

OCRA Prelaunch Safety Check

Every team/program that rows of the Orange County Rowing Association should produce their own prelaunch safety check. Below are items that should be included in their list. In addition, these lists should be reviewed annually by the team to add any available information or changes.

Items that should be included before a water season (once or twice a year):

- Review of Emergency Response Plans
- Decide and implement team appropriate coxswain and steersperson training for anyone who will be sitting in the coxswain or steering seat.
- Ensure all who should have reviewed safety rules and participated in any required safety sessions/videos. This should include anyone responsible for the steering of a boat (coxswain, steersperson, bow-person of sculling boats) and coaches.
- Discuss details of navigation rules and traffic patterns as necessary.
- Discuss the safety responsibilities of coxswains and those in the bow of sculling boats.
- Coach(es) should know emergency response plans.
- Coaches should have a plan for and discuss how a productive and safe practice will be run.
- Coaches should discuss where on the rivers practices will or will not take place for their team.
- Consider and implement appropriate emergency drills.

Items that should be included before any water session (practice—every time boats go on the water):

- Have a designated person (or people) responsible to ensure launch safety equipment is in place.
- Have a designated person (or people) responsible to ensure shell safety equipment is in place.
- Know who has cell phones that will be protected from the elements.
 - Ensure those with the cell phone know who to call as needed.
- Coaches and any other designated person has reviewed weather, waterflow and other conditions.
- Coaches and any other designated person has checked available resources for other marine traffic, including barges, in dark or poor visibility conditions.
- If the coach and team decides, the team should discuss the practice plan before launching.
- Have a communication plan – the coaches should know who to contact for any need. This could include launch failure or emergency situation. The emergency response plan for the team should be included in this plan.