

# COACHES CATCH ON TO SAFE ROWING



ROWING   
NEW ZEALAND



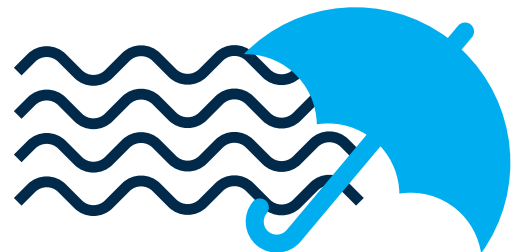
## DRIVER OF THE SUPPORT BOAT IS THE SKIPPER

And responsible for  
that boat and all crews  
under their supervision



## DO THE CHECKS BEFORE YOU HEAD OUT YOU AND THE CREWS:

- Are 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)



## ENSURE:

- All coaches and coxswains are wearing lifejackets
- You make an assessment on the number of crews you can safely supervise (need to consider weather, type of water and ability of crews)
- Stay within 500m of each other otherwise crews are no longer being supervised

## YOUR COACH BOAT SHOULD HAVE ON BOARD:



- Waterproof communication
- Enough floatation belts for your largest crew
- Bailer
- Signalling device
- Throw bag
- First aid kit
- Knife
- Paddle
- Engine cut-out lanyard
- Fire extinguisher
- Flare (if more than 500m offshore)
- Lights (if training in darkness) white on top, red port, green starboard