



# Water Safety

## Forgotten something?



Every rower is responsible for checking:

- > Boat
- > Bow ball
- > Heel restraints
- > Hatch covers
- > Steering

[www.ara-rowing.org](http://www.ara-rowing.org)

YOUR next training session on Water Safety is...

Venue: .....

.....

Date: .....

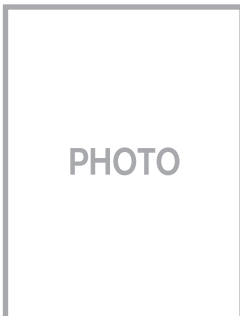
Time: .....

### Check your equipment

**MAKE SURE EQUIPMENT DAMAGE OR REPAIRS ARE LOGGED**

Your Club Water Safety Adviser is

.....



PHOTO

Telephone: .....

E-mail: .....

