

Session 2 Module 3 Duration – 30 min

New Skills:

- Safety
- Carrying boat
- Launching boat

Prep

Consult master checklist, know calls and processes that have been agreed by club coaches and crews for carrying and launching a boat. Be familiar with your club's safety policies. Have RI capsize poster handy, and a map of your rowing area.

Alternative plan

Weather does not play a big part in this module as the participants aren't actually getting into the boat. If wind/weather conditions do not permit boats being safely put on the water the module will need to be postponed, or altered to placing the boat on trestles instead.



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Session

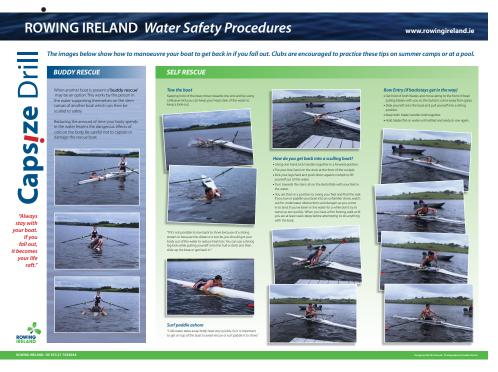
Crew Brief - Welcome back the rowers and quickly explain that this session will teach them to:

- Properly identify safety hazards on the water and in the boathouse.
- Explain the rules for the water and the club's safety policy.
- Describe how to stay with and swim with a boat in the event of capsize.
- Demonstrate proper technique in getting the boat from rack to water.

Safety

As a coach it is imperative that you are familiar with your club's safety policies. You should have a good knowledge of the body of water on which your club rows and the hazards and safety challenges. Safety of the crew must come before all else and is one of your most important responsibilities.

- Make the crew aware of the hazards on your body of water locks, weirs, currents, tides, rocks, buoys and navigational markers. Each club should have a map of the rowing area. Show the crew the map and point out these hazards.
- Instruct the crew on the traffic patterns and rules for the waterway. Rules for overtaking and turning should also be discussed.
- Reinforce that all coxes must wear lifejackets, regardless of the body of water, it is the law.
- Discuss the affect that wind speed and direction have on the water conditions.
- Advise the crew of the procedure for reporting an accident on the water.
- Make sure the crew knows what to do in a capsize or being thrown from the boat. Always stay with the boat. Show them and explain the RI capsize poster, with emphasis on staying with and swimming with the boat to the nearest bank.





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- Stress that night rowing and solo rowing are not for beginners.
- Make sure the crew is aware of the appropriate clothing for various weather conditions. It is always advisable to bring a change of clothing and a towel.

Carrying & Launching a Boat

- Introduce rowers to the boathouse and point out potential hazards or impediments as identified in the club's safety audit. (Tripping dangers, low hanging boats/riggers)
- Point out slip hazards or other dangers (slippery or uneven surfaces) between the boat house and the slip/launching area.
- Stress the importance of using proper lifting technique; bent knees, straight back.
- Demonstrate proper calls for taking a boat from rack to water. All
 crews in the club should use agreed calls and process for carrying and
 launching boats.
- Ensure you have sufficient numbers to carry the boat (i.e. at least 8 people for an 8+, 4 people for a 4)
- Only one person, usually cox, coach or bow person, should be making the calls. They need to be aware of obstructions (people in the way, low hanging branches) and warn the crew.
- Ideally have experienced helpers demonstrate the process slowly while the coach describes.
- Coach the new crew through completing the task, slowly and patiently.
- Safety for the rower and care of the boat needs to be stressed throughout.
- Ensure that somewhere in the process of getting the boat from rack to water is a stage which includes checking the boat for;
 - Damage to hull
 - 2. Bow ball is attached firmly
 - 3. Hatch covers are securely closed
 - 4. Heel restraints and quick release straps are in place
 - 5. Riggers, gates, rudder & fin are all properly and securely attached.
- Repeat the process, in reverse, for taking the boat off of the water and returning it to the rack. Don't forget to include cleaning the boat, involving as many as of the rowers as possible.



Session 2 Module 3 Duration – 30 min **Crew Debrief** – Whether the module involved the boat reaching the water or not, a lot has been covered. Thank them for their time, effort and attention. Encourage them to share their thoughts on the session. What do they remember about safety, what to do in a capsize, and how to lift and check a boat.

Conclusion:

At the end of the session the rowers should be able to:

- Properly identify safety hazards on the water and in the boathouse.
- Explain the rules for the water and the club's safety policy.
- Describe how stay with and swim with a boat in the event of capsize.
- Demonstrate proper technique in getting the boat from rack to water.