

Bann Rowing Club, founded in 1842, is one of the oldest sporting clubs on the island of Ireland. Housed in an iconic Victorian boathouse, the club has served the wider communities of the Causeway Coast and Glens Borough Council area for generations.

**This dedication was recently recognised when the club was awarded the Queen’s Award for Voluntary Service (2021), for-
*Providing an inclusive, successful, well-equipped centre, promoting and developing rowing***

Contact Us

Please do contact any coach or club member if you require any further information about this booklet.

Member Short Safety Booklet



BANN ROWING CLUB

2022-25 edition

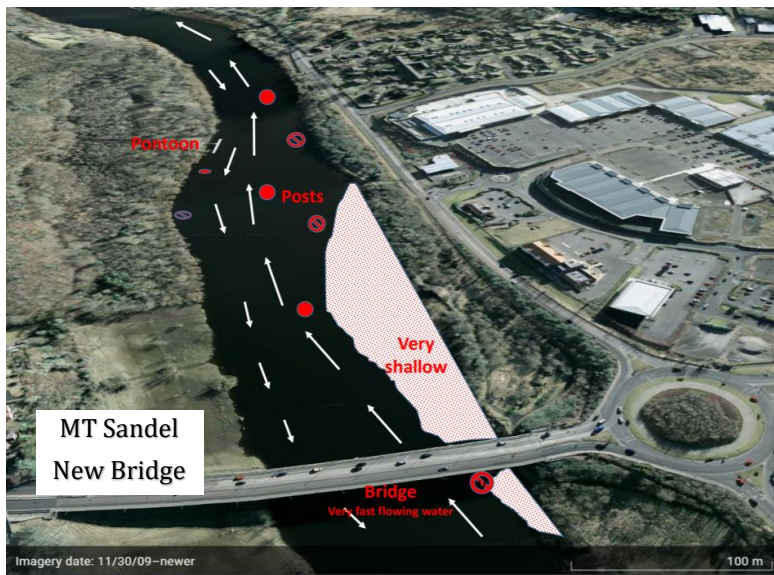


Hazard Maps

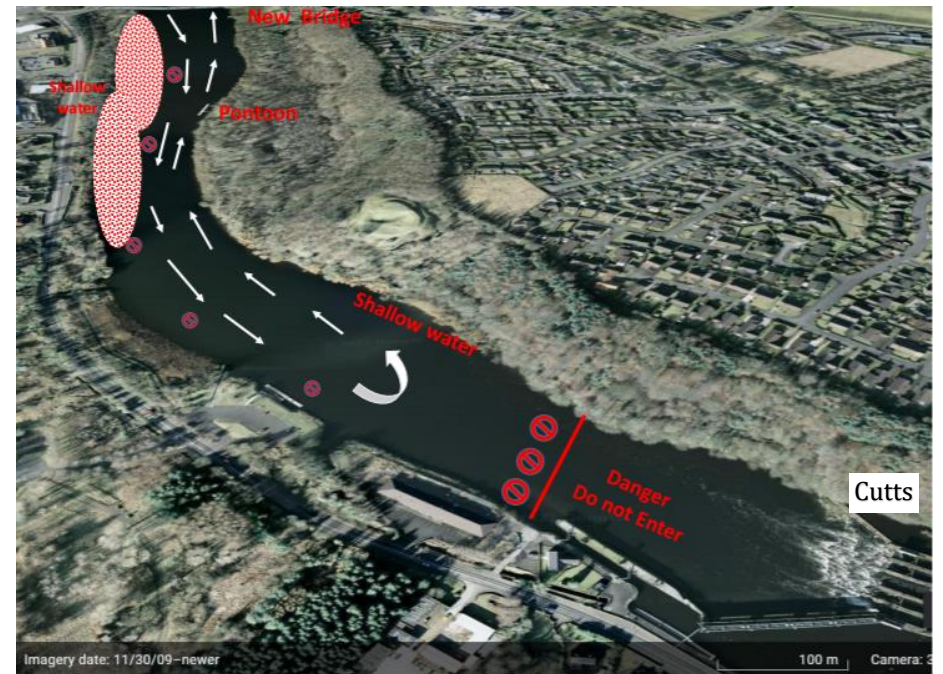
Note the direction of rowing. The banks should always be avoided.



The water speed changes constantly in this section of the river. Avoid the navigation posts and the shallow area past the bridge.



Do not row close to the Cutts.



