



Balmain Rowing Club
A community rowing club in the heart of Balmain

OCCUPATIONAL HEALTH AND SAFETY

There are inherent risks associated with most sports. This document is designed to provide an overview of the main OH&S risks encountered by participation in rowing at Balmain Rowing Club.

Swimming Ability

All BRC members must be able to swim at least 100m in light clothing.

First Aid

BRC's first aid kits are located at the back of the shed behind the ergs and in the glass case by the stairs. If you take something from the first aid kits, please advise OH&S officer so we can keep them well stocked.

Protection from the elements

It is recommended that you wear a hat, sunglasses and sunscreen and drink plenty of fluids while on the water. In cold weather, please ensure you have enough warm layers that you can shed as you exercise.

Health and Hygiene

You must advise your coach if you have any medical condition that may affect your participation in the program.

BRC requires rowers to wear socks in the club boats. You might want to wear long socks to protect your calves from the slide rails (sometimes they rub against you). Loose or baggy clothes can get caught in the slides, so light, fitted clothing is best for rowing. It's handy (especially for novices) to have a change of clothes, just in case you need them!

Boat Handling

Rowing involves lifting boats, which weigh anywhere from 14kgs to more than 100kgs.

When lifting, it is important to remember to listen carefully to the instructions of your coach or bow and :-

- Assess the load – make sure you have enough people to move the boat (at least the number of seats in that boat)
- Assess your access – make sure there's a clear path between the rack and the trestles and / or water
- Make sure you keep your back straight, your core engaged and **BEND YOUR KNEES**.
- Do not hesitate to ask for help if the boat is too heavy, or you do not have space to move the boat comfortably.

Only people who have been trained to handle motors and tinnies should do so.

Balmain Clubhouse

The Balmain Clubhouse is a heritage building, with a wooden pontoon. Wooden floors can become slippery when wet. Be aware that from time to time, there may be raised nails, loose timbers and splinters. Please wear shoes on the pontoon to protect your feet. The doors to the pontoon are heavy – please ask for assistance if you need it.

General Safety

Safety, both on and off the water, is everyone's responsibility - if you see something unsafe – SAY SOMETHING. Please discuss any safety concerns with your coach and / or the OH&S officer and report any boat damage on the white board and email the boatmaster.

All rowers are required to comply with the FISA Minimum Guidelines for the Safe Practice of Rowing and the NSW Maritime Code of Conduct for Rowing and Sculling Shells. The former is available on the BRC website and the latter is available at www.maritime.nsw.gov.au/rec_boating/CodeOfConduct.html. Please make yourself familiar with both sets of regulations and abide by them at all times.

If you have any questions about OH&S, please raise them with the OH&S officer.