that any repairs are carried out in a timely manner. Members must maintain the clubhouse in a tidy condition at all times. Members will ensure that all waste materials in and around the premises are cleared and disposed of safely in the bins provided. Oars should be placed on the racks when not in use and should never be left leaning against a wall or left in the boat's oarlocks while in the clubhouse



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Boats should be chocked when stored upright with ample room to pass  
Boats that are being dried out should always be placed inverted on the racks provided

### 4.4 MANUAL HANDLING LIFTING OF BOATS

#### HAZARDS

Incorrect method of lifting  
Attempting to lift something which is too heavy Lifting  
sharp/awkward shapes

The main injuries associated with manual handling and lifting are:

Back strain, slipped disc.

Hernias.

Lacerations, crushing of hands or fingers. R.S.I.

Bruised or broken toes or feet.

Various sprains, strains, etc.

#### RISK ASSESSMENT:

Likelihood	Severity	Risk Value
Moderate = 3	Significant = 3	Result = 6 (Adequate)

#### CONTROL MEASURES

Loads which must be manually handled shall be assessed on the basis of their risk to health and safety and due caution exercised where there is a risk of back injury etc. The method of handling shall take account of the size, weight, shape, condition and position of the load to be handled. The Fisa 4X need a minimum of 6-8 persons to lift so where possible use the beach launching Trolley. The Coastal4's also needs 6-8 persons so again the launching trolley should be used.

Where possible measures shall be taken to reduce the amount of manual handling to a minimum. Mechanical handling devices supplied should be used in so far as is reasonably practicable.

**A load shared is a load halved** It is Club policy that the last crew back to shore will be helped by the previous crew to lift the boat back into the clubhouse.

### 4.5 ELECTRICITY



# RING ROWING CLUB

## Safety Statement

The club runs on a wind and solar powered system with no mains electrical connection. There is still some hazard associated with this power source.

**HAZARDS**      Electric  
Shock  
Fire  
Trips or falls from loose cables

### RISK ASSESSMENT:

Likelihood	Severity	Risk Value
Unlikely = 2	Significant = 3	Result = 6 (Adequate)

### CONTROL MEASURES

Dangerous or defective cabling should be replaced or remedied Damaged extension leads are repaired or removed from use. Fire extinguishers that are suitable for fighting electrical fires are provided.

Where appropriate all equipment not in use to be switched off, especially at the end of day excluding the Fridge and VHF Radio charger points

Sufficient sockets shall be provided to prevent overloading by use of adapters.

Proper plugs shall always be fitted to electrical appliances

Flexible cables should not be run across floors. Where damage at floor level to other cables is possible, or floors may be wet.

Washing of boats indoors is prohibited

Do Not plug in phone chargers or other such equipment if you have returned from training and are wet Dry yourself thoroughly before using any power points

## 4.6 Safety Boat

Ring rowing club has 1 safety boat, it is a Whaley Boat Powered by a Mariner outboard engine The Whaley is designed to carry 7 Persons in total. It has a forward positioned jockey seat with steering and throttle controls. One full tank of fuel will provide 10 hours of use. The Whaley was purchased in June of 2019 and is maintained in accordance with the appropriate standards.

### Hazards

Collision  
Capsize  
Engine failure Drowning



# RING ROWING CLUB

## Safety Statement

### RISK ASSESSMENT:

Likelihood	Severity	Risk Value
Moderate = 3	Significant = 3	Result = 9 (Adequate)

### Control Measures

Only approved personnel who have sufficient experience in operating power boats, are to operate the safety boat

Where possible 2 people should be on the boat at any one time kill chord should be in place with the clip working properly. The operators should be familiar with Maritime regulations which can be found in the Code of Practice for the safe operation of leisure craft issued by the Dept of Marine.

A first aid kit must always be on board and stowed safely. An anchor must be on board and requires a rope length that is 3 x times the nominal depth of water in the area of use

Refer to the Safe operation of leisure craft booklet to confirm the safety equipment that must be kept on board.

