

Health and Safety Risk Assessment

PENDEEN PILOT GIG CLUB CIO – ROWING IN AND AROUND NEWLYN HARBOUR

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Date: updated August 2023

Likelihood of harm	Severity of harm		
	Slight	Moderate	Extreme
Very unlikely	Trivial	Tolerable	Moderate
Unlikely	Tolerable	Moderate	Substantial
Likely	Moderate	Substantial	Intolerable

What are the hazards?	Who might be harmed and how?	Existing controls	Risk	Further controls	Residual risk	Who should take action?	Deadline for action	Date when done
LAND BASED								
Slips and trips on rowing kit (oars etc.) being brought to and from pontoon	Club members, public, other harbour users could trip and fall on kit on pontoon or into harbour. Skeletal and soft tissue injury, including potential head injuries. Falling in water with risk of infection, drowning, hypothermia.	Rowers and coxes know to take extra care in wet weather. No running on pontoons. Coxes and Juniors trained to put on lifejackets BEFORE going onto gangway to pontoons. Rowers trained to place kit on pontoons so as not to cause a trip hazard, and to be aware of mooring ropes as potential trip hazard. First aid and thermal blanket available.	Moderate	New members to be trained as per existing controls	Moderate	Coxes, Safety Officer and other Club Members	ongoing	
Slips and trips whilst getting into/out of boats	Club members – as with slipping/tripping on pontoons above.	Crew trained to get in/out of boat one at a time and to listen to cox's instructions. One person stays on pontoon to keep the boat steady and bow tight to pontoon with use of mooring rope. Cox and Juniors to be wearing lifejackets. First aid and thermal blanket available.	Moderate	New members to be trained as per existing controls	Moderate	Coxes, Safety Officer and other Club Members	ongoing	
Carrying oars	Club members – skeletal and soft tissue injury. Collision with other harbour users and public could occur resulting in soft tissue or head injury	Rowers trained to be aware of other people and obstacles when carrying paddles. Juniors to carry only one paddle at a time. First aid available	Moderate	New members to be trained as per existing controls	Moderate	Coxes, Safety Officer and other Club Members	ongoing	

Potentially hazardous objects and substances in working areas of harbour – fishing equipment, refuse from boats etc.	Club members could trip and fall (skeletal and soft tissue injury) or cut themselves on sharp objects around the harbour and on the rocks beside the pontoon.	Members briefed to take care in working areas of harbour and instructed not to climb on the rocks near the pontoon.	Moderate	New members to be briefed as per existing controls	Moderate	Coxes, Safety Officer and other Club Members	ongoing	
WATER BASED								
Collision of boats	Rowers and other harbour users could experience skeletal or soft tissue injury from impact	Coxes are trained to assess sea conditions, movement of other boats around the harbour and to remain alert at all times. Coxes aware of navigation rules of harbour (e.g. Keep to the right as you leave and enter the harbour. Pass boats port side to port (left) side. Power gives way to sail – a gig is a powered craft. A craft with limited manoeuvrability has right of way over all other craft, e.g. a towing vessel, survey boat, etc.) All gigs have safety equipment on board including two-way radios, first aid kits, grab lines, thermal blankets etc. Several club members are trained first aiders.	Moderate	New coxes to be trained as per existing controls	Moderate	Coxes	ongoing	
Capsizing	Crew at risk of immersion with risk of drowning, infection or hypothermia	Coxes to be aware of sea conditions and remain alert. Crew to avoid standing up in boat and swap positions only if conditions allow. Crew to move one at a time on instruction from cox. Crew trained in 'man overboard' procedures. All rowers can swim or, if not, wear lifejackets. Juniors and coxes all wear lifejackets. All gigs have safety equipment on board including two-way radios, first aid kits, grab lines, thermal blankets etc.	Moderate	New coxes and crew to be trained as per existing controls	Moderate	Coxes	ongoing	
Boats taking on water	Crew at risk of immersion with risk	All boats are well maintained and have a bailer on board as well as	Moderate	New coxes to be trained as per	Moderate	Coxes, Maintenance	ongoing	

	of drowning, infection or hypothermia	the kit mentioned above. Coxes are trained on how to deal with such incidents.		existing controls, Maintenance Officer to regularly assess condition of boats.		Officer, Safety Officer		
Manual handling of oars	Rowers could experience impact injury with another rower's oar or sprains from 'crabbing'	Rowers are trained in how to handle oars if they crab, to await instruction from cox before lifting or lowering oars in boat, to help each other if necessary and be aware of others.	Moderate	New members to be trained as per existing controls	Moderate	Coxes	ongoing	
Over-exertion	Rowers could experience hyperventilation, pulled muscles, cramp, back injury, dehydration etc.	Coxes to ensure rowers have warmed up in harbour prior to setting out to sea. Rowers advised to stretch out afterwards and to bring own drinking water to sessions. PPGC has several trained first aiders.	Moderate	New coxes and rowers to be trained as per existing controls	Moderate	Coxes	ongoing	
High winds/heavy seas	Crews could have difficulty manoeuvring gigs leading to injury and/or collision. Rowers at risk of immersion with risk of drowning or hypothermia	Weather is always assessed ahead of training sessions which are then confined to harbour or cancelled if necessary. Coxes have clear instructions on how to assess weather conditions.	Moderate	New coxes to be trained as per existing controls	Moderate	Coxes	ongoing	
Sea mist/fog	Crews could have difficulty seeing land, disorientation.	Coxes trained to be alert to deteriorating visibility and know nearest 'escape routes' – Newlyn or Penzance harbours, Sandy Cove, Long Rock/Marazion beaches and to call the Coastguard if cannot determine landfall.	Moderate	New coxes to be trained as per existing controls	Moderate	Coxes	ongoing	
Tying of mooring ropes	Crews at risk of falling in water with risk of infection, drowning, hypothermia if boats not moored properly.	Coxes to ensure boat is secured to pontoon before crew alights one at a time. Both bow and stern lines should be attached and should not compromise the movement of other boats.	Moderate	New coxes to be trained as per existing controls	Moderate	Coxes	ongoing	
Collision with swimmers	Swimmers could be seriously injured from a collision with	Coxes to ensure boat is not taken inside the swimming buoys along the prom, and to remain vigilant of	Moderate	New coxes to be trained as per existing controls.	Moderate	Coxes/crew	ongoing	

	the gig/being hit by an oar	swimmers along Sandy Cove/Skilly/Penlee		Crew to speak up if they feel the boat is too close to potential swimming areas.				
Avian (bird) flu	Club members, other harbour users by coming in contact with sick/injured/dead birds	Members briefed via CPGA updates; guidance not to touch dead or sick wild birds, keep dogs away from birds, report any dead wild birds found, do not feed wild birds. If you find a sick or dead wild bird report it to DEFRA – 03459 33 55 77.	Moderate	All communications re: Avian Flu to be sent to membership ASAP. Report any issues to the Safety Officer / Committee	Moderate	All club members	ongoing	
Medical incidents	Rowers/coxes, if a medical incident happens in the boat the individual will be affected. Rowers/cox may be affected by being hit by an oar/the boat being thrown off balance.	As many club members as possible to be first aid trained. It is the individual's responsibility to let their cox know if they have any medical issues/are feeling unwell. A boat of 4 rowers MUST stay in the harbour in order to be able to reach safety quickly, irrespective of conditions in the Bay. Cox to ensure radio is switched on and are able to competently use it.	Moderate	New coxes/rowers to be trained as per existing controls.	Moderate	Coxes/rowers	ongoing	