

Maidenhead Rowing Club Risk Assessment

Activity: Easter Training Camp

5th-9th April and 12th-16th April

Hazards	Persons at Risk	Risk Control Measures	Risk	Comments
There is a risk of COVID-19 transmissions	All	Social Distancing Temperature check Squad bubbles Use of PPE for coxes Cleaning products and hand sanitiser	Low	Parents have volunteered to help with taking temperatures on arrival and marshalling pontoons during boating to make sure that there that juniors are complying with the safety regulations. Cleaning products will be available to clean all equipment after use.
Number of Athletes	Juniors	3 boats per coach for J15 and older 2 boats per coach for J14 and under	Low	We will have access to five launches even if CCS are on the water. Parental help will be available to organise and run sessions
Inexperienced rowers	Younger Juniors	Coach to boat ratio for younger Juniors is increased. Use of experienced coxes for younger crews.	Low	We have a number of very experienced Junior coxes and use of older Juniors in the bow seat when needed
Risk of Injury due to lack of water training this season	Juniors	Adaptable training plan Mobility workshop before training camp Stretching before and after outings	Low	Training plans will be adapted to fit Juniors' needs. Coaches will discuss with Juniors after outings to see how they are feeling
Fatigue	Juniors	Adaptable training plan Training camp focused on technique and enjoyment of water time.	Low	Coaches will constantly communicate with Juniors and adapt training plans as needed.
Weather	All	A change of clothes will be required with warm clothing. Waterproof tops are encouraged	Medium	On wet days, Juniors will be encouraged to bring a warm drink.
Capsise	Juniors	Change of clothes is required. All Juniors have done the capsise drill and were briefed on what to do in the event of a capsise.	Low	Changing rooms and showers can only be when absolutely necessary and everything touched must be disinfected after leaving the clubhouse.