

Safety at the 2014 Jury Cup

Saturday November 29

Big attention !!

Before you load your boats to come to Whanganui, please check the following:

- Bow ball – if it's not great, **NOW** is the time to get it replaced
- Cox egress – in event of a capsize, make sure the cox can get out
- Heel restraints – make sure the heel restraints are 70mm max.
- Quick release cords on your shoes
- Life Jackets which are serviceable, and fit for purpose.

Non-compliance may mean you miss your race !

1. The Cox weight is 55kg. If you are carrying extra weight , have this secure in a bag, close to the coxswain.
2. Boats and "On Water"
 - Be organised, as you put your boat in the water.
 - Allow sufficient time to get to the start.
 - Stay hard against the bank going up – there will be races coming down.
 - Be with other crews who have the same bow letter as you.
 - Know what crew you are and what race you are in – write this on your hand if need be.
 - Be alert – it's very easy to relax and drift downstream, away from the rest of the crews in your race

3. Traffic Circulation – understand your route to the start. Under no circumstances must crews do practice starts against the flow of traffic.
4. Race Time – assume your race will start at the advertised time unless advised otherwise.
5. Start
 - Be with the other Alpha numbers like yours – ie, all the “B”s together.
 - Be positioned to row onto the start line, immediately the previous race begins.
 - Listen carefully, and do what the starter says.
 - Lane 1 is nearest the Aramoho side ie, the true right bank.
6. React quickly to any instruction from the race umpire – they are there for your safety, and the fairness of the race.
7. Should you capsize during the race, stay with your boat.
8. Row right through the finish, past the bridge before turning around – **don't** stop on the finish line and risk getting T boned!
9. Have BIG fun – it's an amazing sport!