



1. Rowing

Rowing of a wooden boat (~250kg) in coastal waters. This activity is entirely human powered and is carried out by the crew of five. This risk assessment is designed to capture only the additional risks associated with the contraction or spreading of COVID – 19, and must be read in conjunction with the standard risk assessment for rowing activities.

This document has been developed in close study of the guidance from the Scottish Coastal Rowing Association (SCRA) who we hold as being our “sporting association” for the purposes of this document. Reference has also been made to guidance from Scottish Rowing and The Scottish Government’s Coronavirus guidance.

This document considers the Activity, Environment and Individuals separately with their aggravating factors and control measures listed.

The “Risk” number is obtained by multiplying numbers seeking to quantify both the likelihood and severity of consequence of any particular risk. In the methodology used in this document the numbers are obtained from the matrix below and multiplied together to gain the final Risk number. So that;

$$\text{Likelihood} \times \text{Consequence} = \text{Risk}$$

Risk numbers for both before and after the implementation of controls are provided for comparison.

Figure 1. Likelihood/consequence matrix

Likelihood		Consequence	
1	Rare - Unheard of	1	Trivial – no further treatment required
2	Unlikely - Known within the sport but no history in the club	2	First Aid – Return to rowing that day
3	Possible – Known to have happened at least once within the club	3	Major Injury – Requiring treatment off site
4	Likely – Known to have happened many times in the club	4	Single Fatality
5	Frequent – More likely than not to occur	5	Multiple Fatalities



Task - Rowing

Hazards	L	C	R	Controls	L	C	R
Unavoidable close proximity to others leading to COVID transmission	5	4	20	Treat as "Contact" outdoor sport – Set up "field of play bubble" as allowed by phase 3 of the Scottish national route map. No rowers experiencing symptoms, or who's household members are showing symptoms may row Wash hands prior to, and after activity – materials provided	2	4	8
Moderate to high respiration rate leads to aerosol generation	5	4	20	Wear face coverings to limit exhalation of aerosol (where possible) Cox wear face covering or shield Outdoor, costal environment means wind and fresh air dilution have significant impact on any aerosols distribution With the exception of the cox, rowers are not "face to face" but "face to back" which mitigates some of the significance of aerosol generation	2	4	8
Moderate duration (up to one hour at a time)	3	4	12	Prevent "back to back" rowing to limit contact times	1	4	8
Shared contact points in boat / oars / Life jackets Respiration / effort level increases likelihood of bodily fluids on these	2	4	8	Keep to same group each time you row ("bubble") – Restrict to one group per rower Suggest use of own (i.e. personally owned) life jackets where available Where shared life jackets are to be used, wash them with soap and water between uses. An extra set will be available to enable 1 hour drying time between uses. Clean (with soap and water) all contact points on boat in between users – thwarts, tiller, oars and gunwales.	1	4	4

Individuals – Club members

Hazards	L	C	R	Controls	L	C	R
Individuals with symptoms	4	4	16	Rowers will not row if exhibiting symptoms. No one with symptoms, or for whom a member of their household has symptoms or who has been asked by Test and Protect to self isolate can row	2	4	8



Individuals develop symptoms post activity	4	4	16	Register of those who have rowed together must be kept to satisfy Test and Protect If you are contacted by test and protect do as they ask If comfortable to do so, share any test result with others you have rowed with	2	4	8
Underlying health conditions in rowers or immediate family	3	4	12	Ask those members to take into consideration their own underlying health when making the decision to return to rowing.	2	4	8

Environment

Hazards	L	C	R	Controls	L	C	R
Unavoidable close (~1m) contact	5	4	20	Restrict cohort of rowers to 5 individuals who will be asked to remain within that cohort. Ban guest rowers	3	4	12
Share access / exit route to boat	5	4	20	Clean after and prior to each use Boat is all hard / waterproof surfaces, reasonably easy to clean between uses Physically distance wherever possible, i.e. on beach etc	2	4	8
All rowers facing Cox	5	4	20	Cox to wear face covering or face shield Rowers to consider wearing face covering Outside, very well ventilated	2	4	8