Clare Boat Club

Activity	Rowing and training during COVID-19	Version	3
Next Review		Date	22/03/2022
It is agreed that application of the control measures speci This risk assessment is subject to review at a minimum of		isks.	
Assessor	Andrew Watson	Date	05/06/20; 09/09/2020; and 22/03/21
Reviewer	Brenan Morgan	Date	22/03/2021
Reviewer	Emma Easterbrook	Date	22/03/2021
Approver	Paul Warren, Chair, CCHSWG	Date	23/03/2021

Part	Part A: Hazard Identification & Impact							Part B: Recucing the Risk & Severity							Part C: Who is Responsible							
No	Process Summary (can be broken down into steps)		Who might be harmed?	How might they be harmed?	Severity of harm	Severity (1-5)	Probability (A-E)	Level of Risk (L/M/S/I)	Controls in place	Additional controls needed	Club President	Club Safety Officer	Club Captain	Coaches	Rowers/Scullers	Coxes	Other (State)					
	1	1	1		(Orga	nisin	g Outings														
1					Minor Illness	3	А		Booking system implemented to ensure no more than 12 people on the hard at one time and to record members.	that no more than 12 members of the club interact with one another, no matter what size the boat(s)												
2	Organising Outings	Overlapping activities at the boathouse results in more than 12 people on the hard at one time. Exposure to SARS-Cov-2	Champs, Clare or Clare Hall members or Boatman	Club member (rower, cox, coach) becomes infected with COVID-19	Severe Illness	4	Α	Low	ume and to record members who have been at Clare BH to allow for contact tracing if required. Allow at least 10 minutes between bookings to ensure hard not over-populated (max 12 people/4 boats) Where possible, equipment assigned to specific people/groups. This is via the booking system. Club members reminded to use booking system when	they are rowing in. Records of rowing bubbles are to be maintained by the captains and will be cross-referenced against boat bookings. Where crews or individuals break their bubble, rowing priveledges will be reviewed by the captains. ALL outings to be organised from Clare BH. No more than 12 people are permitted to be at the boathouse at one time. Outlings must be organised to ensure this is			x	x	х	x	Boatman					

3					Lifechanging Illness/Death	5	А	Moderate	back in operation and to stick to outing times. Webmaster to put link onto return to rowing webpage arrive at the boathouse at one time, later arrivals MUST step back and wait by the trailers until crews have boated or left. Mixed-household 4x, 4x+, 4+ and 8+ outings are permitted from 29 March 2021					
						Trav	el to	the Club						
4			Club member on public		Minor Illness	3	D	Substantial	Club members advised			Т		
5	Travel to the club by public	Exposure to SARS-Cov-2	transport, Club members	Club member (rower, cox, coach) becomes infected with COVID-19	Severe Illness	4	С	Substantial	against using public transport	×	4	×	x x	Boatman
6	transport		secondarily exposed, member of the public	becomes infected with COVID-19	Lifechanging Illness/Death	5	В		to travel to the club					
7					Minor Illness	3	D	Substantial			+	+	_	
8	Travel to the club in a private car with someone	Exposure to SARS-Cov-2	Club members in car, Club	Club member (rower, cox, coach)	Severe Illness	4	С		Club members advised not to share private cars in line with	,		,	x x	Boatman
9	from a different household	Exposure to or the cov E	members secondarily exposed	becomes infected with COVID-19	Lifechanging Illness/Death				UK government advice					Doddinan
10					Minor Illness	5	B				-	+	-	
11	Travel to the club in a private car members of your	Exposure to SARS-Cov-2	Club member(s) in car	Club member (rower, cox, coach)	Severe Illness	4			Club members reminded to follow UK government advice	×		×	x x	Boatman
12	own household	,		becomes infected with COVID-19	Lifechanging Illness/Death		Ā		on travel					
13	Travel to club on foot or by			Club member (rower, cox, coach)	Minor Illness		Α		Club members reminded to					
14 15	bicycle	Exposure to SARS-Cov-2	Club member(s)	becomes infected with COVID-19	Severe Illness Lifechanging Illness/Death		A		follow UK government advice on travel	×		×	K X	Boatman
15								he boathouse	OII traver		\perp		_	
16					Minor Illness	3	С	Moderate	Crews must assemble in groups of no more than 12 CUTSIDE the boathouse and maintain 2m distance, wear a face covering. No more than 12 people are permitted to be at the boathouse at one time. Outlings must be organised to ensure this is possible. If more than 12 people					
17	Assembling the crew	Exposure to SARS-Cov-2 if person shedding the virus has been inside the boathouse in the last 3 days	Members of Champs, Clare BC, Members of Clare Hall BC; Boatman	Club members of champs Clare BC Member, Clare Hall BC Member, Boatman becomes infected with COVID-19	Severe Illness	4	В	Moderate	possible. If more call to people arrive at the boathouse at one time, later arrivals MUST step back and wait by the trailers until crews have boated or left. For each crew, the nominated boat organiser must confirm with EACH member of the crew and the coach that they are fit and able to row. This includes asking if they are experiencing symptoms of COVID19 or if they have been	>	()	x >	x x	Boatman
18					Lifechanging Illness/Death	5		Moderate e and returning the equipment after use	exposed to someone with symptoms or who has tested positive in the last 14 days. This information is to be confirmed in the boat booking system as soon as practicably possible. The cox and coach are not permitted to enter the boat bay					

