



RowSafe Scotland



“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 bow-loader boats must wear a Manual life jacket.

Don't wear an inflatable 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)

March 2024



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“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’)

March 2024



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“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.



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“Automatic Life Jackets”

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Our Automatic Life jackets are Blue

- For users over 40kg.
- 150N 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 BOTH mechanism tabs are GREEN.
- If either mechanism tab is Red, do not use the jacket, and inform the Safety Officer.



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“Junior Life Jackets”

Glasgow Rowing Club
Safety First

Our Junior life jackets are Blue

- The junior life jackets are all **AUTOMATIC**.
- For users under 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 BOTH mechanism tabs are GREEN.
- 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.**



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