

# RUBC INDUCTION FOR BEGINNERS 2016-17



# FIRE PROCEDUR

- Building fitted with automatic fire detection.
- Contact fire services on 999.
- Location – Reading University Boat House, behind Waitrose car park in Caversham.
- Fire exits.
- Assemble at front gates by river.



## Main Boathouse



Fire procedures – read this in conjunction with local fire emergency

### Fire Alarm

Then Men's Boathouse Building has a fire alarm system that incorporates automatic fire detection. Located at every staircase or external exit door is a manual fire alarm call point. If you discover a fire and the fire alarm is not yet sounding, then raise the alarm by pressing the manual call point. **The fire alarm sound in this building is electric bells. This building DOES NOT have an alerting system for people with a hearing impairment. If you have a hearing impairment report this to the building manager.**



Fire Alarm Call Point

### Fire Exits

On hearing or seeing the fire alarm sounding make your way to the nearest available safe exit route and leave the building without delay. The fire exits in this building are signified as follows:



### Fire Assembly Point

Once you have left the building make your way to the fire assembly point which is located at **the front gates towards the river**. Do not re-enter the building. Wait at the assembly point until you are informed by the Evacuation Officer, University Security or fire brigade that it is safe to return to the building.

Building manager contact details:

Name: Will Rand

Phone: 07989 972594

Email: [w.rand@reading.ac.uk](mailto:w.rand@reading.ac.uk)

Please inform the Building Manager or your School Disability Representative if you need:

- this information sheet to be produced in large print, Braille or as an audio tape
- assistance to familiarise yourself with the evacuation routes

# EQUIPMENT

- Check with the coaches and captains before using any equipment.
  - Boats are designed for different weight people.
  - Much of the equipment is very expensive (up to £25k)
  - Some of the equipment is privately owned.
  - You must have been instructed on proper use the equipment before you use it.



# FIRST AID

## ○ First Aid

- First aid kits are in:
  - kitchen
  - boat bays
  - Launches
- First aid – 2 coaches have training, Will and Sean.
- If you need an ambulance then dial 999.
- The boathouse location is behind the Waitrose car park in Caversham.



# PHYSICAL ACTIVITY READINESS

- ◉ If there is any doubt that you are ready for physical activity you should first consult your doctor.
- ◉ Some conditions such as asthma and diabetes, for example, do not prevent individuals participating in the sport, but you do have a duty to declare any condition that might put yourself or others at risk. Likewise you have a duty to declare any change in personal health whilst a member of the Club that may put yourself or others at risk. It is important therefore that you inform those around you e.g. coaches and crew members, of any condition they may have to deal with in the event of an emergency.

# SAFETY EQUIPMENT

## ○ Throw ropes

- Generally used to assisting someone following a capsized.
- These are hung on the back of the boat bay doors.
- Carried on coaches bikes & launches



# CAPSIZING/SWAMPING

- ◎ **STAY WITH YOUR BOAT – and use it to float.**
  - Get on top of the boat.
  - Do not swim **away** from the boat, as in cold conditions your swimming ability is dramatically reduced.
  - As a last resort even your oars will float.
  - Attract attention for assistance.
  - STRADDLE AND PADDLE with the boat to the river bank.
  - **Swim test for all**
  - **Late October**



# CLOTHING

- Your clothes need to be:
  - comfortable so you can move.
  - not too baggy.
  - You should not go in a boat with jeans, a heavy coat, or restrictive clothing, as if you were to fall in this may prevent you getting to safety.
  - You'll learn to "love the lycra"!
  - Later in the term you'll be able to buy all-in-ones.
  - It's important to look smart for races (matching kit).





# HYGIENE

- Wipe down the rowing machines, bikes and other equipment with spray provided.
- Don't sit on the chairs in wet kit!
- If we can stay in good health, we can train better & become faster rowers!!!!



# BUILDING ACCESS

- Unrestricted access.
  - Because of the nature of the rowing training, members can access the boathouse when they require.
  - You must have a “training buddy”.
  - When using weights you should have someone there to assist you should you get into difficulty.



# TRAINING ALONE

- ⦿ There are risks associated with training alone.
- ⦿ You should not train alone at RUBC.
- ⦿ You will benefit from having a training partner.
- ⦿ Arrange training sessions with other people.



# BUILDING RESPONSIBILITY

- ◉ To maintain the luxury of unrestricted access you must act responsibly
- ◉ Leave area's clean and tidy.
- ◉ Wash up crockery/cutlery.
- ◉ Close windows & doors when you leave.
- ◉ Makes sure the boathouse is secure.
- ◉ Lock gates, both front & back.
- ◉ Report anything suspicious.



# WELFARE

- Carrington building
  - Receptionists in the Carrington building can help direct any concerns you have regarding student welfare.
- University website
  - Search for the “Health & Welfare” section of the Uni website.
- Rowing issues
  - Speak to the a member of the coaching team.



# INCIDENT REPORTING

- Reporting incidents or near misses, help us improve safety
  - Report to Club Water Safety Adviser (Will Rand)
  - What needs reporting:
    - Capsize
    - Collision
    - Swamping
    - Health issues (infections)
    - Also any “near misses”.



# SAFETY NOTICE BOARD

- ⦿ All this information can be found on the clubs safety notice board.
- ⦿ This is located in the corridor on the 1<sup>st</sup> floor leading from the stairs to the club rooms.
- ⦿ Please check this board regularly for updates.

## NOW:

- given a tour of the building (upstairs, boat bays, landing stage, etc.) including the fire exits & alarm buttons.
- Shown the location of first aid and safety equipment.

Thank-  
you