

# INVERNESS ROWING CLUB SAFETY INFORMATION

## DOs

- Get help to carry equipment whenever possible
- Ensure the hatches are securely closed during every outing.
- Check the heel restraint are attached and not too loose
- Check that the seat runs smoothly
- Always keep to the bow-side bank:
  - boathouse side up to Dochgarroch,
  - city side on the way back.
- Ensure that coxes always wear a life jacket.
- In cold weather ensure that your cox is warm at all times.
- If coxless keep a regular check on the water ahead, take a look ahead every five strokes or so.
- If you foresee the possibility of a collision by your own or any other boat, call a warning such as “STEERING” or “AHEAD”. It is never too early to shout.
- Always bring a change of clothes with you.
- Ensure before taking to the water that you are aware of the weather conditions and your own capabilities and limitations. If in doubt ask!
- Keep an eye on the weather – be prepared to turn back if things change
- Report ANY adverse incidents and near misses to a Club official.

## DON'Ts

- Do not attempt to lift or carry equipment that is too heavy for you.
- Do not step over a boat.
- Do not ever ‘wash hang’ on motorised craft
- Assume that someone else will intervene to prevent an accident/collision

## CAPSIZING

- In the event of a capsize,
  - ❖ Free your feet from the shoes,
  - ❖ HOLD ONTO THE BOAT WHICH WILL STAY AFLOAT.
  - ❖ Keep hold of the boat while you swim (kick) for the bank.
- Climb out of the water far enough to right the boat. Do not let the boat drift off.
- Remove unnecessary wet clothing which will chill you but keep a wind proof top if possible.
- Climb back in the boat and row back to the boathouse, if you are able.
- Change to dry clothing immediately. Do not underestimate the effect of cold: you are not ‘OK ‘or ‘fine’ until you are warm and dry again.