



# Dover Rowing Club

## Safety-Sign-Off

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| <b>Member's Name</b>                                                                                                                                                                                                                                                                                |                            |  |
| <b>How to carry a boat and place a boat on trestles?</b>                                                                                                                                                                                                                                            | <i>(Initials required)</i> |  |
| Small boats require two people, one at either end carrying on their shoulders                                                                                                                                                                                                                       |                            |  |
| Larger boats (fours) require at least four people, 2 bow, 2 stern                                                                                                                                                                                                                                   |                            |  |
| Do not carry by the riggers                                                                                                                                                                                                                                                                         |                            |  |
| Boat is always turned towards the sea                                                                                                                                                                                                                                                               |                            |  |
| Trestles are placed:<br>Under the foot stretcher with the bow on the beach (for singles)<br>Under the foot stretcher and under the splashboard (on pairs/doubles and fours/quads), paying attention not to put trestles under the bailers<br>Blades are placed on the ground carefully, not dropped |                            |  |
| <b>What pre-outing checks need to be carried out?</b>                                                                                                                                                                                                                                               | <i>(Initials required)</i> |  |
| Check boat visually for hull damage                                                                                                                                                                                                                                                                 |                            |  |
| Check the heel restraints                                                                                                                                                                                                                                                                           |                            |  |
| Check bow ball in place (singles and pairs/doubles)                                                                                                                                                                                                                                                 |                            |  |
| Check riggers and gates (ensure gate is facing feet when blade is placed in it)                                                                                                                                                                                                                     |                            |  |
| Check bungs in place                                                                                                                                                                                                                                                                                |                            |  |
| Check fin / rudder                                                                                                                                                                                                                                                                                  |                            |  |
| Check seats and runners                                                                                                                                                                                                                                                                             |                            |  |
| Check oar collars and handles                                                                                                                                                                                                                                                                       |                            |  |
| <b>How to get the boats on and off the water?</b>                                                                                                                                                                                                                                                   | <i>(Initials required)</i> |  |
| OUT: Bow into waves or wind (if not waves)                                                                                                                                                                                                                                                          |                            |  |
| RETURN: Bow into waves or wind with possible backing down                                                                                                                                                                                                                                           |                            |  |
| <b>Storm Landing</b>                                                                                                                                                                                                                                                                                |                            |  |
| Bow into waves                                                                                                                                                                                                                                                                                      |                            |  |
| All get out (into water as shallow as possible)                                                                                                                                                                                                                                                     |                            |  |

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| <p>Undo gates and remove blades, pushing them towards the beach</p> <p>On count of three, turn boat over, life to shoulders and walk out of water</p> <p>Seats (if fallen out) and blades to be rescued</p>                                                                      |                            |
| <b>Harbour usage and harbour limits?</b>                                                                                                                                                                                                                                         | <b>(Initials required)</b> |
| <p>Please refer to the plan inside the boat house – you cannot go beyond the main harbour buoys and must keep to the outside of the green buoys</p>                                                                                                                              |                            |
| <p>When rowing up and down the pier, travel down towards the beach close to the pier and travel back up further away from the pier.</p> <p>By the barrels, row up beside the barrels and down on the outside</p>                                                                 |                            |
| <b>Rowing techniques (for safety)?</b>                                                                                                                                                                                                                                           | <b>(Initials required)</b> |
| <p>Safe position?</p> <p>Sitting at backstops, arms and legs fully extended, blades flat on the water</p>                                                                                                                                                                        |                            |
| <p>Backing down?</p>                                                                                                                                                                                                                                                             |                            |
| <p>Emergency stop?</p> <p>Square blades in the water</p>                                                                                                                                                                                                                         |                            |
| <b>How to use and pack a throw-line?</b>                                                                                                                                                                                                                                         | <b>(Initials required)</b> |
| <p><b><i>All boats except singles must carry a throw line!</i></b></p>                                                                                                                                                                                                           |                            |
| <p>To aid another rower/boat, hold on to the end of the rope and throw the bag – if packed correctly the rope inside will unfurl as the bag is thrown.</p>                                                                                                                       |                            |
| <p>To pack the rope away, the rope needs to be ‘curled’ in a spiral fashion, into the bag.</p>                                                                                                                                                                                   |                            |
| <b>Capsize drill and Swim Test?</b>                                                                                                                                                                                                                                              | <b>(Initials required)</b> |
| <p><b>(Practical sign off required)</b></p>                                                                                                                                                                                                                                      |                            |
| <p>Understand that the key steps are to:</p> <ul style="list-style-type: none"> <li>• Get free from the boat,</li> <li>• Get out of the water</li> <li>• Get off the water.</li> </ul> <p>Important to always stay with the boat (unless doing so results in greater danger)</p> |                            |
| <p>Swim test</p> <p>Swim 100 mtrs in the sea in rowing kit</p>                                                                                                                                                                                                                   |                            |
| <p><b>Where the AED is located in the boathouse?</b></p> <p>One on wall left of the sliding door above the hose.</p> <p>One on the wall by the lockers in the gym area, opposite the squat rack.</p>                                                                             |                            |