

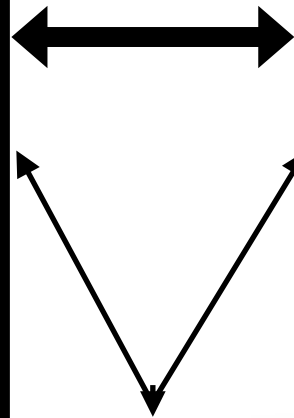
# WCBP Rowing Flow Chart

## Before Rowing

1. Secure equipment that is your own...identify items  
\*\*\* Oars, footboards, seats, bungees, bailer, plug, tape. Water/sports drinks. Whistle/torp/buoy \*\*\*\*\*
2. Set up boat before getting to water line
3. Have approved personnel assist with trailering boat or manually (walk) boat to shoreline
4. Allow for appropriate time in boat for training
5. Boats are NOT reserved
6. Know the tides and wind directions

## After Rowing

1. Place boat on trailer and transport back to appropriate location
2. Secure equipment and place in shed or under ramp
3. Be on time for morning meetings



## Rowing Basics

1. Do not use other rowers equipment unless given permission to do so
2. Do not depend on others to fix problems that are a result of lack of preparation
3. "Lack of preparation on your part do not necessitate an emergency on someone else"
4. Be aware of your surroundings and traffic in the water
5. Respect the Ocean and know your abilities or lack of !!
6. Safety first at all times!!!