

Are you wearing the right kit?

Coxes and coaches MUST wear a Life Jacket – correctly fitted, well maintained and regularly serviced (see Appendix A page 113).

You must ensure that you are wearing suitable clothing for the conditions.

Wind, rain and cold temperatures will require additional layers.

Peaked hats and sunglasses are recommended in sunny weather, especially for steers and coxes.

In low light or darkness, it is strongly recommended that rowers wear light-coloured or hi-vis clothing.



Is your equipment adequate?

You must ensure that your boat is in good working order before going afloat.

Heel-restraints, hatches and bow-balls in particular must all be present and correctly fitted.

Your boat must carry a registered and approved ID (see page 49).

Coaches MUST always use a kill cord (see page 44).

If you discover a problem with your equipment, fix it before proceeding with the outing.

In the dark or reduced visibility your boat must be fitted with lights



Lighting your rowing boat

Lights are to be displayed at all times of restricted visibility such as mist, fog, rain or snow and obviously at night time or early morning. If in doubt, use lights.

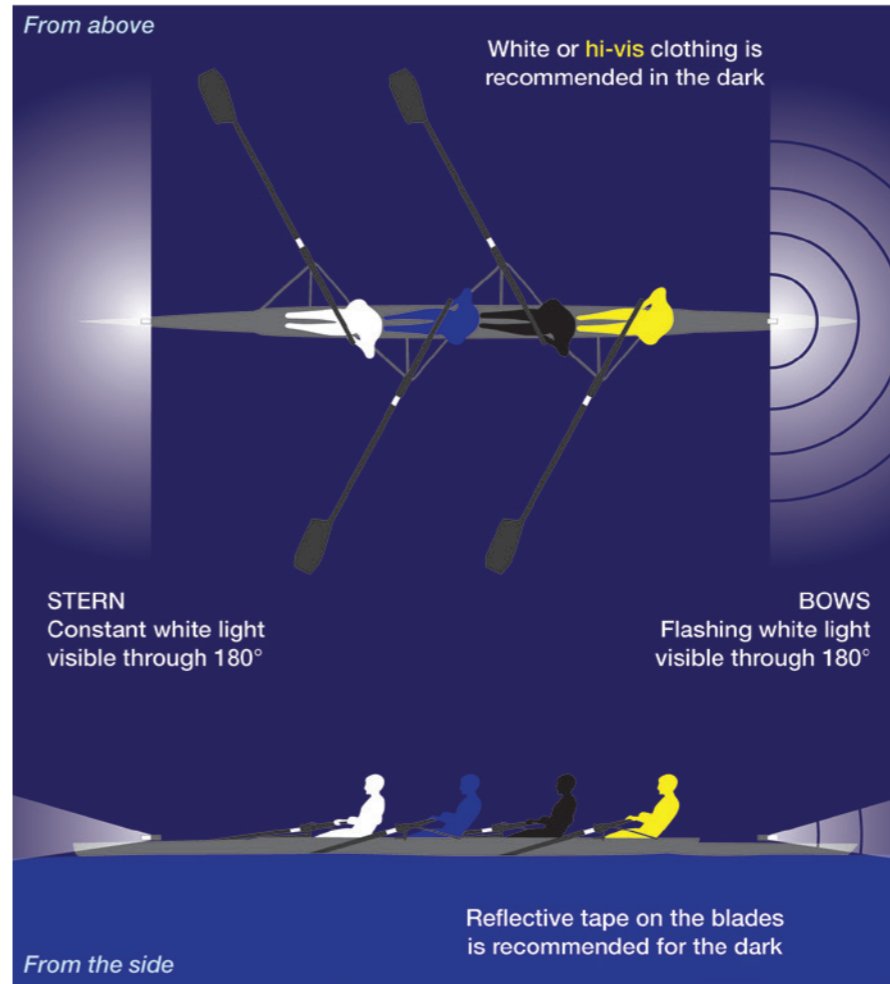
All rowing crews must have the following lights **firmly fixed to their boat** in low visibility.

- On the bow:
a flashing white light – flashing to determine direction of travel
- On the stern:
a constant white light

The lights must be **visible for 800m** and also be **visible through 180°** – so that the boat effectively has lighting visible through 360°.

Unidirectional lights are not permitted as they are not safe. Spare lights should be carried at all times. *Additional* lights or LED sticks, attached to the back of the bow or cox, are allowed and high visibility clothing and tape on the blades is strongly recommended.

If you do not have the correct lights, you do not go out.



Col Reg Rule 25 Sailing vessels underway and vessel under oars

a - A sailing vessel underway shall exhibit:

(i) Sidelights (ii) A sternlight

d (ii) - A vessel under oars may exhibit the lights prescribed in this Rule for sailing vessels, but if she does not, she shall have ready at hand an electric torch or lighted lantern showing a white light which shall be exhibited in sufficient time to prevent collision.

Col Reg Rule 20 Application (Lights and Shapes)

The lights prescribed by these rules shall, if carried, also be exhibited from sunrise to sunset in restricted visibility and may be exhibited in all other circumstances when it is deemed necessary.