



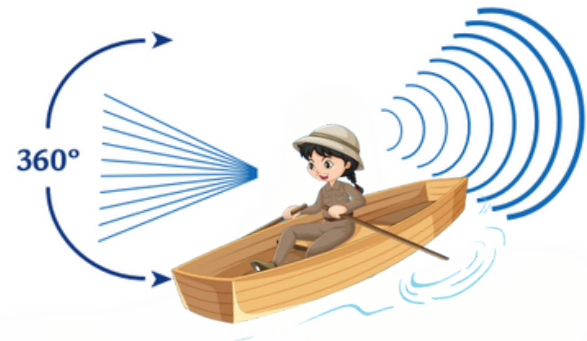
## Be Prepared

- Know the rules - RowingNSW, Maritime, Local
- Be Competent at level of Participation
- Check the weather/conditions
- Check your equipment
- Use a Lifejacket if coaching alone or between sunset & sunrise



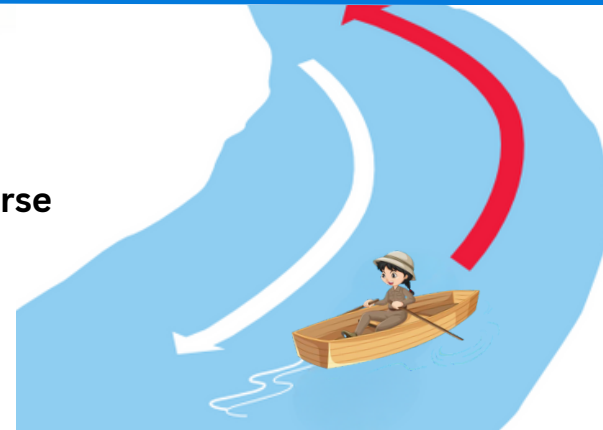
## Be Aware

- Coaches & Athletes keep a proper lookout including behind you
- Look out for larger vessels
- Watch out for vessel wash, yours and others.



## Keep Safe, Stay Right

- Follow Rowing NSW training/Competition maps
- Avoid stopping in the traffic pattern, Move off the course
- Avoid rowing in the centre of the waterway
- Cross behind larger vessels - not in front
- Follow Maritime Navigation Markers



## Be Bright, Be Seen

- Wear highly visible clothing
- Row in groups where possible
- Use approved Navigation Lights



## Be Respectful

- Cooperate with other clubs/schools/users in shared waterways
- Reduce Coaching wash, stop for other crews
- No Amplifying devices before 7am or after 7pm

