

Corpus Christi College Boat Club (CCCBC) Risk Assessments

All CCCBC risk assessments use the following risk classification system, which is based on the British Rowing *RowSafe* guidance.

		People	Assets	Probability				
				A	B	C	D	E
				Highly improbable (has not been known to happen in rowing)	Improbable (has been known to happen in rowing)	Possible (1% of the club's active members per decade)	Probable (1% of the club's active members per year)	Highly probable (10% of the club's active members per year)
Severity	1	Slight injury or health effects (Requires little or no treatment; no need to take time off training)	Minor damage to equipment(<£100)	Low	Low	Low	Low	Moderate
	2	Minor injury or health effects (Requires First Aid or rest; potentially a few days off rowing or training)	Low damage repair costs(£500)	Low	Low	Low	Moderate	Substantial
	3	Moderate injury or health effects (Requires treatment beyond First Aid; potentially a week off training)	Medium damage repair costs(>£1000)	Low	Low	Moderate	Substantial	Intolerable
	4	Major injury or health effects (Requires hospital treatment for more than one day; potentially a few weeks off training)	High damage repair costs (loss of boat, 3rd party damage)	Low	Moderate	Substantial	Intolerable	Intolerable
	5	Fatality or Life-Threatening Injury or Health Effects (could end a rowing career or cause hospitalization for a few months)	Major damage & major costs (loss of several boats, high 3rd party damage)	Moderate	Substantial	Intolerable	Intolerable	Intolerable

Low	An acceptable level of risk. No additional barriers/controls are required. Start or continue the activity but check that the current barriers/controls remain effective.
Moderate	An acceptable level of risk that should be reviewed. Implement additional barriers/controls to reduce the risk if the opportunity arises. Start or continue the activity with care.

Substantial	An unacceptable level of risk. Improve the barriers/controls and allocate resources to reduce the risk. Do not start or continue the activity until the risk has been reduced.
Intolerable	An unacceptable level of risk. Improve the barriers/controls and allocate resources to reduce the risk. Do not start or continue the activity until the risk has been reduced. Prohibit the activity if it is not possible to reduce the risk.

Review Log

Date	Changes	Signed
15/07/25	Reviewed and reformatted	Dr Takashi Lawson
10/09/25	Revised with feedback from College H&S Advisor	Dr Takashi Lawson

RISK ASSESSMENT 1: Training on the Cam

#	Hazard	Reduce probability of a Hazard causing a Hazardous Event		Hazardous Event	Reduce the Severity of Harm		Harm	Severity (1-5)	Probability (A-E)	Level of Risk	Action Owners				
		Barriers	Action to maintain barriers		Controls	Action to maintain controls					Captains	WSO	Coaches	Coxes	Other
Water															
1	Fast flowing river	Use of the CUCBC flag system to ensure only larger boats VIII and experienced small boats go out in yellow conditions or no boats at all in red conditions AND coach/cox/most senior rower makes final decision on cancelling if conditions sufficiently unsafe	Continuous education of all club members on checking the CUCBC flag	Capsize or crash into bank or other river users	All rowers have an awareness of what to do in the case of capsizing or crash AND an understanding of rules of the river. Life jackets are available. Safety Plan in place describing emergency procedures. All club members are able to swim.	Adequate teaching of novices and reminder for senior rowers, information in boathouse on safety board or otherwise	Wet and cold, risk of hypothermia, damage to boat and potentially 3rd parties	2	D	Moderate	X	X	X	X	X
2	Water contracted infection	Avoiding capsize wherever possible, reduced use of small boats to only experienced rowers and all novice crews having an experienced coach on the bank to monitor events in addition to cox	All club members have an awareness of and following CUCBC rules on novice boats, club rules on experienced rowers only in sculls and other small boats	Illness as a result of prolonged contact/submersion in water	All rowers have awareness of the possibility of infections AND know what to do if they suspect they could contract one. Welfare facilities are available, and club members clean their hands after each outing.	Regular update on cases reported on the river to all members and reminder of what to do if suspect contraction.	Acute or prolonged infection contracted from water	3	B	Low	X	X	X		