Always ensure you have ample fuel for you planned trip and if traveling outside the locality inform the DPA of the details

Ensure the engine is serviced regularly and the fuel is fresh and water free

Personal Flotation Devices must be worn at all time while on the safety boat

## 4.7 Training at Sea

Ring Rowing club is a Coastal/Offshore and Flat Water Club based in Ring harbour. Our main training course is Clonakilty Bay and our course starts either side of the middle pier and extends for 1.5 km along the coast and within 500m of the shore. Both adults and juniors train on this course with juniors doing half the adult course. Adult 46 km. juniors do 2K.

While on this course Beginners and U12 crews are in full view of the Pier. All junior novice crews learn to row within the safety of the harbour and are only permitted on to tidal course when competent which is generally (10 sessions).

We compete in local regattas along the South coast from Cork to Schull including Fun regattas, Southwest Championships, County Finals and Rowing Ireland Coastal and Offshore Championships annually.



# RING ROWING CLUB

## Safety Statement

Each Regatta will have its own safety plan which all members must adhere to

We Have 3 different boat types

**Yawl : Wood 21ft – Lifejackets must be worn by everyone.**

**Coastal Fours- 4 7.2m Fibreglass 1.5m beam and .6m Draft**

**Offshore fibreglass/carbon fibre 10.4m 1m beam .4m Draft**

### HAZARDS

- Rough Seas
- Strong tides
- Sun Burn
- Swimmers
- Capsize
- Drowning
- Collision

### RISK ASSESSMENT:

Likelihood	Severity	Risk Value
Moderate = 3	Significant = 3	Result = 9 (Adequate)

### Control Measures

If weather and sea conditions are poor the Safety Advisor or club captain will decide if training should go ahead.

Crews must always be vigilant on strong tides especially spring tides. Inform the DPA if they intend training outside the area visible from the pier.

For long duration rows in sunny or overcast weather sunscreen should be worn especially under the chin which can be severely affected by reflected sun.

Coxswains and offshore rowers should be extremely vigilant while on the water as Swimmers can suddenly appear in the path of the boat Most Swimmers wear bright caps and tow brightly coloured floats which are easily seen but the occasional traditional swimmer does not take these precautions so extra vigilance is required

Capsize practice should be performed within the harbour by offshore rowers as capsizing is a common occurrence is single and doubles. You should also practice how to get back into the boat

Rowers should be able to swim at least 50m proficiently in the event of capsize and must remain with the boat.



# RING ROWING CLUB

## Safety Statement

All Coxswains must wear PFDs

All Coxswains should carry a Radio or phone in a waterproof bag, especially during training.

All junior rowers under 16 must wear or carry a suitable PFD appropriate to their level and boat type.

The Appropriate number of Foam type PFDs must be carried in all offshore boats including a tow rope.

All Coxswains must have the appropriate skills and experience to control the boats safely,

**The Safety boat must be launched to escort all inexperienced and underage rowers in the offshore boats.**

It is not normal practice to train after dark but when it is necessary boats must carry adequate lighting and a radio

To avoid collisions especially head on. Oncoming boats must steer to the right (Starboard) Be familiar with the localities shipping lanes, Fishing Grounds and under water obstacles

### **PART 5**

#### ANNUAL REPORT

### **Safety Statement Document Review**

#### **Ring Rowing Club**

To ensure the proper implementation of our Safety Systems we shall review the Safety Statement periodically and at least annually.

Date of Next Review	December 2026
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#### **Part 6 Sign Off**

**Membership payment is an acceptance of this document which will be available online.**



# RING ROWING CLUB

## Safety Statement



## Accident Report Form

<b>Ring Rowing Club</b>	
<b>Coach in attendance, name:</b>	

<b>INJURED PARTY</b>	
<b>Name:</b>	
<b>Club:</b>	
<b>Home address:</b>	

<b>ACCIDENT DETAILS</b>	
<b>Form Completed By:</b>	
<b>Date:</b>	<b>Exact Location:</b>
<b>Time:</b>	<b>Time Reported:</b>
<b>Reported by, name:</b>	
<b>Nature of Injury:</b>	<b>How accident happened:</b> Describe what activity was taking place, for example training/event/getting changed

