

SAFETY CHECK LIST CLUB COPY

I am aware of the risks of rowing on an exposed tidal estuary, and in particular the need to know the weather forecast and the state and strength of the tide, and whether there has been recent heavy rain upstream, and to be aware of the effects of these on my safety. YES NO

I can swim at least 50m and I am aware of the procedure to remain with the boat should a sinking/capsize occur. YES NO

I know where the tide tables are situated and how to use them. YES NO

I know where the life jackets and throw lines are kept at Teign Scullers Rowing Club and could utilise one if necessary. YES NO

I have been briefed on the River Teign and its landmarks and obstructions. I am aware of the correct navigation on the river and I am aware of the water skiing and sailing areas, also the mussel beds and other obstructions at low tides. YES NO

If I am unsure about the safety of the river conditions, I will not go afloat without asking for approval from the Captain or another committee member. YES NO

I know where the emergency phones and numbers are situated. YES NO

I have been briefed on the location of the nearest hospital casualty department. YES NO

I know how to check bow balls and heel restraints and their importance for safety, and will not go afloat with any that are faulty, but will report the matter so that it can be rectified. YES NO

Should any damage to equipment occur, I will report it in the Quarantine book and alert the Boat Captain. YES NO

Should any accident/incident occur, I am aware of the procedure for reporting incidents. YES NO

I have been informed of the clubs first aiders. YES NO

I am aware of the ARA water safety guidance 'Row Safe'. YES NO

I declare that I have all of the basic knowledge / familiarity of procedures and equipment detailed above.

Signed

Date

You may not start rowing at Teign Scullers R.C. without the basic knowledge detailed above. If you can not answer 'Yes' to all these questions, please contact a member of the committee or the club captain to help you complete this checklist before going out on the water.

Committee member to sign when form is completed.

Name

Date