



Vancouver Rowing Club Annual Rower's Safety Checklist

PRINT CLEARLY!

Rower (full name): _____

Program: _____

Instructions:

1. Complete the checklist below. If you do not understand any of the items, consult the *Rower's Handbook* or seek clarification from your Coach.
2. A completed checklist must be submitted to the VRC Office when renewing your membership.

| Safety Checklist Items | | ✓ |
|------------------------|--|---|
| 1 | I understand that I must have whistle, pfd and be wearing high-visibility colours at all times when on the water, and I can only row during daylight hours. <i>(Handbook: Rowers Safety Responsibilities)</i> | |
| 2 | I understand the launching/docking and rowing flow-pattern rules. <i>(Handbook: General Safety Considerations – Rowing Flow Pattern)</i> | |
| 3 | I understand how to safely handle the rowing shells (in/out of shell bay, in/out of water, on stretchers, etc.) <i>(Handbook: Rowing at VRC – Handling the Shell)</i> | |
| 4 | I understand the rules for rowing beyond the float plane docks. <ul style="list-style-type: none"> • Must be accompanied by at least one other boat. • Boats must stay within 500 meters of each other. | |
| 5 | I understand the rules around rowing outside of designated program time slots. <i>(Handbook: General Safety Considerations – Rowing Flow Pattern – last bullet point)</i> | |
| 6 | I understand what to do in the event of an incident. <ul style="list-style-type: none"> • Try to note details of any other vessel involved (number, name, description). • Immediately complete the Occurrence Form and place in RED binder (note: forms and red binder are located by the sign-out sheets). • Notify your Program Coach and the Vice-Captain of Operations as soon as possible. | |
| 7 | I know what to do in the event of a rower going overboard. <i>(Handbook: Appendix B – Water Emergency Action Plan – steps 1 & 2)</i> | |
| 8 | I know the location of the small first aid kit, phone and posted emergency numbers located in the shell bay. | |
| 9 | I understand that a safety boat can only be operated by individuals with a Pleasure Craft Operators Licence. <i>(Handbook: Coach's Safety Responsibilities – second bullet point)</i> | |
| 10 | I have read and understand the <i>Rower's Handbook</i> which is available online at http://www.vancouverrowingclub.ca/EN/documents/ . | |

Rower Signature: _____

Date: _____