

Safety at the 2015 Wgi Sec Schools Champs

Saturday February 28th

Big attention !!

In the light of a recent significantly large fine imposed on a South Island rowing club for non compliance , take special note of the following.

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
- Quick release cords on your shoes – must be tied so that both release by pulling on 1 cord.
- Life Jackets which are serviceable, and fit for purpose.
- Heel restraints : make sure the heel restraints are 70mm max.
Make sure the holding tie/cord is durable and “fit for purpose”.

Non-compliance may mean you miss your race !

- 1 The Cox weight is 55kg for U18, 50kg for all other age groups. 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!