



# Maidenhead Rowing Club

## Adaptive Rowing Safety Plan and Rules

*Adaptive rowing is for people with disabilities who participate in the sport of rowing. Anyone can get involved in rowing, regardless of physical disability, sensory or learning impairment. Adaptive Rowing means that equipment and training can be modified (adapted) to meet the rowers' individual needs and abilities as closely as possible.*

Adaptive rowers will abide by the Maidenhead Rowing Club Safety Plan and Rules, with the following adaptations, recognizing there may be additional hazards and risks (<https://www.britishrowing.org/wp-content/uploads/2017/04/Row-Safe-April-2017-Chapter-6.pdf?41e6e6>).

### Adaptive rowers will:

- Provide the club with relevant information about their disability that may affect their own safety and the safety of others and any known "warning signs".
- Complete British Rowing's 'Pre-Activity Health Questionnaire' for Adaptive Rowing and make this information available to the club.
- Operate within their capabilities. Seek additional medical advice when appropriate.
- Provide the club with emergency contact details and information about actions to be taken in event of a medical emergency.
- Ensure that any medicines that are needed are carried, and that the people who are in a position to do so know how to find them and administer them.
- Check that equipment is safe for use and report any defects. Demonstrate safe release of straps before each outing.

### Adaptive Coaches and/or Rowing Safety Advisor will:

- Conduct session risk assessment (to include accessing, launching and recovering boats), jointly with adaptive rowers.
- Provide advice on any issues associated that may affect safety, particularly when rowing, or refer them to their medical professional as appropriate.
- Ensure that coaches and others supporting adaptive rowers know what to do in an emergency and have access to emergency contact details for adaptive rowers.
- Be familiar with procedures for managing incidents. Be aware that some adaptive rowers will have compromised sitting balance and the risk of capsize is heightened.
- Check equipment is appropriate and safe when adaptations are made.
- Check correct fitting of pontoon floats (when used) before each outing.
- Maintain effective communication with rowers with a sensory impairment (visual, hearing) who may require additional support using radio and/or signage as appropriate.
- Ensure Event (e.g. regatta) Risk Assessments include risks for participating adaptive rowers (<https://www.britishrowing.org/wp-content/uploads/2017/04/Adaptive-Rowing-Safety-Guidance-For-Event-Organisers-2.pdf>).

### Safety Rules adaptations:

- No adaptive rowing when **water temperature is lower than 8°C**.
- **Launch to cover all outings**, and stay within 50m of adaptive boats. Session risk assessment to determine if more than one launch is required (e.g. for multiple boats), and/or additional crewmembers required.

### Capsize and Recovery procedure:

- Release the rower.
- Get the head above water, if release is prevented (e.g. by straps) until extraction is effected (carry a safety knife to cut straps if necessary).
- Recover rower to launch, or bank, as appropriate.
- Remove pontoon floats before up-righting boat.

**Even when rowing is permitted, it is every member's responsibility to carry out their own risk assessment and decide whether it is safe to go out.  
If in doubt, don't go out!**