DID YOU SEE IT?



Following on from last month's safety tips, **Jim Harlow** explains the difference between looking and actually seeing

eeping a good lookout is just the first step. The next step is understanding that your mind can play tricks on you and that there is a huge difference between looking and seeing.

Have a look at The Monkey Business Illusion – www.youtube.com/watch?v=IGQmdoK ZfY

You may wonder how people can miss such obvious things. This isn't trickery; it's an example of psychological phenomena that explain why we can miss things that are changing right in front of us.

So what does this mean for rowers and what can catch us out? First and foremost we need to know that we make mistakes. Human error is inevitable and so having coaches oversee outings, keeping to the circulation plan, etc is vital.

When we are focussing really hard on one task our brain has limited capacity to deal with other things. During a challenging piece of work in the boat you are at risk. Coaches and coxes need to be extra vigilant when their crews are really focussed on a task. We all know examples of crews rowing into trees.

During your high workload activity you only have time for a quick glance. But you cannot take everything in during that glance. So don't just glance in one direction but vary where you look. Most importantly, you need to glance in the direction of where you expect a hazard to be. If you are new to a stretch of water then ask experienced people where hazards are and be aware of local safety advice.

Make sure you have a long, hard lookout beforehand; have a coach looking out for you during the exercise and conduct it in an area with few hazards. If you are not supervised then have a really good look before you start.

Know your club's circulation plan that identifies where the hazards are because this will help you work out where best to conduct your outing. Be aware that we are particularly vulnerable to slow moving objects. Avoid sessions in limited visibility. Don't make it any harder for yourself!

Jim Harlow is an airline pilot whose speciality is training and, in particular, the analysis of the human factors underlying accidents and incidents with a view to integrating counter measures into crew training. He has seen many examples of problems caused by dedicated, professional people who get into trouble, despite their best efforts.



BOATBAGS™

"PROTECT YOUR INVESTMENT"

The Fastest Easiest Covers

CAN BE PUT ON VERY QUICKLY by YOURSELF Designed for EASE of USE even in BAD weather

PROTECTED BOATS RACE FASTER!!!
LAST LONGER AND SAVE YOU MONEY!

FULLY GB MADE
Fabrics and Construction

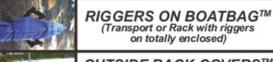
NEW FANTASTIC BREATHABLE WATERPROOF PADDING SYSTEM FOR ALL BOATBAGS.

No Water Leaking No Water Pooling Soft On the Boat Extremely Durable



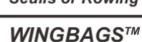
BOATBAGS[™] 1x to 8+ (For Transport/Protection)

Centre Split or Split Available



OUTSIDE RACK COVERS™
(In Situ with Riggers on)

OARBAGSTM Sculls or Rowing



(Bags for Sweep /Sculling Wings)



BOAT TIES Sewn 6 times stronger than most ties FOR RACK or TRANSPORT £8 per pair standard | £12.50 per pair printed NEW DOUBLE THICKNESS BUCKLE PROTECTION Buckle Protection £2 per pair.
Printed straps 5 pairs or more. Postage TBC

Buckle Protection £2 per pair.
Printed straps 5 pairs or more. Postage TB(

ROWING DRYBAGSTM

For all your kit in the boot

For all your kit in the boat. ONLY £14 incl p & p. Club names and Colours available

FROM THE SEWING MACHINE STRAIGHT TO YOU Call LITERALLY anytime 079 7969 4557 for the right advice on your useage or email: boatbags@boatbags.biz

EVERY ITEM BESPOKE MADE