Weather														
1	Poor visibility (fog etc.)	Use of the CUCBC flag system to ensure only larger boats VIII and experienced small boats go out in yellow conditions or no boats at all in red conditions AND coach/cox/most senior rower makes final decision on cancelling if conditions sufficiently unsafe	Continuous education of all club members on checking the CUCBC flag	Crash into bank or other river users	All rowers have an awareness of what to do in the case of capsizing or crash AND understanding of rules of the river. Life jackets are available. Safety Plan in place describing emergency procedures. All club members are able to swim.	Adequate teaching of novices and reminder for senior rowers, information in boathouse on safety board or otherwise	Damage to boats, individuals and potentially 3rd parties	2	D	Moderate	X	X	X	X
2	Wind	Use of the CUCBC flag system to ensure only larger boats VIII and experienced small boats go out in yellow conditions or no boats at all in red conditions AND coach/cox/most senior rower makes final decision on cancelling if conditions sufficiently unsafe AND if outing considered safe caution taken when rowing	Continuous education of all club members on checking the CUCBC flag	Crash into bank or other river users	All rowers have an awareness of what to do in the case of capsizing or crash AND understanding of rules of the river. Life jackets are available. Safety Plan in place describing emergency procedures. All club members are able to swim.	Adequate teaching of novices and reminder for senior rowers, information in boathouse on safety board or otherwise	Damage to boats, individuals and potentially 3rd parties	2	D	Moderate	X	X	X	X
3	Heavy rain	Use of CUCBC flag system AND education of rowers in adequate clothing	Continuous education of all club members on checking the CUCBC flag AND appropriate clothing for weather	Wet and cold rowers and cox	All rowers have an awareness of appropriate clothing and ensure their crew are correctly clothed before the outing, lending of clothing if appropriate.	Reminders of appropriate clothing, as above for CUCBC flag	Risk of hypothermia if cold	4	A	Low	X	X	X	X

4	Extremely cold temperature	Use of CUCBC flag system AND education of rowers in adequate clothing	Continuous education of all club members on checking the CUCBC flag AND appropriate clothing for weather	Cold rowers and cox	All rowers have an awareness of appropriate clothing and ensure their crew are correctly clothed before the outing, lending of clothing if appropriate.	Reminders of appropriate clothing, as above for CUCBC flag	Risk of hypothermia	4	A	Low	X	X	X	X	X
5	High heat	Education of rowers on importance of hydration and sensible clothing choices in warm weather	Continuous education of all club members through reminders when the weather situation arises	Over heating or dehydration	Ensuring at least one crew member is carrying water every outing when these weather conditions arise.	Reminders from coach/cox/senior rower to crew members and general reminder from Club Captain when the weather situation arises	Actual dehydration or hyperthermia risk	4	A	Low	X	X	X	X	X
6	Strong sun	Education of rowers on importance of hats and sun cream in warm weather, and sunglasses for visibility if necessary	Continuous education of all club members through reminders when the weather situation arises	Sun burn; poor visibility for coxes	Ensuring at least one crew member is carrying sun cream every outing when these weather conditions arise.	Reminders from coach/cox/senior rower to crew members and general reminders from Club Captain when weather situation arises; cox to carry sunglasses	Sun burn severe enough to require medical treatment or impact training; damage to boats	3	C	Moderate	X	X	X	X	X

Other water users														
1	Barges or other stationary boats	Education for coxes on CUCBC rules regarding coxes ability and avoiding other boats	Adequate training of coxes and coaches to look out for hazards on the river	Crash and potential capsize	All rowers have an awareness of what to do in the case of capsizing or crash AND understanding of rules of the river. Life jackets are available. Safety Plan in place describing emergency procedures. All club members are able to swim.	Adequate teaching of novices and reminder for senior rowers, information in boathouse on safety board or otherwise	Damage to other boats, damage to own boat, capsize	1	E	Moderate	X	X	X	X
2	Other senior crews or moving boats e.g. river tour boat	Education for coxes on CUCBC rules regarding coxes ability and avoiding other boats	Adequate training of coxes and coaches to look out for hazards on the river	Crash and potential capsize	All rowers have an awareness of what to do in the case of capsizing or crash AND understanding of rules of the river. Life jackets are available. Safety Plan in place describing emergency procedures. All club members are able to swim.	Adequate teaching of novices and reminder for senior rowers, information in boathouse on safety board or otherwise	Damage to other boats, damage to own boat, capsize	2	D	Moderate	X	X	X	X
3	Novice crews	Education for coxes on CUCBC rules regarding coxes ability and avoiding other boats, being extra cautious and giving crews plenty of space to pass, if necessary, holding the boat up	Adequate training of coxes and coaches to look out for hazards on the river	Crash and potential capsize	All rowers have an awareness of what to do in the case of capsizing or crash AND understanding of rules of the river. Life jackets are available. Safety Plan in place describing emergency procedures. All club members are able to swim.	Adequate teaching of novices and reminder for senior rowers, information in boathouse on safety board or otherwise	Damage to other boats, damage to own boat, capsize	2	D	Moderate	X	X	X	X

