



Nottinghamshire County Sailing Club Training Section

RYA Training Centre

Principal: Will Stanton, 109 London Rd, Newark, Notts NG24 1SR



Training Risk Assessment

Hazard	Who is at Risk	Precautions	Further Action	Review Date
Drowning from capsize or falling overboard	<ul style="list-style-type: none"> • Students • Trainers 	<ul style="list-style-type: none"> • Buoyancy aids must be worn • Safety boats must be on the water before activity commences 	None	Ongoing

Hazard	Who is at Risk	Precautions	Further Action	Review Date
Hypothermia	<ul style="list-style-type: none"> • Students • Trainers 	<ul style="list-style-type: none"> • Trainers must have First Aid Qualifications • Safety boats must be on the water before activity commences • Pre-course briefing should cover the risks of hypothermia • Hot drinks and Showers must be available • Anyone who has fallen in when the weather is cold must be treated as hypothermic until the SI is certain that they are recovered. 	<ul style="list-style-type: none"> • Ensure that all those trainers participating in a course for the first time are aware of the final precaution. • Check showers and drink provision before any training activity taking place in cold weather. 	Ongoing

Hazard	Who is at Risk	Precautions	Further Action	Review Date
Weils disease and other water borne infections	<ul style="list-style-type: none"> • Students • Trainers 	<ul style="list-style-type: none"> • Pre-course briefing to cover importance of washing hands before eating drinking or smoking. • All students to be advised of risks before going on water 	Training hut bin should be emptied regularly, and every day the little lake is used for adult training	Ongoing

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Strains, sprains, knocks, cuts, bruises	<ul style="list-style-type: none"> • Students • Trainers 	<ul style="list-style-type: none"> • Course application form advises potential students of the risk • Shore based awareness training by qualified instructors and on water instruction before hands on experience by students • Trainers must have First Aid Qualifications • First Aid equipment should be checked before each course • Trainers should be aware of club training section health and safety procedures 	Ensure that all those trainers participating in a course for the first time are aware where the First Aid equipment is.	Ongoing

Hazard	Who is at Risk	Precautions	Further Action	Review Date
Slips and trips on slipways and pontoons	<ul style="list-style-type: none"> • Students • Trainers 	<ul style="list-style-type: none"> • Slipways and pontoons must be kept clear of obstructions. • Algae and weed should be removed whenever necessary and possible • Trainers must have First Aid Qualifications • First Aid equipment should be checked before each course • Trainers should be aware of club training section health and safety procedures 	Ensure that all those trainers participating in a course for the first time are aware where the First Aid equipment is.	Ongoing

Hazard	Who is at Risk	Precautions	Further Action	Review Date
Slips and trips on obstructions on shore	<ul style="list-style-type: none"> • Students • Trainers 	<ul style="list-style-type: none"> • Areas in which training takes place should be examined for hazards • Area under club house should be tidied from time to time as this tends to attract rubbish • Raised obstructions should have yellow markings 	Ensure that all those trainers participating in a course for the first time are aware where the First Aid equipment is.	Ongoing Ensure new March 2006) pilings for verandah extension are painted yellow

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Chemicals used in workshops or for cleaning	<ul style="list-style-type: none"> • Students • Trainers 	<ul style="list-style-type: none"> • Workshops and store cupboards must be kept locked when not in use • Chemical store cupboard must display danger of death symbol 	None	Ongoing

Hazard	Who is at Risk	Precautions	Further Action	Review Date
Lifting/manoeuvring heavy objects	<ul style="list-style-type: none"> • Students • Trainers 	<ul style="list-style-type: none"> • Students should be advised that dinghy sailing does involve students in dealing with weights significantly heavier than those with which they are familiar • Some instruction should be given before attempting to move large objects • All trainers should be familiar with principles of weight lifting • Trainers should be aware of club training section health and safety procedures including Instruction manual on dealing with weights kept in Training hut files 	Ensure that all those trainers participating in a course for the first time are aware where the First Aid equipment is.	Ongoing

Hazard	Who is at Risk	Precautions	Further Action	Review Date
Vehicles	<ul style="list-style-type: none"> • Students • Trainers 	<ul style="list-style-type: none"> • Areas in which training takes place should be away from main entry to club car parking • Students should be warned to keep cars locked as we have had some instances of theft 	None	Ongoing

