

Risk Management – Rowing

Name: Karapiro Rowing Incorporated **Activity:** NZRA Sanctioned Regattas at Lake Karapiro **Participants:** Secondary students, adults

Situation/Activity Related Factors	People	Resources/Equipment	Environment
Risk Identification	Individual rower's skill level Lack of experience Not following instructions Existing medical conditions Capsizing and swamping Dehydration Sunburn and sunstroke Hypothermia Exhaustion, poor fitness	Leaking boat Equipment failure Missing or malfunctioning bowballs, heel restraints, etc Incorrect clothing/attire Collision with other rowers Emergency equipment set incomplete	Water conditions Weather/wind Floating logs and other debris Other lake users (e.g. jet skiers, etc) Weed banks Fixed logs and other fixed objects Overhanging growth on banks Contaminated water
Risk Management	Careful coaching – especially novices Use experienced rowers as mentors Reinforce instructions clearly Medical form and log – rowers responsibility to maintain medication Stress importance of holding onto oar – follow swamping drill procedure Rowers to have drink bottles Use hats and sunscreen as necessary Dress appropriately Follow fitness guidelines from coaches Have ambulance/ first aid providers on site Safety officer appointed	Maintain boats to high level Check equipment prior to use Ensure each skiff meets Rowing NZ standards Rowers informed of appropriate clothing Follow course direction plan as outlined Maintain safety equipment in coach boats Have lane plan board up and in published in regatta programme All boats and personnel on the water included in the general radio frequency for the regatta Umpire launches should carry: 10 approved buoyancy aids or RBA's; radio; throw line	Check for suitable rowing conditions Check weather forecast – postpone event Maintain and update map of hazards Rowers to watch where they are going Take care – use navigation safety officers Check regularly with regatta officials Stay clear of banks Don't drink lake water, wash thoroughly, clean and treat any wounds Flags on marshals hut indicating regatta operation Book lake solely for KRI regatta use
Coping with Emergencies	Use umpire boat safety equipment and safety boat equipment as required Use approved phone list and emergency numbers as determined by KRI	Record equipment failure and any boat problems Use coach boat as safety boat – tow rowing skiff to shore as necessary	Shepard to shore if conditions become unfavourable Rowers stay with boat and wait onshore for assistance Seek medical advice as necessary