

Safety at the 2015 Redding Shield

Saturday 5 September 2015

Big attention!!

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. Be clear of the lagoon bridge, no later than 20 minutes before race time. Allow plenty of time for boat traffic/hold up within the lagoon as well.
 - Once clear of footbridge, before the racing course and other crews. Put your socks on
 - Approach race course with caution, as races will be coming down. Check for any racing crews coming down the course. Staying out of the racing boats way.
 - Race course clear of racing crew's row quickly across the course and turn left at the outside bouy and then head towards the start line.

- Avoid rowing up to the end of Queens Wharf and then crossing the course. As you will be out of sight from any umpires boat on the start line plus any fishing boats tied to the wharf, will reduce your visibility of any race starting
 - In the marshalling area. 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.
 - Bow numbers are to be read from Queens wharf side i.e. Bow side. Ensure that the string loop is around and over the bow ball prior to fitting the number itself into its holder.
 - Be alert – it's very easy to relax and drift, 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. An aerial map of the course will be on display at the regatta control tent
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 – i.e., 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 to the Queens wharf side
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. White flag from umpire in the horizontal position is for your crew to move in that direction.
9. Red flag / continuous siren from umpire is to **STOP** racing.
10. Row right through the finish, past the buoy before turning around – don't stop on the line and risk getting T boned!
11. Have BIG fun – it's an amazing sport!