

AB Severn Rowing Club Safety Plan

Introduction

The safety plan describes how AB Severn Rowing Club ensures the safety of its members, other water users and members of the public. As a Junior Rowing Club, we take safety very seriously and our coaches ensure a high level of care for all our young members. The safety plan is available for all to view and to download from the Club's website.

AB Severn Rowing Club Safety Policy

1. AB Severn Rowing Club exists to promote rowing in a safe and enjoyable environment.
2. Members have primary responsibility for their own safety and the safety of others.
3. The Club will encourage safe practice having due regard for the guidance provided by British Rowing in Rowsafe. See <https://www.britishrowing.org/about-us/policies-guidance/rowsafe/>
4. Coaches are DBS checked and there is always at least one parent present during sessions.

Approval

The safety plan is updated and reviewed annually by the Head Coach and the Welfare Officer, or whenever required in the light of incidents, or changes in good practice.

This plan was approved on 15th March 2026.



Brian Curtis. Head Coach

Members' responsibilities

Members' responsibilities include, but are not limited to:

1. Taking individual responsibility for their own safety and for the safety of others.
2. Ensuring that their actions both on and off the water do not put others or themselves at risk.
3. Ensuring that they have prepared for the activity that they are about to undertake, including having eaten appropriately, having sufficient drinking water and dressing appropriately for the conditions. In sunny conditions, adequate sun screen must be applied.
4. Following the guidance contained within this safety plan.
5. Reporting all incidents both within the club and to British Rowing.
6. Ensuring all boats and blades are properly washed after each outing.

Contacts Key Personnel

Head Coach

Brian

brian.curtis@absevernrowing.co.uk Tel:**07377 197772**

Curtis

Welfare

Rebecca Curtis

cwo-becky@absevern.com**Tel 07980 860718**

Kate

Thompson

cwo-kate@absevern.co**m Tel 07754 906898****Officers****Nearest Hospital Tewkesbury Hospital. (Minor Injuries)**

Barton Road

Tewkesbury

Gloucestershire

GL20 5QN

Tel 0300 4216100

Club First Aid provision

First Aid Kits are located in the washroom cabin.

Navigation

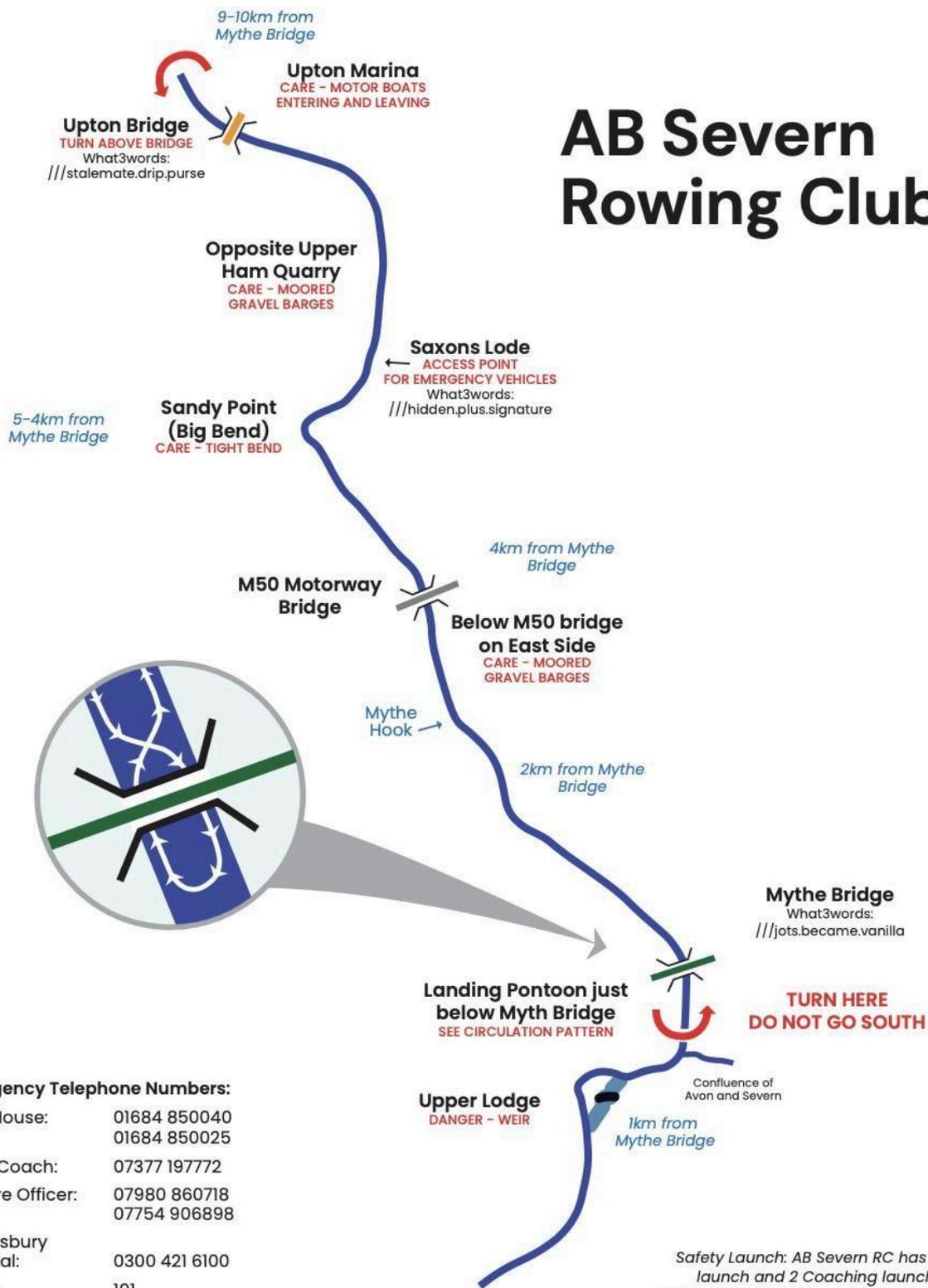
Circulation of boats in the vicinity of Mythe Bridge and the landing stages is shown on the map below.

