



### Cookham Sailing Club Risk Assessment

This risk assessment is prepared on behalf of the Committee of Cookham Reach Sailing Club in 2020.

All members should be advised that CRSC is a Members Only Sailing Club run by the members for the benefit of the members.

We all have responsibility for our own health and safety and the safety of others, particularly our junior members. It is the member's responsibility to follow the advice and guidance set out in this risk assessment and not to engage in any activity that puts you or others at risk of injury.

There should be no sailing on the River by club members or visitors unless an adequate number of properly crewed Safety boats are on the water. A suitable number of these boats (the club has four such boats) should be on the river prior to the launch of any sailing boats. Also when Environment Agency Red/Amber Boards are in force.

Hazard	Potential severity and risk	Who is at risk	Control measures	Further measures as appropriate	Residual risk
Infected individual comes into contact with member of the club	Infected individuals pass on Covid-19 through coughing	Members and visitors at club	Members are informed not to come to the club if they show any symptoms or are in contact with somebody with symptoms. Members are informed to separate into groups of no more than six and remain isolated from other members whilst at the club.	Members have been advised to regularly wash hands whilst at the club. Club is using a visitors book to record who is at the club as part of the Test and Trace obligations. Multi-crew boat crews have been informed about how to assess whether it is appropriate to sail with crew from another household.	Low
Slipping on wooden launch decks or on concrete launching ramp.	Falling in river and or injuries to head, broken wrists or other limbs.	Sailors, crew and their helpers.	Ensure adequate number of helpers are assisting each boat and ensure decks are cleaned regularly.	First aid to be administered as necessary. Assistance from members of the public on shore to be sought if needed but presence cannot be relied upon.	Low

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Lack of control when a boat is launched because of high or gusty winds or insufficient help to control a launch	Could result in boom hitting sailor or crew or trapping leg or other limb	Sailor, crew and helpers	Ensure adequate help available to launch and recover the boat at these launch areas	First aid as appropriate to be administered	low
Covid-19 transfer risk from touch surfaces on safety boat.	Surfaces touched by Covid-infected person is transferred to non-infected person.	OD, AOD and/or rescued sailor	Before handling the safety boat all officers and helpers must wash hands before and be wearing a mask during assistance. Ensure touch surfaces on safety boat are disinfected once the boat is in the water and after stowage.	OD and AODs wear masks whilst using safety boat. Members are asked to wash their hands on arrival at the club and regularly wash their hands during the day.	Low
Medical emergency such as a heart attack/stroke or similar life threatening event	Death or permanent disability	Sailors, crew and helpers	Sailors, club members to render assistance as required. Person with cell phone should be available to contact emergency services Sailors to be briefed on use of defibrillator located in boat launch area.	First aid/CPR to be administered as necessary . Assistance from other club members and members of public on shore to be sought if needed (but note that presence cannot be relied upon)	Low
Drowning from capsizing, falling overboard or falling in river from river bank or launch areas	Death/brain damage	Sailors, crew and helpers.	Sailors to ensure that their (and their crews) personal buoyancy aid is worn at all times and is fit for purpose. Person with mobile phone should be available to contact emergency services.	First aid/CPR to be administered as necessary.	Low

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Capsize resulting in crew being trapped under the boat.	Death/brain damage	Sailors and crew	Sailors must ensure proper clothing, boat equipment and fittings do not present a hazard. Sailors should practise "Dry boat capsize drills". Boats should not be on the river without at least one rescue boat being on the water	All sailors and crew must wear personal buoyancy and have received instruction not to leave the capsized boat unless told to do so by the rescue boat.	Low
Injury through collision with other watercraft on the river.	Concussion, cuts, bruises and rarely being knocked into the water.	Sailors and crew	The rules of sailing are mandatory and will be obeyed at all times by all sailors. These are designed to minimise the risk of collision. Seek first aid treatment in Clubhouse and rescue boat as required.	Helms and crew to ensure that they are competent to take avoiding action and that they do not present a hazard to other craft. Third party insurance as specified in the club rules should be held for all boats.	Low
Injury through being struck on head by boom.	Concussion, cuts and bruises	Mainly inexperienced sailors. e.g those that have yet to learn the potential hazard that results from an uncontrolled gybe.	Inexperienced sailors or those with medical condition to wear head protection at their discretion. Club boats only available to helms who have demonstrated the appropriate sailing skills. First aid equipment in the Club House.		Low
Hypothermia from immersion or exposure	Loss of limbs, death.	Sailors and crew	Appropriate clothing/hat/gloves/dry suit or wet suit to be worn. Space blankets available at club house.	Sailors to ensure own welfare and to retire if affected to a degree that would hinder their recovery from capsize etc.	Low

