

## Pre-outing Check List for Coaches and Coxes:

### SUMMARY:

- 1) **Are your crew safe to go out on the water? Are they well enough, and are they wearing enough appropriate kit?**
- 2) **What are the visibility, weather and water like? Can your crew handle the conditions? Is your equipment suitable and is your outing plan appropriate for the conditions?**
- 3) **Are you sure your equipment is in good condition?**
- 4) **If an emergency happens, are you going to be able to deal with it?**

**IF THE ANSWER IS NO, ADAPT OR DON'T GO OUT.**

### PEOPLE:

#### 1) **How well do you know the athletes in this crew?**

- a) Do you know that they have all passed the **swim test**?  
Are you sure that they would all know what to do if they ended up in the water?
- b) Do you know if any of them have **medical conditions** that may require treatment on the water, eg asthma, epilepsy, diabetes?  
If any of the crew do have these conditions, do they have any medication they require - eg inhaler - with them?
- c) How **experienced** are they? How **skilful** are they?  
Will they understand instructions given using rowing jargon, eg hold it up, back down?  
How experienced/capable is the cox/steersman?  
Can you reasonably expect them to do the outing you have planned?

#### 2) **Are all the athletes in a fit state to complete the outing?**

- a) Are any of the athletes ill; injured; or excessively tired, hungry or dehydrated?

#### 3) **Are all athletes wearing appropriate kit?**

- a) Do the athletes have **enough kit of the appropriate materials** on for the conditions?
- b) Do the athletes have their own **water bottles**?
- c) Is the cox wearing a **life jacket**?

### CONDITIONS:

#### 1) **What is visibility like?**

- a) If visibility is limited due to **darkness** or **fog**, have you got **lights** fitted? Are they both white, bright enough, and visible through 360 degrees? (Wearing light coloured tops at bow and stern will also help.)
- b) If visibility is just good enough now, will it remain so until the end of the outing?

- c) Is the coach going to be able to supervise the boat closely enough?

## 2) What is the weather like?

- a) Is there a chance of **rain, even lightening**? If so, would it be sensible to adapt your outing plan?
- b) Is there any **wind**? If so, can your cox handle it?
- c) What is the **temperature** like? Is your outing plan suitable?

## 3) What is the water like?

- a) What is the **flow speed** like?
- b) If there are **waves**, can you manage them with your crew in your boat?
- c) What is the **water temperature** like? Is it too cold to even risk falling in?
- d) What is the **water quality** like? (If you've rowed the Tideway you'll understand this.)

## 4) Are your cox and crew good enough to handle the conditions? Is your equipment suitable? Is your outing plan appropriate?

### EQUIPMENT:

#### 1) Are the boat and blades ready to use?

- a) Have other crews used this equipment since you last used it? If so, has any damage been reported? Have you checked the boat over, paying particular attention to the bowball, heel restraints, hatch covers and steering mechanism?
- b) Did you report any damage at the end of the last outing? If so, has this been repaired?
- c) Is the equipment appropriate for the crew (eg are you putting novices in a coxless four?) and the conditions (eg is this eight inherently buoyant?)?

#### 2) Has the coach got what they need?

- a) If on a bike: Megaphone working? Throw-line if amber flag? Got their mobile?
- b) If in a launch: Megaphone working? Got their mobile? Floats sound/bung in? Enough petrol? Life jackets worn by all occupants? Safety Kit? Kill chord?

### EMERGENCY:

#### 1) If something happens to the crew during this outing...

- a) Are you in a position to self-rescue?
  - i. What safety equipment do you have with you (eg throw-line, launch safety bag)?
  - ii. Do you know where you can get people out of the water easily?
- b) How would you get assistance if you needed it?
  - i. Do you have your mobile with you? If not, where is the nearest phone?
  - ii. Do you have the phone number of the people you would need to contact?
  - iii. Do you know where an ambulance could get access to the water? Could you direct it to your position?
- c) How long will it take someone else to realise?
  - i. Who knows you are out on the water?
  - ii. How will they know you have not returned?
  - iii. Would they then be in a position to help you? Would they know where you are?