1	9			Minor Illness	3 C	Moderate	now more man z peopie are permitted to enter the boat bays to retrieve blades from Inside storage. Those persons must maintain 2m social distancing unless they are from the same household. Keep the boathouse wil ventilated (open all doors) whilst people at the site. Keep the boathouse wil ventilated (open all doors) whilst people at the site.	In mixed-household crews, rowers MUST carry their own blade(s) and disinfect with their own materials. For an 8+, this means blades must be brought out in 4 batches of 2 people at a time in the boat bay. Buckets and sponges are to be used for cleaning boats and					
2	Entry to the internal at of the boathouse to ac equipment/facilities		Champs members, Clare BC Member, Clare Hall BC Member, Boatman becomes infected with COVID-19	Severe Illness	4 B	Moderate	No club member permitted to access changing facilities at Clare BH. Toilets may be used in case of urgent need. Ensure that anyone who has been exposed does not visit the boathouse in line with government guidance to self-isolate for 14 days post exposure. Equipment cleaning agreed to by all club members using	blades. On completion of cleaning, sponges are to be left in dilute bleach in the bucket and the outer surfaces of the bucket wiped down as per all other touch points. Crews may wish to bring their own cleaning materials. These must be disposable and brought to the boathouse by each crew member and disposed of on returning home (bagged disposal). Coxes and coaches are not permitted to enter the boat bay as no equipment is held inside that	x	x	x	x	Boatman
2	1			Lifechanging Illness/Death	5 A	Moderate	equipment stored inside or outside of the BH. Wash/sanitise hands thoroughly at the start of each outing and before leaving to travel home. At the start and end of each visit (which includes before you leave the hard in a boat), disinect all surfaces (doors, locks, taps etc) that will or have been touched. Keen the hoathouse will	the equipment is need inside that they need. If shielding re-introduced, shielding members of Champs not permitted to visit the boathouse or train using equipment stored at Clare BH					
2	2			Minor Illness	3 C	Moderate	NEV III I I I I I I I I I I I I I I I I I	Ensure that anyone who has been exposed does not visit the boathouse. At the start and end of each visit,					
2	Touching surfaces (dc combination locks etc enter or equioment or surfaces once within boathouse	to person shedding the virus has her been inside the heathquise in	Champs members, Clare BC Member, Clare Hall BC Member, Boatman becomes infected with COVID-19	Severe Illness	4 B	Moderate	Equipment cleaning, before and after outing Wash/sanitise hands thoroughly at the start of each outing and before	disinect all surfaces (doors, locks, taps etc) that will be or have been touched. Nominated person in crew responsible for opening and closing boathouse to ensure only 1	x	x	x	x	Boatman
2	4			Lifechanging Illness/Death	5 A	Moderate	leaving to travel home	person touches doors, combination locks and lightswitches. This nominated person is responsible for disinfecting these before and after.					
2	5			Minor Illness	3 C	Moderate	Posters placed to remind everyone to maintain social distancing (>2m) whilst at the boathouse.						
2	Touching surfaces equipment stored outsi the boathouse on scal racks	e of person shedding the virus has Champs member(s); Member	Champs members, Clare BC Member, Clare Hall BC Member, Boatman becomes infected with COVID-19	Severe Illness	4 B	Moderate	Equipment cleaning agreed to by all club members using equipment stored outside of the BH.		x	x	x	x	boatman

