



# SAFETY CHECKLIST

## STEP 1

### RISK ASSESSMENT CHECKLIST

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- Check wind, temperature, rain, flow and water traffic
- Is everyone comfortable with the conditions?
- Is there someone around to help me?

## STEP 2

### ATHLETE COMPETENCE CHECKLIST

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- Can I/my crew manage the conditions?
- Is there at least 1 experienced rower in the boat?
- Do I know what to do if I capsize?

## STEP 3

### EQUIPMENT CHECKLIST

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- **Non - negotiables:** bow ball, hatch covers, heel ties, lights
- Seat, foot-stretcher placement, slides, gates undone, rigger secure, oar lengths
- Coaches: bike lights, brakes, helmet, bell