

SAFETY ON THE WATER

A FEW REMINDERS

YOU MUST:

- Be able to swim
- Know and obey the traffic rules of Lake Barrington
- Obey the directions of the Boat Race Officials
- Know and obey the boat navigation rules as administered by Marine and Safety Tasmania (MAST)

YOUR BOAT MUST:

- Have a solid white 4 cm rubber ball on its bow (bow ball)
- Have quick release shoes or clogs
- Have sealed bow and stern compartments

AVOID GOING OUT ALONE:

- Train in company with a coaching boat or another crew

COACHING BOATS SHOULD CARRY:

- Equipment in compliance with MAST regulations (life jacket for each passenger, a rope, paddle, a bailer, anchor, fire extinguisher etc.)
- A basic set of tools
- A first aid kit
- A mobile phone
- Navigation lights after dark

BEFORE DAWN AND AFTER DUSK:

- Your boat must carry a continuous white light, visible from all angles

IN COLD WEATHER:

- Wear appropriate clothing in layers that you can shed as you warm up.

IN STORMY WEATHER:

- Assess the prevailing conditions
- Plan your outing accordingly
- Remember that an outing in rough weather conditions will be less than rewarding
- If in doubt, stay ashore
- Tell someone where you intend going
- Keep off the water during thunderstorms

IF YOU SWAMP:

- Stay with the boat and use it for support
- Keep your head above water
- Huddle with the others for warmth
- Wave your arms to attract attention
- If the boat sinks, support yourself on an oar.

REFLECTED UVR:

- Minimise rowing activity in the middle of the day
- Wear a long sleeve shirt with a collar
- Wear a broad rimmed hat
- Use sunscreen
- Wear appropriate sunglasses
- Rehydrate – carry a water bottle.