27			Lifechanging Illness/Death	5		Moderate	vvasn/saniuse nanus thoroughly at the start of each outing and before leaving to travel home					
28			Minor Illness	Going af		or Landing Moderate		Limit the number of people by the scaffold racks to 1 crew or a single sculler plus a helper. If another boat is being moved, wait in front of the boathouse until the crew has moved away from the side of the boathouse. Maximum number of people for each boat type: 1x: 2 2x: 2 4x: 4 List of mixed household crews				
Putting the boat on the water, or returning boat to exterior racks: 1x, 2x, 4x-	Exposure to SARS-Cov-2 if person shedding the virus has touched equipment stored outside	Champsmember(s); Members of Clare BC, Members of Clare Hall BC; Boatman	Severe Illness	4 E	3	Moderate	Boats allocated to known list of users All rowers instructed in boat and blade sanitising List of permitted scullers maintained by sculling captain	maintained by sculling captain (for sweep) sculls) or club captain (for sweep) Mixed household crews must attempt to maintain 2m distance between one another when lifting the boat from the racks to the water and in return. This may mean adjusting lifting positions closer to stern and bows than normal. Boats to be marked with lifting positions to give visual cues to maintain distancing	x	x x	x	Boatman
30			Lifechanging Illness/Death	5	A	Moderate		Mixed household crews are not required to wear face coverings but can if they chose to whilst lifting the boat. 1x, 2x and 4x- can maintain 2m distance through lifting at 2m intervals. Mixed household crews: rowers responsible for cleaning their own section of the boat and associated rigger(s) and blade(s) Following cleaning before launching, rowers to wash/sanitise hands.				
31			Minor Illness	3 (C	Moderate		Limit the number of people by the scaffold racks to 1 crew. If another boat is being moved, wait in front of the boathouse maintiaining social distancing from crewmates until the crew has moved away from the side of the boathouse. Maximum number of people for each boat type: 4x+: 5 4+: 5 8+: 9				

3	Putting the boat on the water, or returning boat to exterior racks: 4x+, 4+ & 8+	touched equipment stored of Clare B	member(s); Members BC, Members of Clare all BC; Boatman	Champs member, Clare BC Member, Clare Hall BC Member, Boatman becomes infected with COVID-19	Severe Illness	4	В	Moderate	Boats allocated to known list of users All rowers instructed in boat and blade sanitising List of permitted scullers maintained by captain	List of mixed household crews maintained by sculling captain (for 4x+) or club captain (for 4x+ 8x+) Mixed household crews must attempt to maintain 2m distance between one another when lifting the boat from the racks to the water and in return. This may mean adjusting lifting positions closer to stern and bows than normal. Boats to be marked with lifting positions to give visual cues to maintain distancing	x :	x x	x	Boatman
3					Lifechanging Illness/Death	5	A	Moderate		Mixed household coxed crews MUST wear Face coverings when carrying the boat and when getting into or out of the boat. Mixed household crews: rowers responsible for cleaning their own section of the boat and associated rigger(s) and blade(s) Following cleaning before launching, rowers to wash/sanitise hands.				
3					Minor Illness	3	С	Moderate		Nominated person from each crew responsible for opening and				
3	Accessing blades from the interior boat bay: 1x, 2x, 4x	person sneeding the virus has of Clare B	member(s); Members BC, Members of Clare all BC; Boatman	Champs member, Clare BC Member, Clare Hall BC Member, Boatman becomes infected with COVID-19	Severe Illness	4	В	Moderate	All rowers instructed in boat and blade sanitising	closing boat bay and for disinfecting touch points. No more than 2 people in the boat bay at 1 time In mixed household crews, all crew	x :	x x	x	Boatman
3					Lifechanging Illness/Death	5	Α	Moderate		members MUST carry their own blades and not carryfor another crew member				
3					Minor Illness	3	C	Moderate		Nominated person from each crew responsible for opening and closing boat bay and for disinfecting touch points. No more than 2 people in the boat bay at 1 time				
3	Accessing blades from the interior boat bay: 4x+, 4+, 8+	of Clare B	member(s); Members BC, Members of Clare all BC; Boatman	Champs members, Clare BC Member, Clare Hall BC Member, Boatman becomes infected with COVID-19	Severe Illness	4	В	Moderate	All rowers instructed in boat and blade sanitising	In mixed household crews, all crew members MUST carry their own blades and not carryfor another crew member 8+ Blades are to be put away in this order: 80w-2-3-4-5-6-7-Stroke.	x :	x x	x	Boatman
3					Lifechanging Illness/Death	5	Α	Moderate		8+ Blades are to be retrieved in this order: Stroke-7-6-5-4-3-2-Bow 4+ are required to use Stroke-7-6-5 blades and retrive and put away as per 8+ instructions				
4					Minor Illness	3	С	Moderate	Maximum of 12 people on the hard at one time.					
4	Seeking support from others in putting the boat or the water or returning boat and blades to exterior racks: 1x	person sneeding the virus has of Clare B	member(s); Members BC, Members of Clare all BC; Boatman	Champ members, Clare BC Member, Clare Hall BC Member, Boatman becomes infected with COVID-19	Severe Illness	4	В	Moderate	Handle single sculls at opposite ends of the boat to maintain a 2m distance		x	x x	x	Boatman