At all other times boats observe normal rules of navigation: that is, they travel North on the East side of the river and travel south on the west side of the river. This ensures that approaching craft always pass on the port bow.

Map of the River and Emergency Access Points

Map of the River and Emergency Access Points

AB Severn Rowing Club



Emergency Telephone Numbers:

Club House:	01684 850040 01684 850025
Head Coach:	07377 197772
Welfare Officer:	07980 860718 07754 906898
Tewkesbury Hospital:	0300 421 6100
Police:	101
Emergency:	999

Safety Launch: AB Severn RC has 1 safety launch and 2 Coaching launches. The safety launch has the capacity to rescue a complete crew should a boat capsize.

Boat reservation

Crews must reserve their boat either by email to the Head Coach or directly in the Reservation Book at least three days before, but no more than one week before their planned outing. This provides time to ensure that equipment, safety launch and coaches are available.

Acceptance will be by email and crews will be advised in advance if river conditions, the weather forecast, or other circumstances are preventing a safe outing. The Head Coach will make this decision. Boat and equipment storage are kept locked so that unauthorised outings are impossible.

Boat Handling

All members are taught the correct procedures for lifting and carrying boats.

Who may row?

All new members must provide a completed parental consent form which among other things certifies their ability to swim and specifies any disabilities/medical conditions that need to be considered. New members are required to pass a swim test and capsize drill.

Supervision

All crews are accompanied by a launch usually carrying a coach and at least one parent. A launch and coach are usually responsible for one or two crews but, on occasion, a maximum of four is permitted.

River Hazards

Our river is wide and comparatively straight. It follows that visibility is usually good and that there is plenty of room for manoeuvring.

The principal hazards are: -

- 1. Fast moving powered craft.** Over the years we have established good relations with most boat owners on our river so that they slow down to cut their wash when encountering our crews. There are three dayboats based at Upton Marina which are rented out to the general public. The owners do instruct their customers on how to pass our boats. In addition, our coaches are well briefed to keep a look out for these.
- 2. Fishing launches.** There are occasions when fishing launches are discovered anchored or drifting on the wrong side of the river. Coaches stop to explain what is needed to those responsible for them.
- 3. Bank fishermen.** Luckily our river is wide so these can be avoided. There is no public fishing on our riverbanks and we have good relations with the few societies renting some bank sections.
- 4. Floating debris.** This can be a problem in times of high water, but coaches and launch crews are briefed to keep a watch and shout warnings. Again, the river is wide and the debris tends to form streams, so avoidance is relatively easy. If a boat does ride over anything it must perform an emergency stop and then back down off the impediment. Launches are more at risk from smaller debris which can become trapped between the transom and the leg. A simple reverse with the helm hard over usually solves the problem.
- 5. Overhanging trees and bushes.** Again, not usually a problem as the river is wide. We regularly remove problem growth.
- 6. River level.** AB Severn is equipped with some 50 metres of floating launch pontoons which are adjustable in terms of distance from the bank. This means that we can boat when many other clubs cannot. At times of high-water coaches will assess the current which because the river becomes tidal. At such times it can be surprisingly slow and perfectly safe to row on. At low level there is always sufficient depth to prevent boats grounding.

7. **Temperature.** In frosty conditions the slipway and pontoons can become slippery so extra care is needed. The slipway is usually treated with rock-salt. In very cold water conditions only, quads/IV's will be allowed out as smaller boats have a higher risk of capsizing.
8. **Lightning.** All rowers and volunteers are expected to familiarise themselves with and adhere to the 30-30 rule. If the time between seeing a lightning flash and hearing the thunder is 30 seconds or less, you must leave the water immediately and seek proper shelter. You must wait at least 30 minutes after the last flash of lightning or clap of thunder before leaving shelter or returning to the water.

Launches

Launches are equipped with throw lines, buoyancy aids and basic first aid kits. Crew members must always wear life jackets, and these are regularly inspected. Those allowed to drive launches must do so to a standard approved by the head coach.

Damage to equipment

Damage to equipment occurs rarely and will obviously be noticed by accompanying coaches as well as by crew members, or on boat washing prior to racking. The Head Coach will arrange either immediate repair or, if necessary, quarantining the boat until it is repaired.

