

CONTROL COMMISSION

Crews must present their boats in a fit state to race according to the Rules of Racing

The Boat:

1. **Bow balls:** Firmly attached, does not bend back on itself and any attaching screws do not protrude.
2. **Heel restraints:** Where shoes or other devices holding the feet will remain in the boat, each shoe or device shall be independently restrained such that when the heel reaches the horizontal position the foot will be released from the shoe. In addition, where laces, Velcro or similar materials must be opened before the rower can remove their feet from the shoes or other device, all such materials must be able to be released immediately by the rower with a single quick hand action of pulling on one easily accessible strap.
3. **Buoyancy compartments:** lids tight and buoyancy assessed according to river conditions
4. **Sections/riggers:** properly fastened
5. **Steering:** in good working order
6. **Boat identification:** 3 letter/3 number identity clearly visible

The Crew:

1. **Clothing:** Uniform garments above the waist except in composite/mixed crews. By exception a suitable plain T shirt may be worn
2. **Hair:** To be tied back (if long enough to do so)

3. **Changes:** all crew changes must have been notified to Registration before the first race
4. **Station:** crews should know on which station they will race
5. **Number:** on bow & cox

The Cox

1. **Weight:** must carry weight certificate & deadweight if necessary: minimum weight: 55kg for Senior Open, Masters Open, J 18,17,16 & mixed crews: 50kg for Senior Women, Masters Women and WJ 18,17,16; 45kg for all J 15 and younger crews.
2. **Buoyancy aids:** Front loader boats: manual inflation life jackets only. Does the cox know how to inflate the life jacket? Must be top item of clothing.
3. **Port/starboard:** Cox and crew must know which is which
4. **No wellingtons to be worn**