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# Safe Rowers!

Before you go out on the water:

- Check your heel ties. They should be secure and not more than 7cm long
- Check your hardware. Does your seat roll? Is everything tight?
- Check your bow ball. Is it secure?
- Check hatches and plugs. Are they closed?
- Check the weather forecast. Is the weather safe for your whole row?
- Sign out the equipment so it is clear that you are on the water.
- Wear appropriate clothes and have the right gear for the conditions (lights, water).

If you will be on the water without a coach boat within 500m, you must have a PFD, hailing device (whistle), and a communication device (VHF radio or phone in a dry bag)!

If you end up in the water:

- Calm your breathing
- Hold on to the boat
- Get your body up onto the boat to conserve heat

## Have fun!

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