



PROPER EQUIPMENT HANDLING PROCEDURE

CARRYING THE OARS

- o Carry oars blades first. This helps to see where the blades are at all times to prevent damage.
- o Only carry as many oars as you can handle safely.
- o When putting oars down on the ground, ensure you put them curved side down. (Although this leads to more wear on the paint, Concept 2 recommends this to avoid delamination of the tips.)

AT THE RACK

- o Lift the boat off the rack slowly and deliberately, be mindful to keep it level.
- o Watch the riggers and oarlocks of your boat as well as boats on the racks above/below.
- o Never step over a boat, always walk around it.

AT THE STRETCHERS

- o Always roll boats away from the stretchers.
- o Listen to the instructions of the coxswain or bow seat.
- o Make any adjustments to the boat either on stretchers prior to launching or once on the water.
- o Inspect the boat to make sure all parts are there and that there is no damage. If a part is missing report it to your coach. *Do not remove parts from other boats.*
- o If you notice that there is damage to the boat, see the [ERC Repairs & Damaged Equipment Procedure](#).
- o Close any vent holes that are open.

CARRYING THE BOAT

- o Take boats down to the water stern first.
- o Pay careful attention to prevent riggers and/or your boat from hitting other objects.
- o Communicate with your crew and others around you.
- o The number of people carrying a boat should be equal to or more than the number of seats in the shell. Never carry a boat with fewer people than seats.
- o If you are going out in a single scull but are uncomfortable in carrying it on your own, do not hesitate to ask others for help.

AT THE DOCK

- o Do not step over oars if possible. This is a trip hazard which can hurt those carrying a boat or break an oar.
- o When rolling the boat into the water, push away from the dock to ensure it clears the edge and that the fin is not damaged.
- o Hold the shell off the dock to prevent rubbing due to waves and/or wake.
- o For stabilization, put dockside oars in first then the waterside oars. This will help to “anchor” the boat to the dock.
- o When lifting a boat out of the water, lift the boat straight up to waist height, step back from the edge, then go over head.

ENTERING & EXITING THE BOAT

- o Step only on the footpad, often marked with rough black tape or a *step here* sign.
- o Do not step in the boat with shoes. This can leave excessive dirt which can get grit in the slides. Leave shoes on the dock pushed to the side so they do not create a hazard for other crews.
- o Wait for instructions from your coxswain or bow person before getting in or out of your boat.

LAUNCHING & LANDING

- o Never leave boats unattended at the dock. This can delay other crews and it also puts your boat at risk of being damaged.
- o Get on and off the dock as quickly as possible. This ensures that other crews are not delayed. Aim to be on the dock for about 90 seconds (experienced rowers should give grace to newer crews).
- o Do not drag oars along the dock when launching or landing.

When launching, it is recommended that you *do not* use the tips of your oars to push away from the dock as this can damage them. A few alternative launching techniques are as follows:

1. Push the bow of the boat away first and let the current take the boat out.
2. Push off with your hands firmly, have a starboard person choke up on the oar handle (near the shaft) and tap the boat away using the water between the dock and the boat.
3. Use the ‘one foot push-off’ technique.

If at any point you notice equipment is in need of repair or has been damaged, see the [ERC Repairs & Damaged Equipment Procedure](#).

These procedures are read in conjunction with the [ERC Proper Equipment Care Procedure](#).