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Injuries from equipment on boat or slipping on surfaces	Concussion, cuts, bruises.	Sailors and crew	Sailors to decide if conditions are suitable for sailing. Owners to ensure equipment on boats does not present a hazard and non-slip surfaces are fitted where appropriate.		Low risk increasing to medium risk in high and gusty winds.
Injuries from boat to landing platform/jetty impact	Crushed legs/hands. Bruising	Sailors and helpers on the landing areas	Club boats only available to helms that have demonstrated sufficient skills. Rules of sailing to be observed and care taken on approach to the jetty. First aid equipment available in club house.	Sailors must assess level of risk depending on conditions and act accordingly.	Low
Injuries from contact with booms, flapping sails or mast whilst boats are moored alongside the landing jetties.	Head, eye or other injuries	Sailors and those on the landing jetties.	The boat helms to keep be observant of those around him as well as his own exposure. Ensure boats are unattended for minimum time unless secured so as not to present a hazard.	Sailors must assess level of risk depending on conditions and act accordingly.	Medium risk if windy but low if not.
Injuries from slipping / tripping on or falling from jetty	Head injuries, fractures, bruising drowning.  Drowning low, other medium	People who use the jetty	Gate to be kept shut from club boat park to river when no sailing. Signage in place warning no access to members of the public. Buoyancy aid to be worn on landing jetty . Ensure jetty's and concrete launch ramp are free of hazards and jet wash occasionally to keep free of algae. First aid equipment in Club House.	Users to remove any necessary slipping or tripping hazards. Appropriate footwear to be worn.	Low

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Capsize resulting in inability to right or stranding of dinghy (e.g. mast stuck in the mud when inverted)	Crew in water for substantial time. See risk assessments ante. Re drowning and hypothermia.  High to Low depending on type of dinghy, strength and ability of crew	Sailors	Owners /sailors to ensure sufficient buoyancy carried or built in to ensure dinghy floatation in all reasonable circumstances.  Crews to ensure they are familiar with capsize recovery procedures for the craft sailed.	Assistance of another craft must be sought with a view to transfer of crew to land. Crew must be prepared to abandon the dinghy until powered boat recovery can be arranged. Crew to swim to shore if necessary. Novices recommended to use masthead floatation.	High to low depending on type of dinghy, strength and ability of crew
Dinghy gear failure resulting in inability to manoeuvre	Capsize, stranding or presenting a hazard to other craft resulting in personal injury.	Sailors	Owners / users to ensure craft in proper condition to sail. Paddle to be carried. Crew to check operation of gear before launch.		Low
Collision with other dinghies	Personal injury and damage to boats	Sailors	Crews to take all reasonable precautions to avoid contact with other boats. Observation of the rules of Sailing is mandatory and must be obeyed by all sailors. Third party insurance must be held.		High to Medium for inexperienced sailors, Low for experienced
Dinghy out of control and moving down river to the Cookham bridge and then the weirs	Personal injury and serious damage to boats	Sailors	Crews to monitor their situation and seek help well before approaching the bridge.  Instructor in charge to send rescue boats well before the risk of this incident and secure dinghy	Rescue boat to catch and secure the dinghy and return it to water near club .	Low

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Unsuitable weather conditions including deterioration of weather and lightning strikes	Numbers of dinghies in difficulties with crews unable to self recover.	Sailors	Sailors to retire as dictated by the weather conditions. Helms / sailors are responsible for ensuring their safety Abandonment of sailing mandatory if risk of lightning	Helms are responsible for ensuring that they, their crew and boat are suited to the conditions at the time and should retire if in doubt	Medium to high in severe conditions Lightning strikes – Death – High in local thunderstorm.
High temperatures and strong sunshine	Heatstroke / sunburn / eye damage	Sailors and spectators	High SPF sunscreen / hats / sunglasses with high UV rating to be worn. Exposed skin to be covered and sufficient fluid intake.	Assess level of risk for conditions	Low
Young people / children sailing without appropriate supervision or with improper supervision ratios	See risk assessments ante.	Children and other young people	Children / young people are NOT to sail unless accompanied or supervised by a parent or appropriate adult.  In the case of groups of young people the parent or person in charge (e.g. school group) will ensure an adequate and proper supervision ratio of adults to children.	In the case of school and similar groups some or all of the adults should hold sailing / first aid qualifications.	Low
Use of club boats by newer and unskilled sailors	See risk assessments ante	Those who may take out a club boat lacking the necessary skills or who take out a boat and become overwhelmed by a change in wind / weather conditions.	Club boats are only to be hired / used by persons approved by a member of the club committee	Any person using a club boat who experiences difficulties with the conditions or boat equipment is to return to shore and is not to continue sailing	Low

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Tripping	Bruises and cuts	All	Dinghy tie down points should be clearly visible. Members are responsible for keeping their berth clear.		Low
Electrical equipment	Electric shocks and burns	All	The club's electrical system is professionally installed and maintained. All sockets are RCCB protected and the system tested at regular intervals.		Low
Petrol and chemicals	Poisoning	All	Petrol tanks in power boats are of approved types. Petrol not for immediate use is stored in properly constructed, ventilated and locked store. All fuel storage tanks are of an appropriate type.		Low

**Risk Assessment Agreement**

I have read and understand the CRSC Racing Risk Assessment and agree to be an Officer of the Day or Assistant Officer of the Day.

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Name (please print in legible capitals)

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