Responsibilities of Rowing Ireland Club Members:

- Members are reminded of their responsibilities under the Safety, Health and Welfare Legislation
- Read and understand Rowing Ireland / club safety manual;
- Co-operate with Rowing Ireland / club officers to enable Rowing Ireland / the club to comply with statutory provisions;
- Take reasonable care for their own safety, health and welfare and that of others;
- Make proper use of all equipment etc.
- Make proper use of personal protective equipment;
- Report immediately to the club safety advisor, any defect in club house, club equipment, slipway, boats, launches, engines which might endanger the safety, health or welfare of which he/she becomes aware
- Refrain from playing dangerous practical jokes or engage in horseplay;
- Report any injury to him/herself, which occurs at Rowing Ireland activities, even if the injury does not stop him/her from participating;
- Suggest safer methods for our activities
- Attend health and safety training provided by the clubs / Rowing Ireland.

Rowing Ireland: Safety Statement

Everyone involved in rowing has a duty of care to ensure their actions both on and off the water are conducted in a manner which does not compromise the safety of others. Rowing Ireland has the responsibility to develop and maintain a culture of safe practice to advise all our clubs that they can support everyone involved in the sport in their efforts to achieve this.

All decisions regarding safety at rowing clubs and rowing events should be based on risk management as no safety document can possibly cover all situations. By continually assessing likely risks and taking action to manage them, some generalised standards can be developed, enabling us to provide guidance on how to avoid and take action regarding unforeseen hazardous situations.

All clubs have a responsibility to provide information, education and training about safety to their members. Individual members also have a responsibility to find out, learn, question and implement safety best practice. It is essential that all clubs register their members with Rowing Ireland to ensure full cover for all members. In addition, clubs need to take into account their own local risks and should conduct risk assessments regularly.

Having safety in mind at all times is an important part of what it means to be a club member.

To report an accident or Child Welfare incident please report directly to the club safety officer

Our Safety culture involves everyone taking care to keep themselves and others safe

Members would always:

Consider safety when deciding whether to start, or continue, an activity.

Check their boats before going afloat.

Take care when handling boats.

Follow the instructions of their cox and coach.

Take care when launching.

Dress appropriately for the conditions.

Always abide by the circulation plan or rules of the river.

Keep a good lookout.

Report all the incidents that they see.

Take care when coming ashore.

Clean their boats before putting them away.

Cox responsibilities

You must wear a lifejacket

Safety - if in doubt always stop, beware of conditions and obstacles.

Steering - steer subtly and in advance, use rowers to steer if needed.

Speech - be clear, concise and use your voice, time the calls, give feedback.

Do not stop or turn boats near bridges/navigation posts or where approaching boats might not see you clearly.

Be aware at all times of your position on the river and the position of other boats (which may be behind you).

Everyone is expected to:

Read the Club Safety Policy and show their commitment to it by signing a copy. Implement the policy to the best of their abilities.

Our communication methods include:

In person, face-to-face; Safety notice boards (club and event); Digital communications (websites, emails and social media); and Training and induction materials.

In the event of an emergency:

In the event of a serious emergency call **999** and ask for an ambulance and the coastguard if necessary. The club address is Bann Rowing Club, Hanover Place, Coleraine

In the event of an emergency on the water at a distance from the club you can call 999 and ask for the coastguard or call for assistance on channel 16 on the radios

First aid kits and a defibrillator are available in the kitchen

Swimming ability:

Everyone taking part in rowing should be able to: Swim at least 50 meters in light clothing (rowing kit). Tread water for at least two minutes. Swim under water for at least five meters.

Safety procedures

Emergency Incidents:

In the event of a capsized boat:

Stay with the boat and use it as a life raft, unless doing so results in greater danger.

Follow the instructions of your coach in the safety boat



Hypothermia

Be aware of symptoms of mild hypothermia (feeling cold and tired, poor comprehension, disorientation, poor concentration, irrational behaviour, violent outbursts and confusion). Wear clothing appropriate to the conditions (Coxs should keep warm).

Everyone(



- Take responsibility for your own safety and the safety of others affected by your activities
- Operate within your competence level
- Consider impacts of your health, injury, fitness, and wellbeing

If you fall into the water make sure you shower and change into fresh clothing asap.

Waterborne infections:

Ensure you wash your hands and other exposed body parts after contact with the water to prevent infection.

Wash all boats and equipment thoroughly.

Equipment(



- Routinely check equipment before, and after, each use. Report any defects.
- Only use equipment that is in good condition.
- Check safety elements: bow balls; hatch covers; heel restraints; buoyancy