

SAFE TO RACE?

ROWING 
NEW ZEALAND



BOWBALL
FIXED AND NO
PROTRUDING
BOLTS



HATCHCOVER
BUNGS ARE IN



HEEL RESTRAINTS
ARE TIED DOWN
INDIVIDUALLY



SINGLE HAND
QUICK RELEASE
ON THE SHOES



RIGGERS AND
OARS CHECKED
AND TIGHT



SEATS ARE
ROLLING
FREELY



GATES
ARE
DONE UP
PROPERLY

