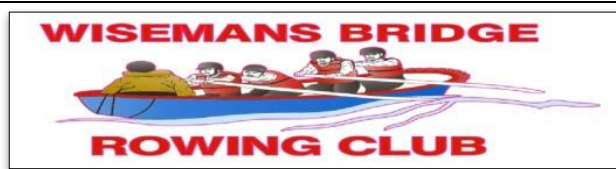


Pre Row Checklist

(V1.9)



Please complete all grey shaded areas!	Date:	/ /	Time:	:	hrs
Have all the crew read the clubs risk assessment? (Please circle)		Yes	No	Cox only	

If in doubt with the weather, stay safe and don't go out!

Tides and Weather Forecast: <i>(See tide tables and local inshore forecast)</i>	High tide time:	:	hrs	Wind speed:	knots
	Height of tide:	metres		Wind direction:	
Observed/Actual Weather/Sea State: <i>(Give brief description of current conditions)</i>					

Please ensure you complete each section for each boat:

Boats to be used and crew names:	Nauti Buoy	Ready Oar Knot	Oarsome	Dirty Gertie
Cox				
Crew1				
Crew2				
Crew3				
Crew4				
Passenger				

Brief crew and state what is expected from session: (i.e. Social row, experience in certain position, fitness, race training)

Session Aims:				
Rowing from:				
Rowing to:				
Rowing via:				

Contingency plan - Alternative landing to safe location please state below: *(i.e. Saundersfoot harbour, Tenby harbour, sandy beach)*

Contingency plan:					
ETR	Expected Time of Return:	:	hrs	:	hrs

If rowing at night, it's mandatory for all rowers to wear a life jacket with light fitted, cox(s) must plan route(s) carefully and also ensure that the boat(s) return to a safe location.

(Mandatory for all dusk and night rowing)

Navigation light attached to rudder(s) & cox(s) to have torch:	Yes	No	
Life jacket for each person on board: <i>(Life jackets must be worn by crew and not left loose in boat)</i>	Yes	No	Cox only

The cox, all under 18's, non swimmers, passengers and InSport participants must wear life jackets at all times!

All crew suitably experienced and fit for the proposed row: <i>(Ensure no more than two novice rowers in each boat)</i>	Yes	No
VHF Radio battery charged, switched on, and monitoring channel 16:	Yes	No
Mobile phone in waterproof cover with emergency numbers:	Yes	No
Person completing this sheet to inform coastguard: <i>(Club name, boat No's, crew No's, route & ETR via VHF radio on channel 16)</i>	Yes	No
Hand flares, throw line and horn in grab bag(s):	Yes	No
First Aid Kit, knife and sufficient foil blankets in grab bag(s):	Yes	No
Check hull, gates and oars for damage: <i>(Replace if necessary)</i>	Yes	No
Check bung is fitted in keel of boat(s), rudder mounted and secure:	Yes	No
Check bilge pump(s) are working and bailers are in boat(s):	Yes	No
Trailer and quad above the forth coming high tide line:	Yes	No

Pre-row checklist completed by: <i>(If completed by person under 18, an adult must check the sheet and also state full name)</i>	
Pre-row checklist must be located within front box on quad or within box within Saundersfoot Harbour or other safe location: <i>(For vital information in an emergency!)</i>	Yes No

If any person feels unsafe in the boat, the cox MUST turn the boat around and head back to the landing area or a safe location!