

# Look Ahead for Safety's Sake!

As the Spring season is underway, as our adult members who scull independently begin to get out on the bay more regularly, it's important to review our safety guidelines.

For single scullers who have passed the captain's test to scull independently, we strongly encourage everyone to take advantage of the club training singles and begin your season in a wide, stable shell.



Before you launch, please be sure to review the rowing course map (in the SRA Handbook) to make sure that everyone is familiar with the traffic pattern. Head on collisions are bad, so know the traffic pattern, be sure to look ahead every 10 strokes, and be careful.

To have a better view of what's ahead of your shell on the bay, we suggest that all single scullers and bow seats consider wearing a mirror. Here's a link:

<http://amzn.to/2pU0XyT>

All independent scullers, every athlete in every shell, must carry a plastic whistle on a lanyard in case there is an emergency.

Other suggested items are:

- knee high boots for wading in
- dress in bright colors to be more visible to other boaters
- a self inflating life preserver
- a handheld marine radio (Note, your cellphone may not have reception on the water, so this is not reliable in case of an emergency.)

If you flip or fall into the water, the number one rule is 'stay with the boat'. The boat provides floatation. DO NOT leave your shell and swim for shore. In cold water, you may not make it to shore. Stay with your shell.

In the early Spring, do not rely on staying close to shore as a safety step. The water can often be deeper than expected even close to shore, so this can create a false sense of safety. Additionally, scullers who stay close to shore on the way up to the bridge are sculling against the traffic pattern which is dangerous.

It is better to scull together with other members, in single or team boats, and carry all the recommended items noted above.

Any adult athletes sculling independently in singles or in a crew shell are responsible for their own safety on the water.

If you have any questions, please contact the SRA Membership committee at [membership@sagamorerowing.org](mailto:membership@sagamorerowing.org).