
Safe Coaches!

Before you head out on the water:

- Confirm your rowers have checked their boats
- Check the weather forecast. Is it safe for the whole row?
- Confirm your rowers are dressed appropriately and have the correct gear.
- Think about how you will keep all of the rowers within 500m throughout the session.

During the session:

- Wear your PFD
- Wear your kill switch cord
- Uses marine lights if out during dark or twilight hours

Your Coach boat should have:

- Waterproof communication
- Enough PFDs for everyone in the largest boat that you are coaching
- Bailer
- Signalling device
- Throw rope
- Knife
- Paddle

Make it fun!
