



BRITISHROWING

## Safety Alert - Be kind to yourself

We are all looking forward to that momentous day when we will be able to go back on the water and enjoy doing what we love. Some people are already checking the weather forecast.

Do you remember your first few outings, all that time ago? Do you remember the state of your hands afterwards? Most of us suffered from blisters. Look at your hands now. For many of us, they are as soft as they were before we started rowing. Disinfecting equipment has become a good habit. Disinfecting handles is particularly important if your hands have blisters.

Some of our bodies have become soft too. We may not be as accustomed as we were to significant levels of physical exercise. Your brain may tell you that you can beat your personal best but your body may have other ideas. Plan the transition and enjoy it. It takes time to go from ordinary mortal to championship athlete.

Do not forget to think about what you are doing. Keep a good lookout and stick to the navigation plan. There will be lots of other excited rowers afloat and we do not want to ruin our enjoyment by coming too close together.

It is a long time since you practised balancing a boat. Can you remember what to do if you capsize? Run through it in your head now. If you are not sure what to do, then look at [this](#) in RowHow. The water is still cold at this time of year.

Can you remember all you have to do when checking a boat, if you are not sure, then see the video [here](#). The same applies to the emergency stop, there is a video [here](#).

Check your other equipment as soon as you can get back in the boathouse. There is more information on that [here](#). Check the inside of shoes and boots for bird and mice nests! (Do not forget, bird nests are protected by [law](#).)

Enjoy your first outing but please do so in a way that you will be able to enjoy your next outing soon afterwards. Be kind to yourself and take time to build back to your best performance. Do not expect it all to happen at once.

### Be kind to yourself and think about the outing after next.



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