

## **Bairnsdale Rowing Club Health and Safety Policy**

<b>Approval Date:</b>	<b>2 May 2018</b>	<b>Review Date:</b>	
<b>President:</b>		<b>Signature:</b>	
<b>Vice President:</b>		<b>Signature:</b>	

### **Rationale**

Bairnsdale Rowing Club (BRC) is committed to ensuring, promoting and improving the safety of all its members and visitors. This includes the provision and maintenance as far as possible of a safe working environment.

This policy applies to all members of Bairnsdale Rowing Club when conducting club business or activities, in training or in racing, and in using the club premises and BRC equipment. This policy also applies to all other visitors to the premises who use the facilities of Bairnsdale Rowing Club, and users of privately owned rowing equipment stored at the premises.

If you have any questions regarding the safety policy, please contact the BRC Safety Officer or President.

### **Responsibility**

BRC members are individually responsible for reading and understanding the relevant safety policies. It is a requirement of BRC membership that all members (or parent/guardian of members under 18 years of age) sign that they have read and understand the Rowing Victoria (RV) Membership Declaration and Participation Agreement. This Agreement includes that members agree to be bound by RV rules and regulations. All BRC members are therefore required to be familiar and comply with:

- RV Safety Code
- RV Rules of Racing

All BRC members are also required to be familiar with and to comply with the:

- BRC Child Safety Policy
- BRC Boat Usage Policy and Procedures.

Every member has a responsibility to notify the Safety Officer and the Club Captain or Coach of any breach of this safety policy immediately. Members found to be in breach of this policy may be subject to disciplinary action in accordance with the BRC Rules of Incorporation.

### **1. General**

- a. Members and visitors will complete the emergency contact details form before rowing or undertaking land training.
- b. Members will be vigilant around the club shed. They will alert others to a potential hazard immediately it is noticed and report it to the BRC Safety

Officer as soon as practicable. They will avoid leaving items where they can become a trip or injury hazard.

- c. Members will be aware of the likelihood of traffic on the road next to the shed. Always look for traffic in both directions before walking from the shed to the pavilion, before crossing between the shed and parked cars and before moving a boat onto the roadway.
- d. The club shed is in a somewhat isolated location. All members are advised not to train or be at the club shed on their own. The BRC Child Safety Policy outlines how BRC aims to create a safe environment for juniors (persons under 18 years of age).
- e. Through its annual affiliation with Rowing Victoria and Rowing Australia, BRC and its members have insurance cover for Public and Products Liability, Professional Indemnity and Sports Injury/Personal Accident.
- f. Rowers and coxswains (and coaches when on water) will wear sensible fitness training clothes, with sufficient layers, especially in cold weather. Rowers, coxswains and coaches should also comply with BRC's Sunsmart policies outlined below.
- g. If there is an emergency phone 000 as soon as possible. The BRC first aid kit is located on the front wall of the shed. If you use an item from the kit, please notify the BRC Safety Officer.
- h. In the event of an incident or near miss that has or potentially impacted on one or more persons, an incident/near miss form should be completed and a member of the Committee notified as soon as possible.

## **2. Sun Smart**

BRC supports measures to minimise the risks of overexposure to ultraviolet light (UV):

- a. Rowers (including parents/guardians) are responsible for ensuring they are dressed in appropriate sunsmart clothing, including hat, and use sunscreen.
- b. Rowers are encouraged to carry water bottles with them when training.
- c. Sunscreen is available at the club shed and is taken to regattas.
- d. Training times are organized to try to avoid peak UV periods.
- e. The club marquee is taken to regattas to provide shade for participants.

## **3. Land training**

- a. All equipment is used at the risk of the individual, and should only be used with the correct technique.
- b. Coaches will make members and beginners aware of the benefits of warming up and warming down to avoid injuries.

- c. Use of weights, and weight lifting should only be undertaken after instruction in the use of correct techniques, and only with permission from a Captain or Coach. Members should not use weights on their own.

**4. Swimming Ability**

- a. All rowers and beginners must be in good health and able to swim a minimum of 50 metres in light clothing.
- b. Any member of the Committee or coach will have the authority to prevent anyone from going afloat whom they believe cannot swim.

**5. On water**

- a. Rowers will abide by relevant waterway rules when training and/or racing.