



## 2024 Shrewsbury Regatta Pre-Boating safety Checks

**Crews must present their boats in a fit state to race according to the Rules of Racing**

### **The Boat:**

1. **Bow balls:** Firmly attached, does not bend back on itself and any attaching screws do not protrude.
2. **Heel restraints:** Each shoe device shall be independently restrained such that when the heel reaches the horizontal position the foot will be released from the shoe.
3. **Buoyancy compartments:** lids tight and buoyancy assessed according to river conditions
4. **Sections/riggers:** properly fastened
5. **Steering:** in good working order
6. **Boat identification:** 3 letter/3 number identity clearly visible

### **The Crew:**

1. **Clothing:** Uniform garments above the waist except in composite/mixed crews. No hooded tops. By exception a suitable plain T shirt may be worn
2. **Changes:** all crew changes must have been notified to Registration before the first race
3. **Station:** crews should know on which station they will race
4. **Number:** on bow & cox

### **The Cox**

1. **Weight:** Cox must carry weight certificate & deadweight if necessary: minimum weight: 45kg for all J15 and younger crews, and 55Kg for all other crews.
2. **Buoyancy aids:** Front loader boats: manual inflation life jackets only. Does the cox know how to inflate the life jacket? Must be the outer item of clothing.
3. **Port/starboard:** does the cox know which is which?
4. **No wellingtons to be worn.**