4	Scullers or small boats e.g. kayaks and canoes	Education for coxes on CUCBC rules regarding coxes ability and avoiding other boats, being proactive by shouting 'look out sculler!'	Adequate training of coxes and coaches to look out for hazards on the river	Crash and potential capsize	All rowers have an awareness of what to do in the case of capsizing or crash AND understanding of rules of the river. Life jackets are available. Safety Plan in place describing emergency procedures. All club members are able to swim.	Adequate teaching of novices and reminder for senior rowers, information in boathouse on safety board or otherwise	Damage to other boats, damage to own boat, capsize	1	C	Low	X	X	X	X	X
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Local Environment															
1	Swans and other wildlife	Follow information from CUCBC and Conservators of the River Cam for guidance and updates on any aggressive wildlife and action taken to remove them	Pass on these updates to coxes and coaches to inform all rowers	Collisions with wildlife	Reminder to all rowers that care, and respect should be taken when encountering wildlife, coxes should be avoiding them wherever possible.	Adequate teaching of novices and reminder for senior rowers, information in boathouse on safety board or otherwise	Aggressive swans, injury to wildlife or rowers	1	E	Moderate	X	X	X	X	X
2	Corners on the river, crossing over	All new coxes should have a structured training program and experienced coxes a thorough knowledge of the River Cam before outings	Coach and cox work together to ensure good knowledge of the river and that commands are well communicated to crew members in the boat	Crash into bank or other river users	Continuous education of rowers and coxes to have an awareness of the map of River Cam and where obstacles arise.	Adequate teaching of novices and reminder for senior rowers, information in boathouse on safety board or otherwise	Damage to boats, individuals and potentially 3rd parties	1	E	Moderate	X	X	X	X	X

3	Heavy foliage	Follow information from CUCBC and Conservators of the River Cam for guidance and updates on action taken to maintain the river	Coach and cox work together to ensure good knowledge of the river and that commands are well communicated to crew members in the boat	Narrowed section of river could lead to crashes into bank or other river users	Continuous education of rowers and coxes to have an awareness of the map of River Cam and where obstacles arise.	Adequate teaching of novices and reminder for senior rowers, information in boathouse on safety board or otherwise	Damage to boats, individuals and potentially 3rd parties	1	E	Moderate	X	X	X	X	X
4	Shallow water at the edge on the reach and other areas	Follow information from CUCBC and Conservators of the River Cam for guidance and updates on action taken to maintain the river	Pass on these updates to coxes and coaches to inform all rowers	Boat running aground	Continuous education of rowers and coxes to have an awareness of the map of River Cam and where obstacles arise.	Adequate teaching of novices and reminder for senior rowers, information in boathouse on safety board or otherwise	Damage to boats, individuals and potentially 3rd parties	1	E	Moderate	X	X	X	X	X

Going afloat and landing															
1	Other boats and crews	All rowers and cox being alert and reactive to events occurring around the boathouse and where other crews are	All club members understand the business of the shared boathouse and how incidents can be avoided.	Boat hitting other boats when placed into water, hitting other rowers or even cyclists passing through	Cox is responsible for ensuring crew is carrying and placing boats correctly avoiding other boats and crews.	Adequate training of coxes to take responsibility for this, and other crew members to be on the lookout.	Damage to boat, other boats and 3rd parties	1	E	Moderate	X			X	X

2	Balance of the boat as rowers get in	All rowers and cox being appropriately trained to know the correct order of getting into the boat	Continuous education of all club members	Boat capsize or damage to blades, riggers etc.	Assistance from cox and coach when getting into the boat (or if a hazard occurs out of the water) carefully and quickly. Life jackets are available. Safety Plan in place describing emergency procedures. All club members are able to swim.	Adequate teaching of novices and reminder for senior rowers	Damage to boats and individuals	1	B	Low	X			X	X
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Around the boathouse (including handling boats on land)															
1	Boats and crews in the boathouse	All rowers and cox being alert and reactive to events occurring around the boathouse and where other crews and boats are	All club members understand the business of the shared boathouse and how incidents can be avoided.	Hitting other boats or rowers	Cox is responsible for ensuring crews carry the boat correctly, avoiding other boats and crews.	Adequate training of coxes to take responsibility for this, and other crew members to be on the lookout.	Damage to boats, other boats and 3rd parties	1	E	Moderate	X			X	X
2	Boats on racks in the bay	All rowers and cox being well prepared and confident to lift the boat correctly on 'go'	All club members being aware of how to correctly lift a boat and cox taking responsibility	Hitting other boats, damaging own boats or rowers carrying it	Cox is responsible for ensuring crews carry boats correctly, avoiding other boats.	Adequate training of coxes to take responsibility for this, and other crew members to be on the lookout.	Damage to boats, other boats and 3rd parties	1	E	Moderate	X			X	X

