



Safety Alert - What to wear when it is cold

The basic “rule” for keeping warm in winter is to remember the mnemonic COLD; Clean, Open, Layered and Dry.

Clothing should be clean so that it remains breathable.

Clothing should be open so that air can circulate and the skin can remain relatively dry.

The air trapped between layers contributes to good thermal insulation. Layers can be removed as the rower generates heat during exercise.

It is important to keep dry as wetness increases heat loss.

If it is raining or if the water is rough, so that the rower may be splashed, then they may wish to wear a breathable, waterproof outer layer.

Rowers can also become wet due to sweating. Wear a base layer that will wick water away from the body. If you start to sweat, then stop and remove a layer.

Wearing a hat can also help to reduce heat loss from the head. A hi-vis hat is also an aid to conspicuity. Pogies or gloves can be worn to reduce heat loss from the hands.

Avoid wearing cotton, particularly denim, clothing. This absorbs water and draws heat away from the body when wet. It also becomes heavy making it difficult to get out of the water.

Hoodies and loose-fitting clothing should also be avoided as it is easy for the hands, particularly the thumbs, to become entangled and cause a capsized.

Never wear a Dryrobe when afloat; see [Safety-Alert-Do-not-wear-a-Dryrobe-when-afloat-March-2022.pdf](#).

If it is cold, then keep going, do not rest when afloat; keep outings short and intense.



Dress for comfort when rowing in cold weather

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