



Cliff Notes for Safety Plan CYR

1. Athletes must always be in Hi-Vis clothing and have proper clothing for the weather
2. If your shell capsizes, never leave the boat.
3. Never panic
4. Always follow starboard traffic pattern
5. Never get out of sight of a coaching launch. Always stay with your group and stay within 200m of each other
 - a. Add in drills to slow your boat down but still be productive in working on your skills
6. Always check your equipment before launching
 - a. Heel ties?
 - b. Nuts and bolts are all there and tight?
 - c. Spacers?
 - d. Bow Ball tight?
 - e. Steering if applicable?
7. Communicate with other boats. See something, say something
8. No talking while hands are on the boat or on the dock. Only coxswains and bow seats are allowed to talk
9. In the event your boat is about to capsize the first thing you do is pull the shoe straps to get your feet out
10. Do not do anything stupid. We all must stay safe to practice and perform to the best of our ability