

Coach

- CPR course
- Proper clothing
- First Aid Course
- Boating Safety course
- Safe water conditions
- Knowledge of waterway
- Use a logbook to record direction and time of return
- If possible, have marine band radio or cell phone in case of emergency.
- Practice plan
- Swim test
- Megaphone
- Weather forecast
- Observer in Launch
- Tools

Athletes

- Swim test
- Physical examinations
- Stretch before workout
- Safety talks
- Proper clothing
- Water to drink

Launch

- Life jackets
- Registration
- USCG required equipment
- Spare parts and seat for each make of shell
- First aid kit
- Safety lights
- Spare safety plugs

Shells

- Bow ball
- Water tight compartments sealed
- Megaphone or coxbox for coxswains
- Rigged properly
- Equipment checked (rudder, fin, etc.)
- Lights