Hazard	Who is at Risk	Precautions	Further Action	Review Date
Winch	<ul style="list-style-type: none"> • Students • Trainers 	<ul style="list-style-type: none"> • Training must be given in operating the winch • Only trained operators should use the winch • Access to and from the jetty should be supervised when disabled sailors are using the winch • Disabled sailors must use a correctly fitting sling when being lowered into or raised up from the boat • The winch should always be kept stored in the Stratos hut when not in use 	Training in the use of the winch to be arranged	Review arrangements once the winch is installed (scheduled for 9 th March 2006)

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Chernobyl days	<ul style="list-style-type: none"> • Students • Trainers 	<ul style="list-style-type: none"> • SI must ensure correctly qualified staff are employed for appropriate tasks, eg Sailors must be RYA Instructors or club racers of sufficient ability • Safety boat drivers must have RYA level 2 or have taken club Safety boat course • All safety boats should carry a driver and crew from the club • Driver of Stoke Ferry must have RYA level 2 or have taken Club Safety boat course • Stoke Ferry should always have skipper and crew aboard • All students must wear buoyancy aids near the water • All non-club members helping must wear buoyancy aids when on or near the water. There are NO exceptions to this • The children have or are suffering from the effects of radiation and therefore are unlikely to be as hardy as those lucky enough to be born nearer to home consequently great care must be given to ensure that no child becomes cold or exposed in any way • The sailing boats must be reefed down earlier than normal • Children on the powerboats enjoying high speed rides must sit on the floor of the boat 	Extra care must always be taken as many club helpers are inexperienced in dealing with novice sailors, and many helpers from host families are unused to water activities.	Ongoing

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Medical ailments	<ul style="list-style-type: none"> • Students • Trainers 	<ul style="list-style-type: none"> • The SI of each course should see the application forms of each student so as to be aware of any medical problems • If appropriate and in consultation with the Principal, students with medical disabilities should, tactfully, have their training schedule amended to reflect their problems 	Ensure application forms are available before each course	Ongoing

Hazard	Who is at Risk	Precautions	Further Action	Review Date
Disabled sailing	<ul style="list-style-type: none"> • Students • Trainers 	<ul style="list-style-type: none"> • The SI of each course should ensure that suitably qualified staff are to hand for each session • Care workers or helpers are responsible for on-shore activity • Medication should only be administered by care workers • Disabled children are often more vulnerable to the effects of the elements so great care must be given to ensuring that they do not become too cold or too wet • All students should be signed in on a register at the start of each session so that they are covered by our insurance 	<p>Ensure application forms are available before each course and registers maintained at each session</p> <p>Ensure guidance notes for disabled sailing have been read</p>	Ongoing

Hazard	Who is at Risk	Precautions	Further Action	Review Date
Working with children	<ul style="list-style-type: none"> • Students • Trainers <p>In these days of heightened sensitivities both children and trainers are at risk, so great care must be taken to ensure no situation arises that may give rise to the possibility of any allegation of wrong doing</p>	<ul style="list-style-type: none"> • All trainers and volunteers should have signed a self declaration form or had references taken up. • All trainers and assistants should be aware of, and have read, the club child protection policies • Children are often more vulnerable to the effects of the elements so great care must be given to ensuring that they do not become too cold or too wet • Medication should only be administered by parents or guardians • All children under 8 years old should be accompanied by a responsible adult • Parents and guardians should only help on land unless they are known as 'water aware' club members • Special care must be taken to ensure that no trainer is left alone with a child • Any suspicious on the part of any adult should be reported to the club's child protection officer (Mary Poole) 	<p>Ensure self declaration forms are in place for all trainers, assistants etc before courses start.</p> <p>Ensure copies of Child Protection Policy are in place before season starts</p>	Easter 2006

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Safety boats - training	<ul style="list-style-type: none"> • Students • Trainers 	<ul style="list-style-type: none"> • Only qualified drivers to be in control of boats • Kill-cords to be used at all times. • Instructors should ensure a spare kill cord is carried on each boat • Shore based awareness training should be given by qualified instructors and on water instruction before hands on experience by students • Trainers must have First Aid Qualifications • First Aid equipment should be checked before each course • Trainers should be aware of club training section health and safety procedures 	None	Ongoing

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Safety boats - preparation	<ul style="list-style-type: none"> • Students • Trainers 	<ul style="list-style-type: none"> • Only qualified drivers to be in control of boats • Kill-cords to be used at all times. • Care should be taken when rowing out to moored boats. If possible should only be undertaken when more than one person is on site • If at all possible two people should collect safety boats • Care must be taken when lifting chain to free boats from mooring • Fuel cans are heavy and should be dealt with appropriately • Club rules for dealing with fuel and fuel store must be adhered to 	None	Ongoing

Risk Assessment Review Form

Notes and Outstanding Issues

Date.....

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