

## **Eskmuthe Rowing Club**

### **Pre Row Check List**

#### **People**

- 1) Is everyone fit to row?
- 2) Is everyone dressed appropriately?
- 3) Are there any new or inexperienced rowers
- 3) Who is the COX?
- 4) Does everyone know their place in the boat?

#### **Conditions**

- 1) Have you checked the tide times? (don't rely on the session time, when do you need to be back by )
- 2) Is it going to get dark?
- 3) Is the sea state and wind OK for rowing? (does it suit you planned row or do you need to change plans or not go out)
- 4) Is visibility OK?
- 5) Are all the crew happy going out in the conditions

#### **Equipment**

- 1) Check the boat for damage. (check towing point, rudder pins and rowlocks)
- 2) Check the oars and rudder are OK.
- 3) Check the boat has an anchor and at least 2 bailers
- 4) Confirm that the radio is charged. (know where the mayday sheet is)
- 5) Check that there are enough life jackets and they are all in good order.  
Check you have the first aid kit

#### **Final Checks before you set of**

- 1) Make sure the Radio and First Aid Kit are in the boat
- 2) Is everyone wearing their life jacket?
- 3) Has the cox explained the launch process
- 4) Where are you rowing to? (do you need money for a coffee!?!)
- 5) Is everyone ready?

**Time to go! Have Fun!**