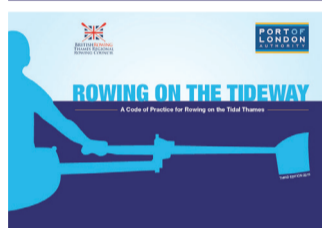


# REMINDERS FOR ROWING COACHES

## SKILLS

### STEERS ACCREDITED

Coaches *must* know the **ROWING CODE**

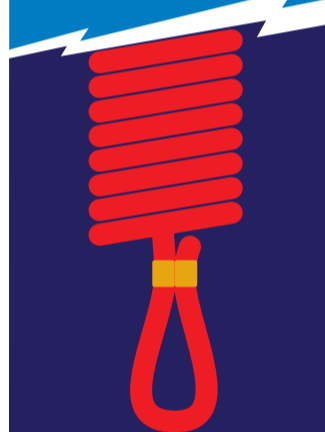


and *must* have passed the club's steering accreditation

*p41 of the Code*

### KILL CORD

Never detach this **LIFESAVER** while the engine is running



*p44 of the Code*

### ID CODE



Coaching launches *must* show a clear and valid **SIX FIGURE Club ID code**

*p49 of the Code*

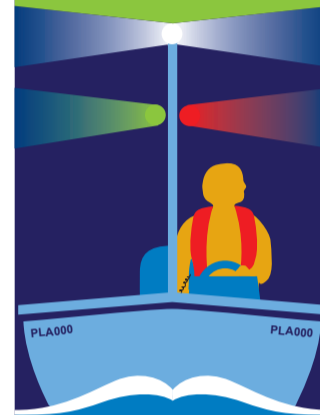
### LIFE JACKET

This **LIFESAVER** *must* always be worn when afloat



*p44 of the Code*

### LIGHTS



It's against the law not to show the **CORRECT LIGHTS** in darkness or poor visibility

*p43 of the Code*

### SIZE

Both *group & wash* size should be **CONSIDERATE** towards other river users



*p41 of the Code*

### OTHER REMINDERS – *p41 of the Code*

**Keep a good lookout at all times.**

Position your launch appropriately according to the Rowing Code. Concentrating on your crew is never an excuse for poor navigation. Never attempt to steer a launch and video a crew at the same time.

**Do not use a megaphone before 7am.**

At all other times the volume should be at the minimum effective volume – not full blast!

### EMERGENCIES – *p51 of the Code*

You should always carry a mobile phone (in a water-proof case) for emergency use.

For life-threatening emergencies immediately call **999** or **112** and ask for the Coastguard

### INCIDENTS – *p51 of the Code*

For (non-emergency) incidents or to report a problem call **London VTS** on **020 8855 0315** or **VHF channel 14** or use the PLA App.