



Tyne Amateur Rowing Club is committed to encouraging members, visitors and guests to participate in the sport of rowing in a healthy and safe environment with the well-being of each individual being our paramount concern. We recommend levels of training dependent on age and ability, across the whole range from our youngest juniors to our oldest masters. We expect all to participate within safe boundaries based on ability and age. Coaches will ensure that this requirement is met.

To support our Health and Safety policy we are committed to:

- Implementing and adhering to the Club's Rules of Rowing and the British Rowing RowSafe guidelines for day to day rowing activities and during competitions organised by the club
- Undertaking regular, recorded risk assessment of the club premises and activities undertaken by the club.
- Creating a safe environment by putting health and safety measures in place as identified by the risk assessment.
- Ensuring that all members are, where requested, provided with the appropriate level of coaching and equipment to be able to participate in the sport of rowing.
- Ensuring that all members are aware of, understand and follow the club's health and safety policy and rules.
- Appointing a competent club member to assist with health and safety responsibilities.
- Ensuring that normal operating procedures and emergency operating procedures are in place and known by all members.
- Provide access to adequate first aid facilities, telephone and qualified first aider at all times.
- Report any injuries or accidents sustained during any club activity or whilst on the club premises and ensuring that the British Rowing on-line incident reporting system is used.
- Maintaining appropriate insurance to ensure that all users of the club, coaches, volunteers, officers of the club and Trustees

Tyne Amateur Rowing Club will ensure that the implementation of this policy is reviewed on at least an annual basis, monitored and that there is a culture of continual improvement of its health and safety processes.

The Club expects its members to take reasonable care of their own health and safety and that of others who may be affected by their actions. It is also expected that members will co-operate with the club on health and safety issues, safely and correctly use equipment provided by the club and use the reporting system to highlight any defects and will take appropriate care of equipment and facilities provided for their use.

The officers of the club, management committee and Trustees are committed to the implementation of this policy.

Approved by:

David Robinson
Chair of the Management Committee

Club Safety Advisors

Water Safety Advisor – Colin Percy; contact details on the Club website

General safety advisor premises – David Robinson; contact details on the Club website