

Out of The Water

Sign in/out book

- located in the second boat shed between the 2 roller doors.
- fill this in **before** you take a boat out onto the water **and** on returning boat to the shed.
- Information Required:
 - Date
 - Time out
 - Time in
 - Boat name
 - Stroke name
 - Location of destination
 - Accident/ incident reporting

DATE	TIME OUT	TIME IN	BOAT NAME	STROKE NAME	INNER HARBOUR	OUTER HARBOUR	NORTH ARM	INCIDENT/INJURY/NEAR MISS? REPAIRS/COMMENTS?
6/9	8:30	9:30	RIP	Rose		✓		
6/9	8:30	9:45	RIP	Rose		✓		
10/9	8:30	9:30	Doug A	Bow	✓			
13/9	8:00	9:00	Carl P. M.	Bow	✓			
13/9	8:00	9:30	Colin T. M.	Race	✓			
20/9	07:20		Helen W.	Bow	✓			
20/9	07:50	08:30	J.S.	RIP	✓			
22/9	07:00	09:45	RIP	Rose	✓			
29/9	08:20	10:00	Andrew	M.S.K. AD	✓			
29/9	07:40	08:53	J.S.	RIP	✓	✓		
10/10	08:33	9:30	RIP	Dough	✓	✓		
11/10	08:00		Carl P. M.	St. Peter's		✓		
6/10	07:30	08:30	Carl P. M.	St. Peter's	✓			
4/10	07:45	08:45	J.S.	St. Peter's	✓			
4/10	08:45	10:01	RIP	Rose	✓			* FIN ON RIP Needs Attention Ripper off and started row
12/10			Bow		✓			
12/10	8:00	9:00	Freddie	Dough	✓			
12/10	8:00	9:00	Freddie	Dough	✓			

PLEASE NOTE

- DIRECTION OF TRAVEL MUST BE ENTERED IN THE LOG BOOK
- ALL INCIDENTS/NEAR MISS/OR INJURY'S ARE TO BE REPORTED ON AN INCIDENT /INJURY REPORT FORM
- ALL VISITORS ARE TO BE SIGNED INTO THE VISITORS BOOK AND THE APPROPRIATE FEE PUT IN THE OFFICE
- YOU MUST READ THE ON THE WATER SAFETY POLICY AND ADHERE TO THE RULES
- ONLY PAID UP MEMBERS ARE ALLOWED TO USE CLUB EQUIPMENT (NO DOUGH NO ROW)

Pre Row checklist

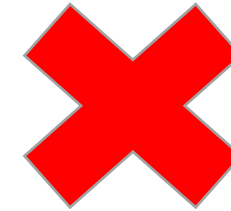
ITEM	Y/N
Am I fit to train	
Weather conditions (temperature, wind, forecast)	
Water conditions (tide, wave/chop, debris)	
Other boats/ships/tugs on water	
Boat checked (condition, bow ball, caps, quick releases, riggers)	
Necessary protection (clothing, hat, sunscreen, hi-vis, sunnies)	
PFD (should I wear one? Capsize experience/risk, row location, swimming capability)	
Mobile phone in a waterproof pouch for emergencies (esp single scullers)	

Boat safety check

1) Check that Bow ball is **intact**



2) Caps that are unscrewed when storing boats now need to be replaced before going on the water.



Boat Safety Check

3) Check that the heels of the shoes are tied down and the **quick release is working**



Heels not tied down



Heels tied down

4) Check **rudder fin is straight**



Boat Handling

Step 1: Collect oars from the shed. Carry oar's blades in front of you to avoid damaging them.



Only carry 2 oars at a time-
ask for help if you need it.

Boat Handling

Step 2: Select the boat that you are allowed to use. Use at least 2 people to carry the single boats and at least 4 people to carry any others.



4 people carrying a quad



2 people carrying a single

Hint:
Bend your knees and try to **use the big muscles in your legs** to lift heavy objects. You can always **ask for help**.

Boat Handling

Step 3: You can carry the boat at **shoulder height** (pictured) or keep it low at **hip height**. All people carrying the boat must carry it at the same height.



Hint: Ask a coxswain or the stroke to assist you in keeping the boat level, by informing you which parts of the boat need to be altered. (e.g.. “Up a bit on your side Megan, A little lower on your side Ismail”, etc.)

Boat Handling

Step 4: Walk the boat into knee depth water, to avoid bottoming out and causing damage to the boats.



5th person instructing which way to roll



Knee depth water

Step 5: The Cox or Stroke should call which way to turn the boat. For example “Roll toward the clubroom” or “Roll away from the clubrooms” & do it together.

(Don't rest it on riggers- ever!)

Boat Handling

Step 6: Ensure at least 2 people stay with the boat while the others collect the oars from the beach. Lock in oars and inform coach on intended destination before leaving.



Remember: If at any point you are unsure **ASK FOR HELP**

Boat Care

- Before returning the boat to storage it is important to wash and rinse the boat thoroughly.
- Cleaning equipment (hoses and sponges) are located in the 2nd Boat shed to the left (south) of the first roller door.
- You need to wash the boat thoroughly with **soapy water** and **rinse with the hose**, paying close attention to **all metal parts**, especially the slide-runners.



Safety in the Gym

- Clean up after yourself
- Wipe down equipment
- Bring a towel
- Have someone spotting you
- Look out for tripping hazards and objects around your head
- Slowly increase weights used
- Don't leave weights on bars
 - Bars alone can weigh upto 20kg

