

## Guidelines for WRC Safety/Coach Boat Use

- Check state of ramp prior to launching
- Check bungs in, check fuel, open air vent, check the following items are on board:
  - Lifejacket for each person
  - Paddles
  - First aid kit (yellow with red cap)
  - Cell phone
  - Kill cord attached to kill switch
  - 8 PFD's
  - Fuel Tank is 50% full
- Wear lifejacket and appropriate clothing at all times
- Attach kill switch to Coach at all times on water.
- Fill In Boat Log
- Navigate at a speed that does not cause a wake to be a hazard to other vessels
- Safety of rowers is paramount: attend to rowers in distress before all other duties
- Take extra care when putting boat away if ramp is slippery
- Remove bungs after use and hang up life jackets.

### IN CASE OF ROWERS CAPSIZE.

Check all rowers surface. Number off crew/cox.

Approach boat from downwind.

Keep prop away from athletes

Remain calm

Ascertain if there are any injuries, remove these rowers from the water into coach boat.

Assist rowers to right the boat (without putting yourself at risk of capsize)

If possible re-seat crew and return to sheds as soon as possible.

If absolutely necessary abandon rower's boat and get them to shore.

Don't overload coach boat – any remaining rowers in water must be wearing a PFD