



BEFORE LEAVING HOME

- What is the weather forecast – wet, cold, hot, windy?
- Has the Captain or VC sent out a late email or text altering arrangements?
- Is your clothing suitable for conditions?
- Have you packed a full change of clothing in case you get wet or capsize?
- Do you have a water bottle for rehydration?
- Do you need suncream or any medication?
- Are you well and able to cope with an outing?



CLUB GROUNDS & BOATHOUSE

- Are the grounds, boathouse and landing stages clear of hazard – trips or ice?
- Are the Covid-19 arrangements in place and have you used them?
- Is access clear to your boat and are you able to safely carry and launch it?



BOAT

- Is the boat suitable for you and your crew?
- Have you undertaken pre-launch checks – riggers, gate, seat, runners, hull, blades, cox-box?
- Have you agreed the launching plan, who is commanding and considered best positioning of crew to carry the boat?
- If necessary is it clear to turn the boat on land or on the water



CREW

- Are you aware of the competence and capability of yourself and your crew including the cox?
- Are you or the crew able to cope with current and forecast weather and flow conditions?
- Are all crew members wearing appropriate clothing for the conditions?
- Has everyone remembered their drink bottle?
- Is bow wearing a bright top?
- Will you be rowing alone, is it safe and have you permission to do so?
- If rowing at night or in difficult conditions has a crew briefing been given?



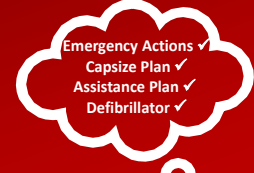
WEATHER

- Is it safe to launch in current or forecast weather conditions?
- If icy can it be cleared to make it safe and avoid damage to the boat
- Is the flow on the river safe for the crew?
- Should a check be made on the meadow where it is less sheltered?
- Should advice be sought from more senior club members?



EMERGENCY

- Are you clear on the action to take in an emergency?
- If you capsize do you have a plan?
- Do you know how to call for assistance?
- Do you know where the defibrillator is located?



If in doubt seek advice or change your plans – a missed outing is better than taking unnecessary risk