

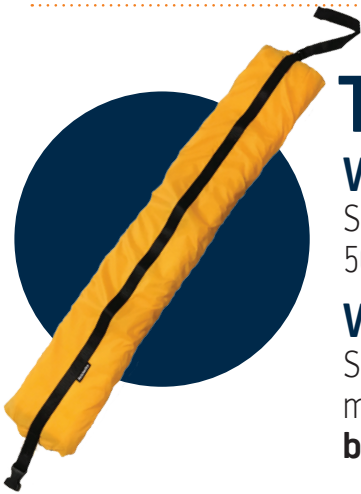
ROWERS CATCH ON TO SAFE ROWING



ROWING 
NEW ZEALAND



STROKE IS THE
SKIPPER
OF THE SKIFF



TRAINING
WITH A COACH

SUPERVISING - stay within
500m of one another

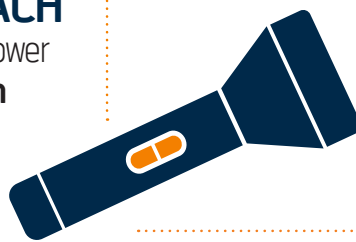
WITHOUT A COACH

SUPERVISING - each rower
must carry a **floatation**
belt in your boat



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



COXSWAINS
MUST
WEAR A
LIFE JACKET

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

