

Cox Pre- & Post-Session Boat and Equipment Checks



PRE-SESSION BOAT SAFETY CHECK

- Check boat has no damage to hull - conduct the inspection outside the shed
- Check seat cushions for damage
- Check stretcher bars/blocks for damage and foot ropes are secure
- Check pins for damage, sufficient for the session and thole plates are secure
- Check bow fender is secure and other fenders are inflated
- Check rudder for damage and hinges are secure
- Check yoke for damage and strings for fraying
- Check oars for damage, blades for cracks/damage and leathers for signs of wear
- Check stretchers for cracks/damage
- **Check BUNG IS FITTED**

SAFETY EQUIPMENT CARRIED IN BOAT

- Yellow Safety at Sea bag (contents overleaf)
- A working VHF radio
- Rope knife
- Compass
- Stroke rate watch
- Spare pins
- A bailer and sponge
- Check lifejackets before use
- Sufficient lifejackets for cox (mandatory), taster rowers and youth rowers (mandatory)
- Check lifejackets are suitable for persons wearing them, they are fitted correctly and that they know how to use them. If fitted, crotch straps must be connected

LAUNCHING TROLLEYS

- Check tyres are inflated
- Check trolley cradle is secure

POST-SESSION CHECKS

- Wash out boat (if tide permits)
- **Refit bung if removed for draining**
- Check hull for damage
- Check rudder for damage
- Check oars for damage
- Check stretchers for damage
- Remove all personal effects from the boat
- Remove VHF radio and charge if required; store in cabinet
- Remove yellow safety at sea bag
- Remove compass rope knife and stroke rate watch; store in cabinet
- Remove lifejackets, inspect, clean and hang-up for drying
- Leave boat in a tidy condition
- Store launching trolleys with wheels chocked and handle secured
- Chock the boat (under bilge scrapers and under bow/stern)

REPORT ALL DEFECTS TO BOSUN AND COMPLETE THE EQUIPMENT FAULT LOG