

ROWER DECISION TREE / CHECKLIST

TO ROW or NOT ???

- CURRENT CONDITIONS (WIND, WATER, DAYLIGHT, MIST/FOG)
- 3 HR FORECAST (WIND, RAIN & THUNDER/LIGHTNING)
- WATER / AIR TEMPERATURE(S)
- ABILITIES & LIMITATIONS (ME & OTHERS)
- HEALTH & WELLNESS CHECK

IF YES

- WHO'S IN CHARGE and WHAT'S THE PLAN
- SIGN-OUT / SIGN-IN LOG (Who, What, Where, When & Why)
- PFD, WHISTLE & HIGH-VIS CLOTHING
- EQUIPMENT CHECKS & ADJUSTMENTS
- WHITE LIGHTS (BOW FLASH, STERN STEADY)