Maximum of 4 boats on the hard (either in the water or 42 Lifechanging Illness/Death 5 Α Moderate on trestles) at any one time 43 Minor Illness 3 С Moderate All returning rowers and scullers Exposure to SARS-Cov-2 if Champs members, Clare BC All permitted oarsman must be instructed in sanitising Handling and being in close contact with club equipment Champs member(s); Members person shedding the virus has Member, Clare Hall BC Member, instructed in sanitising of Clare BC, Members of Clare 4 В х Severe Illness Moderate interoir and exterior of boats and Boatman touched equipment stored Boatman becomes infected with interior and exterior of boats whilst engaging in exercise Hall BC; Boatman blades and have documented this COVID-19 prior and after use with the captain 45 Lifechanging Illness/Death 5 Α Moderate Only the cox has to continue to 46 3 С Minor Illness Moderate wear a face covering once afloat All crew members must be rowing at the same time to maintain Exposure to SARS-Cov-2 if maximum distance between crew Warming up/down: 4x+, 4+, Club member becomes infected В 47 person shedding the virus is Crew members Severe Illness 4 Moderate members. Boatman with COVID-19 within the crew No split-crew warm ups are permitted. Crews advised to warm up full 48 Lifechanging Illness/Death Α Moderate slide to reduce likelihood of injury. All crew members must be rowing at the same time to maintain С 49 Minor Illness 3 Moderate maximum distance between crew members. Exposure to SARS-Cov-2 if Club member becomes infected 50 Rowing: 4x+, 4+, 8+ person shedding the virus is Crew members Severe Illness Moderate No split-crew rowing is permitted. Boatman with COVID-19 within the crew The exception to this is single household crews which do not need to maintain social distancing. 51 Α Lifechanging Illness/Death 5 Moderate Coxes set to specific crew Crew has a fixed stroke person and a fixed cox such that cox only faces one person. С 52 Minor Illness Moderate Coach, cox and stroke to discuss safety plans BEFORE 1st crew outing to agree process. If either cox or stroke feel unsafe, they are to flag this immediately for a resolution to be found. Coxes to wear covering of nose and mouth throughout outing Coxes must sanitise hands before

5:	Coxing crew boats (4x+, 4+ & 8+)	Exposure to SARS-Cov-2 if person shedding the virus is in the crew, particularly in the stroke seat	Champs member(s); Members of Clare BC, Members of Clare BC, Members of Clare Hall BC; Boatman becomes infected with COVID-19	Severe Illness	4	В	Moderate	touching any equipment and again after putting equipment away. If gloves are worn, these must be a clean pair for each outing. Coxes seat, steering wires, cox box and headset must be wiped with a sanitising wipe before and after each outing. Cox issued with their own/small group shared cox box which MUST be used. Shared equipment to be recorded on the boat booking sheet with details of who has used. No coxed outings permitted without a coxbox. Coxes will be issued with their own	х	x	x :	x	Sculling Captain
5.				Lifechanging Illness/Death	5	A	Moderate	microphone and headband. These MUST be labelled and left at the boathouse. The microphone must be worn OUTSIDE of the face covering (but not the visor) Coxes are to be issued with their own life jacket which MUST be labelled and left at the boathouse. Cox issued with face visor to be used in addition to covering of nose and mouth - required for stem loading boats to protect the face covering from getting wet					
5:				Minor Iliness	3	С	Moderate	Coaches advised to maintain 2m social distancing as far as reasonably practicable. Where closer coaching is required (e.g. holding a rigger while a sculler gets in or holding the blade of a sweep or scull), coaches are					
51	Coaching novice crews: 1x, 2x, 4x-, 4x+, 8+	Exposure to SARS-Cov-2 if person shedding the virus is in the crew	Champ member(s); Members of Clare BC, Members of Clare BC, Members of Clare Hall BC; Boatman Champ member, Clare BC Member, Clare Hall BC Member, Boatman becomes infected with COVID-19	Severe Illness	4	В	Moderate	required to wear a face covering Coaches are advised to use a loud hailer or other projection system rather than shouling to reduce the likelihood of aerosol generation and projection. In the case of capsize, coaches can aid in the rescue of rower(s)	x	x	x :	x	Boatman
5				Lifechanging Illness/Death	5	A	Moderate	from the river where they are unable to. Use of throw lines is strongly advised to avoid person to person contact. Coaches of Novice boats MUST be counted within the 12 person rowing bubble					
5				Minor Illness	3	С	Moderate	Coaches must maintain social distancing from the crew (2m+) at ALL times Coaches are advised to use a loud					

