## Risk Management – Rowing

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

<table>
<thead>
<tr>
<th>Situation/Activity Related Factors</th>
<th>People</th>
<th>Resources/Equipment</th>
<th>Environment</th>
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</table>
| **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 |