

Tyne Rowing Club

Junior L2R

Homework - Boat Safety Items

Before you launch the boat you should always carry out a basic safety check on the following:

What do we check?	How and why do we check it?
1 The hull	No holes that would let in water - that might cause the boat to sink
2 Bow ball	In place and secure, covering the hard plastic point of bow - reduces risk of injury or damage to other crew or boat in a collision
3 Rudder and fin (not all boats have these, though)	In place - allows boat to be steered properly and so avoid collision with other boats or bank
4 Riggers, pins, swivels and gates	All securely in place - this means that they do not come apart in the water and cause injury or damage
5 Heel restraints	In place and of correct length - so that shoes come up no higher than level - this means that if boat capsizes, rower can pull foot out
6 Seat and slide	Seat in place and running smoothly - to avoid a sudden stop and thus injury
7 Hatch covers	In place and fitted tightly and correctly – so that water does not get into the buoyancy tanks, which could make the boat sink