3	High or low racks	All rowers and cox being well prepared and confident to lift the boat correctly on 'go' especially if boat in less common place	All club members being aware of how to correctly lift a boat and cox taking responsibility for reminder of lifting in this particular situation	Hitting other boats, damaging own boats or rowers carrying it	Cox is responsible for ensuring crews carry boats correctly, avoiding other boats.	Adequate training of coxes to take responsibility for this, and other crew members to be on the lookout.	Damage to boats, other boats and 3rd parties	1	E	Moderate	X			X	X
4	Heavy boat	All rowers and cox being well prepared and confident to lift the boat correctly on 'go'	All club members being aware of how to correctly lift a boat and cox taking responsibility	Injury to those carrying the boat if carried incorrectly	Cox is responsible for ensuring crews carry boats correctly, avoiding other boats.	Adequate training of coxes to take responsibility for this, and other crew members to be on the lookout.	Injury to those carrying the boat	1	E	Moderate					
5	Other obstacles	All rowers and cox being alert and reactive to events occurring around the boathouse and where other crews and boats are, club chairman responsible for informing club members of any specific obstacles	All club members understand the business of the shared boathouse and how incidents can be avoided.	Hitting other boats or rowers	Cox is responsible for ensuring crews carry boats correctly, avoiding other boats.	Adequate training of coxes to take responsibility for this, and other crew members to be on the lookout.	Damage to boats, other boats and 3rd parties	1	E	Moderate	X			x	x

Faulty, incorrectly set and poorly maintained equipment

1	Scratches or light damage	Regular maintenance of boats by Tim the boatman, all club members to notify him and captains of any damage they notice.	Continuous education of all club members to report incidents to the for mentioned individuals at the first opportunity	Damage being left and becoming more serious leading to buoyancy effects	Boat checked over every outing by cox and rowers as they go to lift it off the racks and when preparing to get in the boat.	Adequate teaching of novices and reminder for senior rowers, information in boathouse on safety board or otherwise	Boat damaged beyond repair, potential to capsize or sink	4	B	Moderate				x	x	x
2	Heavy damage	Regular maintenance of boats by Tim the boatman, all club members to notify him and captains and club chairman of any damage they notice.	Continuous education of all club members to report incidents to the aforementioned individuals at the first opportunity	Capsize boat or damaged beyond repair as a result of inappropriate use when damaged	Boat checked over every outing by cox and rowers as they go to lift it off the racks and when preparing to get in the boat.	Adequate teaching of novices and reminder for senior rowers, information in boathouse on safety board or otherwise	Boat damaged beyond repair, potential to capsize or sink	4	B	Moderate	x	x	x	x	x	x
3	Missing equipment e.g. bow ball, seats, foot plates	Regular maintenance of boats by Tim the boatman, all club members to notify him and captains and club chairman of any damage they notice.	Continuous education of all club members to report incidents to the aforementioned individuals at the first opportunity	Capsize boat or damaged beyond repair as a result of inappropriate use when damaged	Boat checked over every outing by cox and rowers as they go to lift it off the racks and when preparing to get in the boat.	Adequate teaching of novices and reminder for senior rowers, information in boathouse on safety board or otherwise	Boat damaged beyond repair, potential to capsize or sink	4	B	Moderate	x	x	x	x	x	x

