

# Safety Leaflet

Cape Cornwall Pilot Gig Club. Updated Feb 2023

## Before you Row - getting ready:

Cox must wear a life jacket and offer life jackets to crew members.

*Life Jackets always to be worn by junior rowers.*

Rowers must listen to the cox and beachmaster at all times.

Appropriate clothing and footwear : No wellington boots, Crocks, flip-flops or similar footwear. Trainers type footwear is best.

Cox must have a fully functioning radio and be able to use it.

A Radio licence holder must be onboard - *this doesn't have to be the cox.*

There must be at least one mobile phone onboard.

SAFETY BOX - (contains First Aid items, throw line, fog horn, thermal blanket and flares) is to be located in the stern and accessible to Cox and No 6 rower.

## On the water - at the pontoon and when starting to row:

There must be a full crew in boat at all times.

Carry out Radio check before leaving the pontoon - either a Beach Master on Channel 72, or Penzance NCI Channel 65 (or Ch 12).

**What 3 Words: Penzance slipway FLICK-TOTALLY-REMODEL.**

Crew members reminded to report to cox if feeling unwell at any time and cox to be mindful of the crew at all times.

Do not stand up in the boat and if changing seats do it in an orderly manner as instructed by your cox.

## At the end of the session:

Help each other when lowering oars and when getting out of the gig.

Do not get cold - put jacket on if necessary.

The slipway can be slippery especially at low tide - be extra careful.

Listen to the directions of the cox - especially when lifting and manoeuvring the gig.

Be aware of the potential for trapped fingers and crushed toes.