

Rower Daily Checklist

Set-up

1. 2 rowers on dock duty
2. Launches
 - a. Captains/coxies (ONLY) will find out from coaches how many launches need to go down to the water
 - b. Drain out water from launches if it has rained
 - c. Plug the launches before putting into the water
 - d. Make sure gas cans are full (at least five pounds of gas). If they are not full, use the spare gas can to fill. If there's no gas in the spare, then get another gas can!
 - e. Kill Switches
 - f. Life Vest Bags
 - g. Oars
3. Oars down to Water (not on dock!)

Warm-Up

1. After equipment is out captains will lead the warm-up (of their choosing).

Launching

1. Know your position in the boat
2. Know who your coach is for the practice BEFORE you launch
3. NO TALKING WHILE HANDS ON!

Water Warm-up

1. Check your foot stretchers (this can also be done on the dock while waiting for oars, or other instructions)
2. Coxie to check handle heights as a boat
3. Warm up with the pick drill or the reverse pick drill to dam (unless otherwise instructed by coach)
4. Coxies will wait for the coach at the cove, pointing west
5. If coach is with another boat or running behind, coxie will initiate catch placement drills (unless otherwise instructed)

Docking

1. DO NOT TURN AROUND to look at the dock while coxie is trying to steer it in. Shifting your bodyweight will affect the docking and may cause coxie to miss the dock.
2. Stay quiet while approaching the dock so that the coxie can effectively give commands.
3. Do not get out of the boat before told to do so
4. Quick, but cautious on the dock!