

1.6 Training Camps & Rowing on Unfamiliar Waters

It's all in the planning

Responsibilities

Personal

- Read understand and implement the requirements of the Training Camp Safety Plan
- Make known to coaches, or others who need to know, any relevant medical condition or medication requirements you may have



Club

- Establish a training camp organising committee that includes the Water Safety Adviser to plan visits to unfamiliar venues and prepare a Training Camp Safety Plan

Coach

- Adopt the Training Camp Safety Plan and ensure it is implemented

Training Camp Organisers

- Conduct a risk assessment prior to the camp, including travel to and from the location
- Carry out a risk assessment on arrival, paying particular attention to sources of local information and amend the Training Camp Safety Plan as necessary
- Check that all aspects of insurance cover are in place

Club Water Safety Adviser

- Monitor the preparation of a risk assessment and Training Camp Safety Plan
- Participate in post visit review
- Follow up any incidents

Minimum standards to be adopted

The minimum standards for water safety at the training camp must follow those of the Row Safe guidance unless there are local requirements that require additional precautions to mitigate risks.

The Club

- Establish contact details for all participants in case of emergency
- Check insurance is in place for:
 - club and relevant non-club equipment
 - member-to-member cover
 - personal travel insurance

The Training Camp organising committee should:

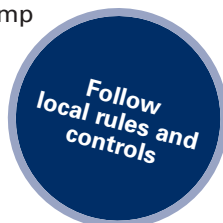
- Use the ARA checklist in its planning
- Ensure welfare provision where required
- Check and approve the participants planning to attend the training camp or visit
- Understand and implement the ARA Safeguarding and Protecting Children policy where juniors (under 18 years old) are involved
- Ensure an appropriate coach/helper/participant ratio

Seek advice
from those who
know

Plan,
prepare,
research

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- Produce a risk assessment and safety plan for the training camp or visit
- Contact previous users of the location to identify any potential hazards
- Show the Training Camp Safety Plan to the host club or other local experts for appraisal and advice
- Ensure that all coaches and participants fully understand the safety plan before participating in the camp
- Check driving licences and ensure at least two drivers with appropriate driving licences and insurance cover
- Check safety launch cover and any driver qualifications required
- Check appropriateness of the safety plan on arrival at training camp location for:
 - circulation pattern
 - first aid provision
 - rescue launches
 - communications
- check local weather forecast and other up to date safety information with host club or local experts at time of visit
- establish system for reporting incidents
- identify first aid provision and communicate to the participants
- carry out equipment audit before travelling to training camp
- conduct post visit review



Further information

Row Safe – related sections

- 1.2 Risk Assessment
- 1.5 Insurance
- 1.7 Weather & the Environment
- 1.8 Cold Water Immersion & Hypothermia
- 2.5 Transport & Trailers
- 3.2 Juniors
- 5.1 Sunburn, Heat Stroke & Exhaustion

ARA website

- Training Camps Overseas
- Training Camp Checklist

Further good practice

(In addition to minimum standards to be adopted)

The training camp organising committee should provide:

- Tool kit
- Spare bow balls, slides, heel-release mechanisms, fins, rudders and rudder lines
- Checked PFDs including spares plus spare CO² cylinders and, if fitted, automatic inflation cartridges
- Sufficient safety kit for rescue launches; method of attracting attention, throw lines, thermal blankets, first aid equipment, bailer, paddle, cut-out lanyard, kill cord (2 per launch), anchor and line where appropriate
- Launch drivers with RYA certificates