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# RING ROWING CLUB

## Safety Statement



# RING ROWING CLUB

## Safety Statement

<b>Name and contact details of witness</b>	
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<b>Were the following contacted:</b>	Police <input type="checkbox"/> Ambulance <input type="checkbox"/>
<b>Parent/Carer Informed?</b>	<b>By whom:</b>
<input type="checkbox"/> Yes <input type="checkbox"/> No	<b>When:</b>
<b>Referred to Designated Safeguarding/ Children's Officer (DSCO)?</b>	<input type="checkbox"/> Yes <input type="checkbox"/> No
<b>DSCO Signature</b>	<b>Date:</b>
<b>Any further action to be taken?</b>	
<b>Has the injured person returned to the club?</b>	<b>Signature of Management Representative</b>
<input type="checkbox"/> Yes <input type="checkbox"/> No	<b>Print name</b> <b>Position</b>

All of the above facts are a true record of the accident/incident.

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# RING ROWING CLUB

## Safety Statement



# RING ROWING CLUB

## Safety Statement

Signed: \_\_\_\_\_

Date: \_\_\_\_\_

Name: \_\_\_\_\_

(In the event of an accident occurring through insufficient training or faulty equipment/facilities, follow up action to include completion of Risk Assessment Form.

### Safety Inspection Sheet (SAMPLE)

Equipment	Inspection	Condition	Action	Completed

### Member Suggestion forms

#### SECTION A: To be completed by member with suggestion

<b>Member Name:</b> _____ <b>Position:</b> _____ <b>Date:</b> _____
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<b>Details of Suggestion:</b>        
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# RING ROWING CLUB

## Safety Statement

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### SECTION B: to be completed by Safety Advisor

<b>Action Taken:</b> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
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**Signature:** \_\_\_\_\_

**Date** \_\_\_\_\_

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# RING ROWING CLUB

## Safety Statement

### PART 8 Related Policies

#### 8.1 Ring Rowing Club Environmental Policy Statement

Ring Rowing Club will seek to promote the conservation and sustainable use of natural resources and to minimise environmental pollution in all their activities and, where possible, by its influence over others. We will strive for continual improvement in this area and take all reasonable measures to ensure our activities do not cause pollution.

We will at all times comply with the law in the ROI and with local bye laws in so far as they apply to the Environment. When setting performance targets for the company we will include measurable environmental targets and objectives.

The objective of this policy will be to identify our activities, analyse our environmental aspects and minimise the environmental impact of all operations.

All Club Members are trained on the environmental policy and strategy and its importance in mitigating and improving the Club's environmental performance.

Measurable targets and objectives can be identified under:

- Consideration being given to substitution of polluting substances with "greener" alternatives wherever possible.
- All waste disposals shall be carried out by registered carriers and removed to registered disposal sites.
- Documentation shall be held to demonstrate compliance with this.
- Wherever possible waste shall be recycled, reclaimed or reused.
- Liquid pollutants will not be allowed to enter watercourses.

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# RING ROWING CLUB

## Safety Statement

- Only aquatic friendly detergents will be used to clean the boats
- The Club is a member of Clean Coasts and endeavours to organise 1 beach clean-up over the course of a season

### 8.2 Ring Rowing Club Equality Policy

Ring Rowing Club is an equal opportunity Rowing Club & thus, as laid out in this policy, seek to comply with all legal regulations & directives with regard to dealing with individuals or groups in a fair & legal way.

It is the policy of Ring Rowing Club to deal (consult, interview, speak to, and write to etc.) with any person/s equally & with dignity Regardless of disposition:

- Gender
- Race
- Colour
- Creed (Religious Persuasion)
- Nationality
- Disability or Physical Impairment
- Financial Status

Ring Rowing Club, its Committee and Membership must uphold & comply with this policy. Failure to comply with this policy could result in immediate disciplinary action & possible suspension or revoking of membership.

Should any person cause harm, harass, sexually harass or disadvantage any of the above because of their disposition, that person/s will be reported to the Authorities & will be dealt with on a legal basis.

It is the overall policy of this Club to practice equality & to be fair to all.

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