



"Life Jacket Use"

Glasgow Rowing Club
Safety First

Wear a Life Jacket:

- when Coxing.
- when in a Safety Boat.
- If you can't swim or float.

Coxes in <u>bow-loader</u> boats must wear a <u>Manual</u> life jacket.

<u>Don't</u> wear an <u>inflatable</u> life jacket under other clothing – wear it as the outermost item.

Check the life jacket before use.

Check that the life jacket fits correctly.

If in doubt, STOP and ASK -

Safety Officer/Club President/Club Captain/Committee

(from SR RowSafe Section 7.3)





"Life Jacket Checks"

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Regular Checks - ensure that:

- the firing mechanism has not been activated.
- the automatic firing capsule and gas cylinder are correctly screwed in place.
- there are no signs of corrosion, cracks or dents in the gas cylinder or automatic firing capsule.
- the whistle (and light where fitted) is in position.
- the oral inflation tube is capped.
- the straps and main body of the jacket are not worn or damaged.
- the jacket is correctly packed (ensuring that any Velcro is fastened and the manual inflation lanyard is accessible).

(from HSE 'Personal bouyancy equipment on inland and inshore waters')





"Manual Life Jackets"

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Our Manual Life jackets are Red

- For users over 40kg.
- 150N capacity.
- Must be used by coxes in Bow Loaders.
- Will only activate if the cord is pulled.
- Check that the pull cord is accessible.
- Check that the mechanism tab is **GREEN**.
- If the mechanism tab is Red, do not use the jacket, and inform the Safety Officer.







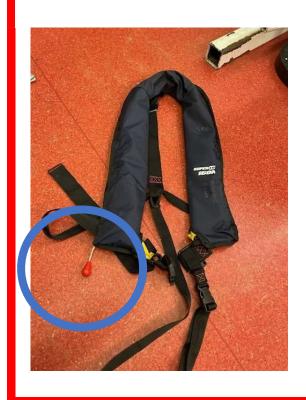


"Automatic Life Jackets"

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Our **Automatic** Life jackets are **Blue**

- For users <u>over</u> 40kg.
- 150N capacity.
- Must NOT be used by coxes in <u>Bow Loaders</u>.
- Check that the pull cord is accessible pull the cord if the jacket does not inflate automatically.
- Check that **BOTH** mechanism tabs are **GREEN**.
- If either mechanism tab is Red, do not use the jacket, and inform the Safety Officer.









"Junior Life Jackets"

Glasgow Rowing Club
Safety First

Our Junior life jackets are Blue

- The junior life jackets are all AUTOMATIC.
- For users <u>under</u> 40kg.
- 115N capacity.
- Must NOT be used by coxes in Bow Loaders.
- Check that the pull cord is accessible pull the cord if the jacket does not inflate automatically.
- Check that <u>BOTH</u> mechanism tabs are <u>GREEN</u>.
- If either mechanism tab is Red, do not use the jacket, and inform the Safety Officer.
- LIFE JACKETS USED BY JUNIORS MUST BE CHECKED BY THE ADULT IN CHARGE PRIOR TO USE.
- JUNIORS USING LIFE JACKETS SHOULD BE GIVEN CLEAR INSTRUCTIONS PRIOR TO USE.



