



BRC NEW MEMBERS OH&S

There are inherent risks associated with most sports. This document is designed to provide an overview of the main OH&S risks associated with rowing.

All Learn to Row participants must be able to swim at least 100m in light clothing.

First Aid

BRC's first aid kit is located at the back of the shed behind the ergs. Many coaches and some members are first aiders. You will be advised if there is a first aider on call for your sessions.

Protection from the elements

We recommend you wear a hat, sunglasses and sunscreen and drink plenty of fluids while on the water. In cold weather, make sure you have enough warm layers that you can shed as you exercise. Bring a set of spare clothes, in case if something gets wet.

Health and Hygiene

BRC prefers rowers to wear socks in the club boats. (These can get wet so bring another pair to wear home) You might want to wear long socks to protect your legs from the slide rails (sometimes they rub against you). Light, fitted clothing is best for rowing as loose or baggy clothing can get caught in the slides.

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

Balmain Clubhouse

The Balmain Clubhouse is a heritage building, with a wooden pontoon.
Note that wooden floors can become slippery when wet
There may be raised nails, loose boards & splinters – you may wear shoes on the pontoon.
The doors to the pontoon are heavy (and stubborn) – please ask for help to close or open them.

Boat Handling

Please be aware that rowing involves lifting boats, which weigh anywhere between 12kgs and 100kgs. You will be taught how to handle boats safely and the movement of boats must be supervised by a coach.

When lifting, remember to :-

- Make sure you have enough people to move the boat (at least the number of seats in that boat)
- 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.
- Please do not handle motors until you have been trained to do so.
- Further details about boat handling are available in BRC's Basic Rowing Info document on the website.

On the Water

Beginner rowers may only row during their allocated times, under the supervision of a coach. Your coach is responsible for your safety, however, if you see something unsafe – SAY SOMETHING.

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.

Please follow your coach's instructions at all times.

Most importantly, RELAX and keep your hands on the oars at all times (this will really reduce your risk of falling in).

If you have any questions or concerns about OH&S, please raise them with your coach.

Declaration of Applicant

Please tick in the above boxes to indicate that you agree with the terms and have met all conditions.

I understand that I must abide by the Rules and By-laws of the Club and I must obey the lawful and reasonable directives of the Captain, Vice-Captains and Committee of Management as provided by the Rules.

I, the undersigned, as a condition of acceptance of my membership of Balmain Rowing Club, for myself, my heirs, executors and administrators, hereby waive all and any claim, right or cause of action which they or I might otherwise have arising out of loss of my life or injury, damage or loss of any description whatsoever which I may suffer or sustain in the course of or consequent upon my membership of Balmain Rowing Club or participation in any activity resulting from said membership. This waiver, release and discharge applies to all persons, corporations and bodies involved or otherwise engaged in the running of the Club and the agents, representatives and officers of any of them.

To the best of my knowledge, I am not suffering from any condition that would prevent and/or render me unfit to participate in rowing activities. I confirm that I will advise a member of Balmain Rowing Club Committee immediately in writing if I suspect that these circumstances have changed.

I acknowledge that rowing is a dangerous sport and I expressly warrant that I will not participate in any water based rowing activity unless and until I have read the FISA safety manual* ("FISA Minimum Guidelines for the Safe Practice of Rowing") and NSW Maritime Code of Conduct for Rowing and Sculling Shells. I agree to comply with these documents.

I confirm I can swim 100 metres in light clothing.

I agree to pay subscriptions and all debts I may incur to the Honorary Treasurer. I also realise that to compete I must be a registered member of Rowing New South Wales Association and FISA and must comply with the definition of an amateur as set down by Rowing New South Wales Association and FISA.

I understand that Balmain Rowing Club does not provide personal accident insurance cover for me while I participate in the activity of rowing. This insurance cover is provided by Rowing NSW for its members, as detailed on their website. I understand that to obtain this insurance cover I must register as a member of Rowing NSW.

I understand that Balmain Rowing Club shall retain and use the above personal information in accordance with the Club's privacy policy as shown on the website*, which I have read and understood.

I have read and understood the Pre Rowing OH&S info & waiver.

Name : _____

Signed _____ Date _____

If under 18, please have your parent sign here.

Signed _____ Date _____

Please return this form to newmembers@balmainrowingclub.com PRIOR to your first rowing session.