Further Useful Information is contained in the AB Severn Emergency Safety Plan (Appendix 1) and the First Aid Mémoire (Appendix 2). Members, coaches and parents are requested to familiarise themselves with both.

Appendix 1 AB Severn Emergency Action Plan

In the event of a capsize

Stay with the boat: use the boat as a buoyancy aid and swim towards the bank.

If the water is cold, get as much of your body out of the water as soon as possible, draping yourself over the hull; if you can, right the boat as this will make it much easier to move.

If there is more than one person in the water, stay together; hold on to each other until rescued to provide support and to help ensure that all are accounted for.

Any other boats in the vicinity should fetch help or a launch immediately.

Any person in the vicinity should telephone the club on 01684 850040 to summon additional help.

In the event of slip from pontoon

Check that the person in the water is responsive and that no body parts are trapped.

Use safety equipment i.e., throw line, grab pole and life ring as appropriate.

Help person to dry land and administer First Aid as appropriate.

Medical emergency on the water (e.g. crew member being taken ill or becoming unresponsive)

Raise the alarm immediately; if possible, dial 112 straight away, or ask another boat, or person on the bank to dial 112. Dialling 112 or 999 will automatically give the emergency services your location.

Alternatively use the **What3Words** app to provide your location. The What3Words location for the landing stage is **///cinemas.personal.knowledge**.

Row to the nearest location where a safe landing can be made and bring the person ashore if possible, as very little first aid can be given in the boat.

First Aid

There is a well-stocked first aid kit located in the washroom cabin and on the launch. There are foil blankets in the both the launch first aid kit and washroom first aid kit. Tewkesbury Community Hospital has a minor injuries unit. This is open from 8am to 8pm and is located at Barton Road, Tewkesbury, GL20 5GJ.

Phone number 0300 4216100. In the event of a medical emergency, ensure that the victim is never left unattended.

Details for the current club First Aiders can be found on the sign by the First Aid supplies in the washroom cabin.

The nearest defibrillator is at Tesco Express, 1-6 Bishops Walk, Tewkesbury, GL20 5LQ. The opening hours are Monday to Saturday 6.00am to 10.00pm and Sunday 10.00am to 4.00pm.

Fire

No smoking or vaping is permitted anywhere on the club premises. Launch fuel cans must be stored in the appointed place in the workshop and may only be handled by adults. In the event of fire, evacuate the area immediately, raise the alarm and assemble by the lamp post, nearest the gates.

There is a fire extinguisher and fire blanket located in the washroom cabin next to the First Aid supplies.

Taking Charge

Where possible the relevant coach or adult shall take charge of any incident; other members present should make themselves available to assist on request, rather than acting independently. A report of any incident (including date, time, location and all those involved) shall be made as soon as possible using the logbook and shall be reported via the British Rowing Incident reporting system – <https://incidentreporting.britishrowing.org/>

Ask me emergency first aid advice

If you find yourself in an emergency situation, try to stay calm and do what you can until emergency help arrives.

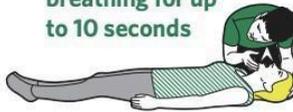
<p>Assess the situation</p> <ul style="list-style-type: none"> > Is it safe to approach the casualty? > Don't put yourself in danger <p>Stay calm</p> <ul style="list-style-type: none"> > Try to think clearly > Comfort and reassure the casualty 	<p>Give emergency help</p> <ul style="list-style-type: none"> > Prioritise the most life threatening conditions > Try to treat any casualties where you find them > Ask bystanders to help you if they can > Call 999/112 for emergency help 	<p>The Primary Survey</p> <ul style="list-style-type: none"> > Use DR ABC to identify life threatening conditions > Remember the unresponsive casualties are at greatest risk. 	<p>Remember</p> <p>Danger</p> <p>Response</p> <p>Airway</p> <p>Breathing</p> <p>Circulation</p>
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What to do if someone is unresponsive

1. Open their airway
2. Tilt head



3. Check for normal breathing for up to 10 seconds



4. If they're breathing normally:

- > Put them in the recovery position
 - > Then call 999/112 for emergency help
- If they're not breathing**
- > Call 999/112 for emergency help
 - > Start CPR.



What to do if someone is unresponsive and not breathing normally

1. Call for help

- > Tell them to call 999/112 and find an AED



2. Pump

- > Give 30 Chest compressions at a rate of 100-120 per minute



3. Breathe

- > Give two rescue breaths. If unwilling or unable, do chest pumps only



Continue to pump and give rescue breaths until help arrives.

What to do if someone is bleeding

1. Press it



2. Call 999/112 for emergency help



3. Secure dressing with a bandage to maintain pressure

4. Treat for shock.



What to do if someone is in shock

1. Lie them down

- > Their legs should be raised and supported



2. Call 999/112 for emergency help



3. Loosen any tight clothing

4. Keep them comfortable and warm

5. Monitor their level of response

- > If they become unresponsive prepare to give CPR.

Make sure you have life saving knowledge at your fingertips. Download our first aid app today.