



U3A Risk Assessment. Sailing at Rickmansworth Sailing Club.



Members of the U3A, who are registered as members of the Chess Valley U3A Dinghy Sailing group, are allowed to sail on Troy Lake as Associate Members of Rickmansworth Sailing Club hereinafter referred to as 'RSC', and are bound by the Rules of the Club.

From the U3A website:

U3A stands for the University of the Third Age, which is a self-help organisation for people no longer in full time employment providing educational, creative and leisure opportunities in a friendly environment. It consists of local U3As all over the UK, which are charities in their own right and are run entirely by volunteers.

By extension, therefore, most U3A members are over 60, and may suffer from medical or mobility problems.

Nature of Risk	Likelihood of injury	Risk Level	Current controls	Notes
<p>1. Access to Rickmansworth Sailing Club is by means of an unmetalled track, over a narrow bridge which crosses a weir, with parking in a field outside the gates of the Sailing Club which has an unfenced stream running alongside.</p> <p>2. The track and field can be muddy and slippery during and after wet weather. Risk of car accident and risk of falling in the mud or in the stream.</p>	Low	Low	<p>Members of the U3A are advised to drive slowly down the track and to take care when crossing the bridge and not to park in muddy areas of the car park.</p> <p>Care should also be taken when parking close to the stream. The lake is also used by anglers and the track is used by walkers, so members of the U3A should be aware that there may be other cars and pedestrians on the track.</p>	To be mentioned at every Safety Briefing



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<p>3. Moving about within the grounds of the Sailing Club. There are lots of dinghies and trailers parked on the hardstanding beside the water, and there are dinghies under repair in the boatshed. Risk of damage to dinghies and risk of injury to persons.</p>	Low	Low	Members of the U3A are advised to take care when moving about near the parked dinghies or when retrieving equipment from the boatshed. When carrying booms, masts and other bulky pieces of equipment, members of the U3A should ensure they do not damage parked dinghies or injure other people.	RSC insist that their members who berth dinghies at the club should have £3 million public liability insurance
<p>4. Launching boats: Access to the lake is via ramps, steps and two floating pontoons. Risk of falling on the ramps and pontoons, risk of falling in the lake.</p> <p>Electric winch: This is unguarded and is powered from an electric socket within the boatshed. Risk of injury</p>	Low Low	Medium Medium	<p>Members of the U3A are advised that care should be taken when dragging boats up and down the ramps. The pontoons can become slippery during and after wet weather and can be covered in bird droppings.</p> <p>The winch should only be used under the supervision of the Duty Officer.</p>	<p>The Duty Officer is appointed by RSC and is a member of the RSC Committee or someone nominated by them to represent RSC.</p> <p>Members of the U3A must obey the instructions of the Duty Officer at all times</p>



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<p>5. Weather: Sailing takes place from April to October. Weather conditions vary. Risk of hypothermia, sunstroke.</p>	<p>Low</p>	<p>Medium</p>	<p>The Duty Officer is responsible for gauging whether the weather conditions are suitable for sailing, and whether the U3A members have the skills and experience to cope with the weather conditions.</p> <p>All members of the U3A should complete a Registration document giving details of emergency contact, doctor, and any medical problems or allergies. This information will be available to the Duty Officer.</p> <p>Members of the U3A who are permitted to go out on the water should be appropriately dressed and should wear a personal flotation device at all times.</p> <p>Suitable footwear should also be worn.</p> <p>Sunscreen should be applied in summer.</p> <p>Members of the U3A should bring a change of clothing</p>	<p>Registration documents should be kept up to date</p>
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<p>6. Condition of water: Weil's Disease, Leptospirosis or Blue Green Algae. Risk of contracting disease</p>	Low	Low	<p>Members of the U3A should be made aware that there is a low risk of contracting Weil's Disease or Leptospirosis which is a disease caused by organisms in animal droppings, particularly the urine of rats. It is caught through skin abrasions and cuts or through the eyes, nose or mouth. Existing cuts and grazes should therefore be covered with waterproof sticking plaster.</p> <p>Blue green algae is rarely a problem but can be toxic.</p> <p>Members of the U3A should shower after sailing, and consult their doctor if any symptoms typical of either of the above conditions appear.</p>	Notices pinned on notice board
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<p>7. Sailing: Risk of collision, going aground</p>	<p>Low</p>	<p>Medium</p>	<p>Members of the U3A are not permitted to take a dinghy or canoe onto the lake unless a patrol boat is already on the water, or moored at the pontoon. The patrol boat should be manned by at least two people, one of whom should have attended a Power Boat course. The boat should be equipped with a safety box and a ladder. The kill cord should be used at all times.</p> <p>The helmsman is responsible for the boat and the crew. He or she should know which boat has right of way but should avoid colliding with other boats.</p> <p>The helmsman should also be aware of potential hazards on the lake such as shallows, overhanging trees, and buoys.</p>	<p>RSC insurance covers damage to boats owned by the Club (not by individual members) but does not cover personal injury.</p> <p>Members of the U3A can take out personal accident insurance if they think it appropriate.</p>
<p>8. Capsizing: Risk of drowning, hypothermia or serious injury</p>	<p>Medium</p>	<p>Medium</p>	<p>All members of the U3A should have practiced capsize drill – this will be organised by the Duty Officer at some point during each sailing season. All members should be able to swim at least 10 metres, but should stay with the boat until rescued.</p> <p>If necessary, the Duty Officer will call the emergency services</p>	<p>Duty Officer to arrange Capsize Drill when water is warm</p> <p>RSC Major Incident plan to be implemented</p>



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<p>9. Kitchen: Risk of accident or injury</p> <p>Risk of contamination by vermin</p>	<p>Low</p> <p>Low</p>	<p>Low</p> <p>Low</p>	<p>Members of the U3A should take care when handling kitchen utensils and equipment, particularly the oven, barbeque and hot water tap.</p> <p>All food waste should be disposed of properly in the bins provided</p>	<p>A Catering First Aid kit is located in the kitchen.</p> <p>A Burns First Aid kit is located in the kitchen.</p>
<p>10. Other risks: In the clubhouse: Meeting room, Changing rooms, Toilets, Bar, Decking, Tool Store, and Training Room.</p> <p>Risk of accident or injury.</p> <p>Risk of contamination by vermin</p>	<p>Low</p> <p>Low</p>	<p>Low</p> <p>Low</p>	<p>Members of the U3A should take care when moving around the clubhouse.</p> <p>All accidents should be reported to the Duty Officer and recorded in the Accident Book.</p> <p>All food waste should be disposed of properly in the bins provided.</p> <p>No crockery or glasses should be left outside.</p> <p>All areas of the clubhouse should be kept clean and tidy.</p>	<p>Fire extinguishers are located in the clubhouse</p> <p>There is an AED (Automatic External Defibrillator) near the main notice board in the clubhouse.</p>