



## Six elements for you to consider before the WEHoRR

Below are a few questions you as a club captain, crew captain or coach might find helpful in reviewing as part of your normal risk assessment before you race.

### 1. Experience

Has the majority of my crew raced on the Tideway before and do they have enough experience to operate safely with the speed and flow of the river? Am I happy that they know the Tideway's obstructions and potential dangers? Do they know the rules of navigation, where to cross, etc., for both before and when the river is closed? Is my cox competent and able to take control in a stressful and pressured environment? Does my bow look over her shoulder often and does she communicate that down the boat?

### 2. Knowledge

Have the cox and crew all read and understood the Notes to Competitors? Does the cox, stroke and bow pair know the navigation rules, the time of high tide, which Division they will be in, the time and the location that they need to be in before the start of the race? Do they know where the navigation buoys are, and the arches of the bridges they need to pass through after they have crossed the line?

### 3. Manoeuvrability skills

Can the crew hold its place alongside the bank in a moving stream? Can the cox 'call' and the crew 'do' different types of turns (e.g. a crew should be able to use the stream to help turn onto the Fairway, a fast on the spot turn and a sharp U-turn as the cox will be required to turn in a tight space and in a timely fashion).

### 4. Equipment

Is my boat and oars well maintained and safe to race on the Tideway? Are my crew wearing the right sort of clothes for the conditions; remembering that in the row to the start they may get hot and sweaty then be sitting for about an hour or more, then race super hard before the long slog back after the race. Do they need lights for the return row, if so have we brought them to the race with us?

### 5. Fitness

In my crew healthy and conditioned well enough to race? If they need to take medication with them in the boat have they remembered it?

### 6. Juniors

If my crew has a U18 rower in it, have I made full account for their welfare? If the crew is a junior crew have I identified who the responsible adult is and let both my club welfare officer and the WEHoRR entry secretary know the mobile number for this person?

Please consider this as you do your full risk assessment to decide if your crew should race in the WEHoRR. Wishing you all a safe and positive racing experience.

On behalf of the WEHoRR Race Committee.