59	Coaching experienced crews: 1x, 2x, 4x-, 4x+, 8+	Exposure to SARS-Cov-2 if person shedding the virus is in the crew	Champ member(s); Members of Clare BC, Members of Clare Hall BC; Boatman	Champs members, Clare BC Member, Clare Hall BC Member, Boatman becomes infected with COVID-19	Severe Illness	4	В	Moderate		hailer or other projection system rather than shouting to reduce the likelihood of aerosol generation and projection. Coaches of experienced crews are exempted from the 12 person	×	x	x	x	Boatman
60					Lifechanging Illness/Death	5	A	Moderate		rowing bubble assuming they do not breach 2m social distancing. Should 2m be breached, coaches are to be retrospectively included in the bubble					
61					Minor Illness	3	С	Moderate		All crew members to rest at backstops (this maintains maximum distance between crew members and stroke and cox)					
62	Resting/Recovering on the water and taking coaching	Exposure to SARS-Cov-2 if person shedding the virus is in the crew	Champ member(s); Members of Clare BC, Members of Clare Hall BC; Boatman	Champs members, Clare BC Member, Clare Hall BC Member, Boatman becomes infected with COVID-19	Severe Illness	4	В	Moderate		No water bottle sharing is permitted No crew member should shout to reduce projected droplet transmission risk. To communicate	x	x	x	x	Boatman
63					Lifechanging Illness/Death	5	A	Moderate		within the crew, talk to the person in front and pass information through the crew.					
64		Exposure to SARS-Cov-2 if		Champs members, Clare BC	Minor Illness	3	_	ne toilets Substantial							
65	Accessing and using toilets in the boathouse	person shedding the virus has been inside the boathouse in	Champ member(s); Members of Clare BC, Members of Clare Hall BC; Boatman	Member, Clare Hall BC Member, Boatman becomes infected with	Severe Illness	4	С	Substantial	Club members advised to not use toilet facilities if at all possible.	Work with Boatman to ensure all toilets have lids to ensure reduced aerosols produced on flushing	x	x	х	x	Boatman
66		the last 3 days	rian bo, boatman	COVID-19	Lifechanging Illness/Death	5	В	Substantial	possible.	acrosors produced on itasining					
						U	se of t	the Gym							
55					Minor Illness	3	С	Moderate		On arrival wear a face covering Only 2 people to use the Gym at any one time (no earlier than 12 April 2021, to be reviewed by Boatman.					
56	Use of weights Area/Gym	Exposure to SARS-Cov-2 if person shedding the virus is in the crew	Champ member(s); Members of Clare BC, Members of Clare Hall BC; Boatman	Champs members, Clare BC Member, Clare Hall BC Member, Boatman becomes infected with COVID-19	Severe Illness	4	В	Moderate		Place signs to warn people that people are training. Use the hand sanitizer provided before touching anything (including the door) On entrance Sign In with your name, date and time (TRACK AND TRACE) Use anti-viral spray to sanitise the	x	x	x	x	Boatman
57					Lifechanging Illness/Death	5	A	Moderate		equipment you are about to use and carry out a visual check Place any outer-layers not to be worn during training in a bag at your training station. Open Doors to both Bays. Use anti viral spray to sanitise the equipment and bench.					
						Use o	of Ergo	os Upstairs.		On arrival, wear a face covering.					
55					Minor Illness	3	С	Moderate		Sanitise your hands before you unlock the bottom gate and the main door upstairs. No earlier than 12 April 2021 for personal or housholds, no earlier than 17 May 2021 for mixed households (to be reviewed by					

56	Exposure to SARS-C person shedding the vi the crew	v-2 if Champ member(s); Members us is in of Clare BC, Members of Clare Hall BC; Boatman	Severe Illness	4	В	Moderate	Boatman). On entrance Sign In with your name, date and time (TRACK AND TRACE) Only 5 No people can use the 5 no rowing machines upstairs. All windows should be opened and machines facing the windows. Use the cleaning spray and blue roll to clean your machine, slide,	×	×	x	x	Boatman
57			Lifechanging Illness/Death	5	A	Moderate	seat, handle and in front of the wheel. Leave any spare kit next to your machine. After your session clean the machine, slide, seat, handle and in front of the wheel. Sanitise your hands and exit, clean the locks and your hands again once you have locked the bottom gate.					