



REGATTA CHECKLIST - to be considered prior to competing in a regatta			
PRE-RACE DAY PREP	Clothing	I know that I will be suitably dressed for racing and the conditions?	<input type="radio"/> Yes <input type="radio"/> No
	Tools	I have all necessary tools for boat maintenance and racing?	<input type="radio"/> Yes <input type="radio"/> No
	Information	I know when, where and what I am racing?	<input type="radio"/> Yes <input type="radio"/> No
	Money	I have money enough to cover likely costs for race day?	<input type="radio"/> Yes <input type="radio"/> No
	Food/Drink	Am I required to bring my own food and drink?	<input type="radio"/> Yes <input type="radio"/> No
PRE-RACE SCHEDULE	Arrival	I know when to leave home and arrive at the regatta?	<input type="radio"/> Yes <input type="radio"/> No
	Rigging	I know where the boat will be rigged and racked?	<input type="radio"/> Yes <input type="radio"/> No
	Race start	I know how much time I must allow to get to the start?	<input type="radio"/> Yes <input type="radio"/> No
	Weigh-in	I know when and where I should weigh-in, if necessary?	<input type="radio"/> Yes <input type="radio"/> No
BOAT PREP	Coxbox	I know that the coxbox is charged and will work?	<input type="radio"/> Yes <input type="radio"/> No
	Steering	I know that the boat will steer straight?	<input type="radio"/> Yes <input type="radio"/> No
	Parts	I know that the boat will function as designed?	<input type="radio"/> Yes <input type="radio"/> No
	Bow Number	I know where and how to obtain a bow number, if necessary?	<input type="radio"/> Yes <input type="radio"/> No
RACE PREP	Briefing	The crew and I know what is expected of us in the race?	<input type="radio"/> Yes <input type="radio"/> No
	Race Plan	I have a detailed race plan for this particular race?	<input type="radio"/> Yes <input type="radio"/> No
	Warm up	I know what is the crew's warm-up routine?	<input type="radio"/> Yes <input type="radio"/> No
	Race information	I know event, time, race number, lane, opposition, progression?	<input type="radio"/> Yes <input type="radio"/> No
	Course rules	I know the course traffic rules to take me safely to the start?	<input type="radio"/> Yes <input type="radio"/> No
	Responses	I know what to do if faced with 'bad luck' or emergency ?	<input type="radio"/> Yes <input type="radio"/> No
	Distance markers	I know what to look for to judge distances on the course?	<input type="radio"/> Yes <input type="radio"/> No
STARTS	Marshalling	I know where I am to report prior to the start of the race?	<input type="radio"/> Yes <input type="radio"/> No
	Start Procedure	I know what will be the procedure for starting the race?	<input type="radio"/> Yes <input type="radio"/> No
	Alignment Adjustments	I know how to change my steering for varied water conditions?	<input type="radio"/> Yes <input type="radio"/> No
	Delayed Start	I know what to do if at the start and the starting time is delayed?	<input type="radio"/> Yes <input type="radio"/> No
RACING	Plan	I know my race plan off by heart?	<input type="radio"/> Yes <input type="radio"/> No
	Voice	I have control over my voice and emotions for good rowing?	<input type="radio"/> Yes <input type="radio"/> No
	Calls	I have calls for each part of the race?	<input type="radio"/> Yes <input type="radio"/> No
	Data	I know how to use the information my coxbox provides?	<input type="radio"/> Yes <input type="radio"/> No
	Steering	I know the course layout and where I am to steer?	<input type="radio"/> Yes <input type="radio"/> No
	Responses	I have calls for when winning, when level and for when losing?	<input type="radio"/> Yes <input type="radio"/> No
	Observation	I know how to identify my crew's good or bad rowing?	<input type="radio"/> Yes <input type="radio"/> No
	Feedback	I know what to do say to my crew to encourage better rowing?	<input type="radio"/> Yes <input type="radio"/> No
	Relative Position	I know how to provide my crew with info re their placing in the race?	<input type="radio"/> Yes <input type="radio"/> No
	Motivation	I know what I can say to motivate my crew to perform at their best?	<input type="radio"/> Yes <input type="radio"/> No
POST-RACE	Support	I know how to offer encouragement to the crew after the race?	<input type="radio"/> Yes <input type="radio"/> No
	Protest	I know how to lodge a protest, if necessary?	<input type="radio"/> Yes <input type="radio"/> No
	Feedback	I know when and how to offer race feedback to the coach?	<input type="radio"/> Yes <input type="radio"/> No
	Packing and Loading	I know how I can assist with packing and loading after the regatta?	<input type="radio"/> Yes <input type="radio"/> No