ROWERS CATCH ON TO SAFE ROWING

STROKE IS THE SKIPPER OF THE SKIFF

TRAINING WITH A COACH SUPERVISING - stay within 500m of one another

WITHOUT A COACH SUPERVISING - each rower must carry a floatation belt in your boat

COXSWAINS MUST WEAR A LIFE JACKET

DO THE CHECKS BEFORE YOU HEAD OUT

- Wearing appropriate clothing
- Know the waterway rules and hazards
- Checked the weather forecast
- Lodged intentions at the club
- Boat is safe for use (bow ball, bungs, heel ties and shoe quick release)

ROWING IN THE DARK

Carry a solid white light on bow and a torch on board

SHOULD YOU CAPSIZE - AND YOU CAN’T GET BACK INTO THE BOAT - REMEMBER...

A STAY AFLOAT
B STAY WITH THE BOAT
C STAY CALM
D DON’T SWIM AWAY FROM THE BOAT
E ELEVATE BODY OUT OF THE WATER ON TOP OF UPSIDE DOWN BOAT
F FIND THE NEAREST SHORE AND USE ARMS TO PADDLE BOAT IN