



July 2024

Update:

## Attire for Rowing

Clothing should be tight fitting i.e. No loose fitting tops or shorts as they can get caught in the seat track or fouled with the oars/blades while rowing. Also, to be avoided are hoodies with side pockets for the same reason.

It may be cold initially but you will warm up as you row so layers are best. Recommended are tight fitting clothes that are moisture-wicking (expels sweat and keeps you dry) and not cotton or heavy wool as these absorb moisture and can make swimming difficult should you capsize.

Waterford Boat Club require high-vis tops to be worn at training. These can also be tank tops that fit over your apparel.

In winter, additional layers may be required but also a High-vis beanie hat. Wool socks can be beneficial.

Remember to bring a change of clothes should you get wet, especially socks.

Buoyancy aids are required for anyone who has not successfully completed the Swim Test/Capsize Drill.

Waterford Boat Club merchandise can be purchased online from one of our 2 suppliers

- [RivalKit](#) supply our racing clothing (All-In-Ones, Splash jackets, Vests etc). There's a 10% discount code available until Mar 2025 - GRKCW6V6ECW8
- [Excel Sports](#) supply a wide range of WBC branded training gear.

See our [Club Website Clothing](#) page for more information

Please refer to the June 2024 Memo on the use of Dryrobes or similar clothing.

Regards

Liam Harrison  
WBC Safety Officer

Ger McCarthy  
WBC Captain