Pre-existing health conditions and low levels of fitness														
1	Low fitness	Assessment of fitness ability on a regular basis particularly of novices	Strong communication with LBCs and novice coaches, as well as captains	Collapse or injury due to excessive exercise and lack of prior training	All rowers have an awareness of what to do in the event of sudden collapse or injury during an outing and that they should notify coach/captain at the first opportunity if they are not fit to partake in physical activity. All outings will have a charged mobile phone available for use in the event of an emergency.	Adequate teaching of novices and reminder for senior rowers	Individual	3	B	Low	x		x	x
2	Asthma	Notification from rowers who have asthma and assessment of fitness ability on a regular basis by themselves and their captain/coach	Strong communication between captains and their crews, supportive environment	Asthma attack during outing	All rowers encouraged to keep asthma well managed and carry inhaler at all times, other rowers aware and know how to act in event of asthma attack.	Adequate teaching of novices and reminder for senior rowers	Individual	2	D	Moderate	x			x
3	Acute illness	All rowers should notify coach/captain at the first opportunity that they are not fit to row	Strong communication between captains and their crews, supportive environment	Collapse or acute illness during an outing	All rowers have an awareness of what to do in the event of sudden collapse during an outing and that they should notify coach/ captain at the first opportunity during the outing if they are not fit to partake in physical activity. All outings will have a charged mobile phone available for use in the event of an emergency.	Adequate teaching of novices and reminder for senior rowers	Individual	3	B	Low	x			x

4	Other pre-existing health conditions	Assessment of fitness ability on a regular basis particularly of novices	Strong communication between captains and their crews, supportive environment	Collapse or injury due to excessive exercise and lack of prior training, or due to their condition	All rowers have an awareness of what to do in the event of sudden collapse or injury during an outing and that they should notify coach/captain at the first opportunity if they are not fit to partake in physical activity. All outings will have a charged mobile phone available for use in the event of an emergency.	Adequate teaching of novices and reminder for senior rowers	Individual	3	B	Low	x		x		x
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RISK ASSESSMENT 2: External Training

#	Hazard	Reduce probability of a Hazard causing a Hazardous Event		Hazardous Event	Reduce the Severity of Harm		Harm	Severity (1-5)	Probability (A-E)	Level of Risk	Action Owners					
		Barriers	Action to maintain barriers		Controls	Action to maintain controls					Captains	WSO	Coaches	Coxes	Other	
Unfamiliar Waters																
1	Training or competing on unfamiliar bodies of water	Local information on navigation and hazards obtained: coxes, coaches, steerspeople to be familiar with details. Local weather reports need to be obtained and advice taken from local clubs or water users.	Pass on these updates to coxes and coaches to inform all rowers	Hitting other boats, damaging own boats or rowers carrying it	Crews will be accompanied by a launch with a first aider	Briefing to coaches at start of training camp	Damage to boats and 3 rd parties	2	C	Low	X	X	X	X	X	
2	Borrowed equipment being unsafe	All equipment (including PFDs) to be inspected for compliance with British Rowing standards. Insurance to be confirmed.	Pass on these updates to coxes and coaches to inform all rowers	Minor injury	Crews will be accompanied by a launch with a first aider; personal travel insurance cover advised for training abroad; emergency contact details recorded; nearest hospital address briefed.	Briefing to attendees at start of training camp	Individual	2	B	Low	X	X	X	X	X	

Use of Launches														
1	Other water users	Captains ensure the launch driver is qualified to RYA Level 1 or certified fit to operate the launch safely by the WSO, a visual inspection of the launch by the launch driver completed prior to any outing	Continuous education of captains and launch drivers	Potential capsize, falling out, immersion	Lifejackets must be worn by all crew, lifejackets are visually checked prior to each use and inspected by the WSO, kill cords fitted and used.	Adequate teaching of launch drivers	Damage to other boats, damage to launch, capsize	3	B	Low	X	X	X	X
2	Debris	Launch drivers must assess the state of river for debris prior to any outing	Continuous education of captains and launch drivers	Fouling of prop	Launch drivers must carry a mobile phone and the required minimum equipment	Adequate teaching of launch drivers	Damage to launch	1	C	Low	X	X	X	X
3	Electrical/ Mechanical fault	Captains must ensure launches are serviced as required	Continuous education of captains and launch drivers	Loss of control of launch, fire	Launch drivers must carry a mobile phone and the required minimum equipment, no smoking or use of naked flames, checks to ensure fuel lines are attached securely, launches carry a powder fire extinguisher.	Adequate teaching of launch drivers	Damage to launch and individuals	3	B	Low	X	X	X	X

All launches must carry as a minimum:

- First aid kit in a waterproof bag
- Throwline
- Safety knife with rope cutter
- Foil blankets
- Length of spare rope
- Anchor and line
- Audio signalling device
- Spare PFD
- Boathook
- Spare kill cord
- Paddle
- Simple handholds on side of launch

Food													
1	Allergens	Allergies noted and sent to catering staff for all attendees.	Continuous education of training camp organisers	Allergic reaction	Attendees advised to bring medication where required; attendees briefed on who the club first aiders are	Continuous education of training camp organisers	Individual	3	B	Low		X	X