



## Safety sheet: Equipment Checking: for rowers and coxes

Everyone has a responsibility to check equipment prior to each outing, coaches, rowers and coxes. The following are brief guidelines to introduce you to the basics of safe rowing.

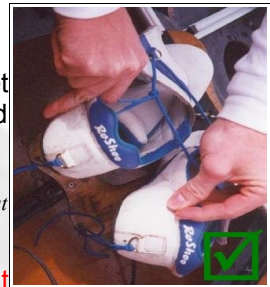
### Rowers:

**Heel restraints:** Want to get stuck underwater pinned in by your feet? Thought not...

Heel restraints are there for a reason. In the event of a capsize they enable your feet to naturally pop out of the shoes fixed in the boat. If the heel restraints aren't fixed properly then you will remain stuck underwater until you can free your feet manually.

*WSC section 1.11.2 - "All boats where "fitted" shoes are employed, must have effective heel restraints. These must be properly adjusted and in working order."*

**Your job:** Before every outing make sure your shoes are tied to the foot plate so that the heel does not come up past the bottom fixing between the shoe and footplate. Test with a sharp tug



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### Coxes

**Bow Balls:** Want to be responsible for killing, maiming or seriously injuring someone?

Rivers are busy. Accidents happen. The bow ball is in place to minimise the risk of impaling / spearing someone and injuring or killing them when you have an accident. When assessing a bow ball, ask yourself the question – what if that was spearing my back?

*WSC "Check that the bow ball is securely fixed and fully covers the bow of the boat in order that adequate protection is given to any person or object struck by the moving boat."*

**Your job:** Before each outing, check for cracks and tears. Push the bow ball with your hand and ensure it doesn't deflect too much. If the bow ball is not in a satisfactory condition or deflects greatly, tell your coach. Borrow another boat and write it up in the repair log.



#### **Buoyancy Tanks & Hull:**

You do not want to be steering a boat which starts to sink halfway through an outing and your rowers don't want to be in one either.

**Your Job:** Check the bow and stern of the boat, make sure there are no obvious holes in the hull or canvas. Ensure the hatches are properly sealed.

#### **Lights:**

Collisions are a lot easier to avoid if people can see you coming. Use bow and stern lights when visibility is poor or you are boating within half an hour of sunset

**Your Job:** Attach the white row lights available in the boat bay cabinet to both the stern and bow canvas. Loop a secure tether to bow or strokes rigger as these lights a) are expensive and b) can be knocked off.

**A safety poster is available in the boat bay to aid you in your pre outing checks.**