



Safe Rowing Note

Subject

Rowing Clothing and Attire

Note number

5

Version

2

Date

01 October 2024

Warm Weather Kit

Appropriate clothing for rowing in ambient temperatures above (10°C).

- T-shirt – thin, breathable, moisture-wicking fabric
- All in one rowing suit, or rowing shorts
- Sliders or lightweight shoes
- Cap or hat
- Sunglasses, when sunny
- Sunscreen
- Water bottle

Cold or Wet Weather Kit

Several thin moisture-wicking breathable layers are the best approach for ambient temperatures (below 10°C). It is recommended to use some or all the following:

- All in one rowing suit, or rowing shorts
- Skintight leggings
- Base-layer breathable moisture-wicking fabric
- Long sleeve mid-layer
- Warm / wind proof water resistant top
- Warm socks
- Training shoes
- Warm hat
- Gloves (coxes and coaches)
- Water bottle

Wellington boots can be worn when boating, to wade in water to pontoon – but leave onshore.

Unsuitable for Rowing - Not Allowed

The following types of clothing should not be worn whilst on the water:

- Materials that absorb and hold water readily, such as cotton
- Baggy clothing that will get trapped easily
- Hoodies
- Jeans
- Walking boots
- Wellington boots

Long hair must be tied back to ensure it does not present a hazard in event of capsize.