



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

## **BRC OCCUPATIONAL HEALTH & SAFETY GUIDELINES**

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.

**Everyone rowing from the BRC shed 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. It's a good idea to 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 your coach if you have any medical condition that may affect your rowing.**

### **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.

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 Rowing Basics document on the website.

### **On the Water**

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](http://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.

If you have any questions or concerns about OH&S, please raise them with our safety officer at [safety@balmainrowingclub.com](mailto:safety@balmainrowingclub.com).