

To all clubs competing on the Tideway

20/02/05

To help with the preparation of your club's crews you need to ask the following questions

- Are your boats in good condition?
- Are your boats suitable for the crew and the conditions forecast?
- Have your crews been instructed in actions to take in the event of swamping or incident?
- Will your boats support their seated crew in the event of a swamping?
- Are your crews suitably dressed for the conditions forecast?
- Are your crews aware of the navigation rules in place for the competition besides those applying when training?
- Have your coxes seen and understood the 'Coxing the Tideway' video?

**Remember, before every training outing or competition  
assess the risks**

If you're not sure about any of the above, then consult the ARA Water Safety Code – copies have been sent to every ARA affiliated club and it is available to view on [www.ara-rowing.org](http://www.ara-rowing.org)

The Amateur Rowing Association wishes all crews a  
successful and safe day

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