



Safety Alert - People new to rowing may hesitate

When they find themselves in stressful situations, young people, and people new to rowing, tend to panic.

They will not respond well to commands. They will probably not row together in a coordinated way and may lose control of their boats. They will not be able to work together to keep themselves safe.

It is important that coaches are aware of the factors that would cause people to panic. These factors indicate that it is not safe to take a crew into a hazardous area such as an area upstream or upwind of an obstruction where the stream or wind can draw them towards it. These factors include: -

- The youth and inexperience of the crew
- The crew capacity (strength and rowing technique)
- The maturity of the crew
- The flow or wind conditions at the obstruction
- The imposing nature of the obstruction
- The propensity of young and inexperienced rowers not to follow instructions immediately and accurately in stressful conditions.

There is more information on how to make quick, pre-outing risk assessments in the Safety Basics training on RowHow here [Course: Safety Basics - Understanding and Managing Risk | Home \(rowhow.org\)](#).

Section 6.1 of [RowSafe](#) refers to People new to Rowing, this contains the following: -

Coaches are expected to:

- Be prepared for people new to rowing to hesitate when given instructions, ensure that instructions are given clearly and in good time.
- Ensure that people new to rowing and inexperienced rowers are kept well clear of obstructions and other hazards.



Keep people new to rowing well away from hazards that could harm them.

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