COACHES CATCH ON TO SAFE ROWING

DO THE CHECKS BEFORE YOU HEAD OUT
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
- Engine cut-out lanyard
- Fire extinguisher
- Flare (if more than 500m offshore)
- Lights (if training in darkness) white on top, red port, green starboard

DRIVER OF THE SUPPORT BOAT IS THE SKIPPER
And responsible for that boat and all crews under their supervision

ENSURE:
- 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)

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