

Bradford Amateur Rowing Club



safety comes first

Rowing is a very safe sport as long as we
always put safety before anything else

Water is always dangerous and must be
treated with the greatest of respect

safety comes first

What you must do:

- Read the safety information
- Read the water safety code
- Find out what the basics are
- Find out where the basics are kept
- Report ALL safety incidents

Safety comes first: The basics you should know

- Where the emergency telephone is.
- How to give directions to the emergency services to find the club
- Where the throw bags are, and how to use one
- Where the thermal blankets are
- Where the first aid kit is
- Where the club emergency numbers are
- All these are in the front lobby of the clubhouse, in front of you as you go in the door, to the left of the stairs
- Lift the red phone and press the button to connect to 999.
- The instructions to give the emergency services and the telephone numbers are by the phone.

Safety comes first

We all have a responsibility to each other

When you go on the water your responsibility is to:

- Follow the club safety rules
- Be able to swim
- Wear life jackets when appropriate
- Check your boat is safe
- Follow the rules of the river
- Be responsive to other river users

safety comes first:

Reporting safety incidents

- Report all incidents including the “almost happened”, all collisions and all capsizes in the incident reporting book
- You will find the incident book in the lobby of the clubhouse, along the the contact details of the water safety adviser

Safety comes first

Boathouses are dangerous places because:

- Boats are awkward shapes and stick out to catch you unawares
- Oars are long and stick out when you are carrying them
- Surfaces get wet and slippery
- Lots of things to trip over

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Gyms and indoor training areas are dangerous places because:

- Lots of objects to trip over
- Slippery floors, esp with spilt water
- Weight machines and free weights are dangerous when used without supervision
- Rowing ergometers are dangerous when used without correct technique

Safety comes first

We all have a responsibility to each other

Your responsibility on land is to:

- Put things away
 - where you got them from
 - safely
- Mop up spilt water in the gym
- Be responsive to other club users and avoid leaving anything where it can be tripped over