



Safety Checklist- Rowing

1. I understand the flow pattern must be followed at all times.
2. I understand that crews need to sign out and in.
3. Unless approved by a VRDBC coach crews all rowers must be accompanied on the water at all times by a safety boat.
4. I understand the launching docking flow pattern.
5. I understand all club singles must be carried by two people.
6. I understand if rowing outside of rowing schedule, without an accompanying coach boat, each rower accepts the responsibility for their ability to re-enter their shell on the water. As well, Transport Canada Regulations state you must carry-
 - one Canadian Coast guard approved PFD for each person on board
 - one sound signaling device.
 - navigational lights if out after sunset or before sunrise or in periods of restricted visibility.
7. I understand that the VRDBC coach supervising the program will be responsible for deciding if the weather conditions require the cancellation of a practice.
8. I understand that I need to be ready to launch at the start of a practice so I remain with the group.
9. I understand that I will need to remain within sight of the coach during rowing practices.
10. For a comprehensive list of all safety regulations see the Rowing Canada website.