



Winter Rowing Checklist

BEFORE YOU ROW CHECK THAT YOU:

- are wearing enough layers, a hat /socks if needed. Base layers = snug/light
- try to avoid too much clobber in the boat!
- warm up!
- have signed in when paying - add which direction you're going in/approximate return time
- do not row in wellies!

TAKE WITH YOU:

- lifejackets – they don't need to be worn, but taken and secured in your boat. Jackets kept in bin by oars - cox's + buoyancy aid in green box (Cox must wear lifejacket at all times and wear anti-Covid mask or visor)
- small First aid kit - kept in green box
- bailer – secured to the cox's chair
- head torch - if rowing after sunset (but no rowing in complete dark!) Kept in green box

YOU MUST ALWAYS HAVE AT LEAST ONE PHONE IN THE BOAT

PLEASE ALL NOTE DETAILS:

Emergencies: phone **999** or **112** (latter gives your location automatically.)

Northney Marina Office, Northney Road, Hayling Island PO11 ONH.

Phone: **02392466321**

Chichester Harbour Conservancy: **01243 512301**

RNLI: **02392 465641**

SINGLE/DOUBLE SCULLERS: PLEASE DO NOT GO OUT ALONE AND ENSURE YOU KEEP YOUR BUDDY BOAT WITHIN SIGHT