

# Staying safe

Many incidents can be avoided if coaches, and others, help crews to avoid hazards. Think what you can do to help, writes **Andrea Worley**

## Coaches

Set a good example. Wear appropriate clothing, carry a throw line, keep crews to the circulation plan and keep a good lookout. If afloat, then wear a life jacket and use a kill-cord properly – your safety is important too.

When crews are focussed on rowing, they may not keep an adequate lookout. On busy waterways, try to have a 'spotter' with you – someone who can keep a lookout.

Include safety in your coaching. Coach rowers to:

- Lift and handle boats safely.
- Check equipment.
- Understand and follow the circulation plan.
- Keep a good lookout at all times.
- Steer and manoeuvre a boat.
- Wear appropriate clothing.

## Parents and helpers

Before the outing, help to:

- Get boats out and check equipment.
- Carry and launch boats.
- Check boat set-up.
- Make sure juniors are wearing appropriate clothing.

During the outing:

- Keep a lookout from the bank and warn of any hazards.
- Make sure that crews follow the circulation plan.
- Inform coaches and safety boat drivers of any problems.

After the outing, help to:

- Land, recover and carry the boats.
- Clean, check and put away equipment.
- Make sure juniors put on warm and dry clothing.

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Above: Steve Trapmore, CUBC Chief Coach, (right) with Roger Stephens during the 2014 Boat Race campaign

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