

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:** Each shoe device shall be independently restrained such that when the heel reaches the horizontal position the foot will be released from the shoe.
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. **Changes:** all crew changes must have been notified to Registration before the first race
3. **Station:** crews should now on which station they will race
4. **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:** does the cox know which is which?
4. **No wellingtons to be worn**