

# Pre Row Checklist

(V3.1)



**Please complete all grey shaded areas!** Date:      /      /      Time:      :      hrs

Have all the crew read the clubs risk assessment? (Please circle)      Yes      No      Cox only

**If in doubt with the weather, stay safe and don't go out!**

Tides and Weather Forecast:      High tide time:      :      hrs      Wind speed:      knots  
 (See tide tables and local inshore forecast)      Height of tide:      metres      Wind direction:

Observed/Actual Weather/Sea State:      (Give brief description of current conditions)

Please ensure you complete each section for each boat:

Boats to be used and crew names:	Nauti Buoy	Ready Oar Knot	Oarsome	Yole
Cox				
Crew1				
Crew2				
Crew3				
Crew4				
Passenger				

Brief crew and state what is expected from session: (i.e. Social row, experience in certain position, fitness, race training)

Session Aims:				
Rowing from:				
Rowing to:				
Rowing via:				

Contingency plan - Alternative landing to safe location please state below: (i.e. Saundersfoot harbour, Tenby harbour, sandy beach)

Contingency plan:				
ETR	Expected Time of Return:	:      hrs	:      hrs	:      hrs

**If rowing at night, it's mandatory for all rowers to wear a life jacket with light fitted, cox(s) must plan route(s) carefully and also ensure that the boat(s) return to a safe location.**

(Mandatory for all dusk and night rowing)

Navigation light attached to rudder(s) & cox(s) to have torch:	Yes	No	
Life jacket for each person on board: (Life jackets must be worn by crew and not left loose in boat)	Yes	No	Cox only

**The cox, all under 18's, non swimmers, passengers and InSport participants must wear life jackets at all times!**

All crew suitably experienced and fit for the proposed row: (Ensure no more than two novice rowers in each boat)	Yes	No
VHF Radio battery charged, switched on, and monitoring channel 16:	Yes	No
Mobile phone in waterproof cover with emergency numbers:	Yes	No
Person completing this sheet to inform coastguard: (Club name, boat No's, crew No's, route & ETR via VHF radio on channel 16)	Yes	No
Hand flares, throw line and horn in grab bag(s):	Yes	No
First Aid Kit, knife and sufficient foil blankets in grab bag(s):	Yes	No
Check hull, gates and oars for damage: (Replace if necessary)	Yes	No
Check bung is fitted in keel of boat(s), rudder mounted and secure:	Yes	No
Check bilge pump(s) are working and bailers are in boat(s):	Yes	No
Trailer and quad above the forth coming high tide line:	Yes	No

Pre-row checklist completed by: (If completed by person under 18, an adult must check the sheet and also state full name)

Pre-row checklist must be located within front box on quad or within box within Saundersfoot Harbour or other safe location: (For vital information in an emergency!)	Yes	No
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**If any person feels unsafe in the boat, the cox MUST turn the boat around and head back to the landing area or a safe location!**

# Covid checklist

Person completing this checklist (Lead Rower)

WISEMANS BRIDGE



ROWING CLUB

Name .....

Ask every rower to confirm that they have had none of the main symptoms of coronavirus (COVID-19). These are:-

- a high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- a new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- a loss or change to your sense of smell or taste – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

Most people with coronavirus have at least 1 of these symptoms.

Also every rower to confirm that:-

- No member of their household has had symptoms of COVID-19 or has tested positive for COVID-19 in the last 14 days
- acknowledging they may be asked to isolate should a crew member be tested positive and the risk of transmission in a crew boat is higher than in a single.
- They have not been contacted by a contact tracer from the Test, Trace and Protect Programme and told to isolate in the last 14 days as a contact of someone with confirmed COVID-19
- They have not returned from a country outside of the UK in the last 14 days, other than those on the exempt list.
- They will contact the COVID-19 Officer if they subsequently develop any symptoms.

	Name	Covid Self assessment (rower to sign and date to confirm the above)	
Lead Rower			
Bosun Rower			
Quad Rower			
Rower 4			
Rower 5			
Rower 6			
Rower 7			
Rower 8			
Rower 9			
Rower 10			

If all rowers have confirmed above then the row can go ahead. If any rower confirms that they do have symptoms then they must return home, self isolate and get a test.

Actions Completed	Tick
<b>On return from rowing</b>	
Boat thoroughly cleaned inc seats, boat edges, oar handles, rudder ropes etc	
Equipment returned to container and placed in there and cleaned by Bosun rower	
Bosun rower to wipe radio and return to charge point	
Wipes to be disposed of	