

Tyne Rowing Club

Junior L2R 2015

Homework - Boat safety items

We will ask you tomorrow first *what is in this list* and second *why we check each item (exact words not needed)*.

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

1 The hull

No holes that would let water in and allow boat to sink

2 Bow ball

In place securely covering hard plastic bow, to reduce 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, to allow boat to be steered properly and so avoid collision with other boats or bank

4 Riggers, pins, swivels and gates

All securely in place so 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, to ensure 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 buoyancy tanks; water in tanks could allow boat to sink