Safety Memo

July 2024
Update: October 2026

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 keep you dry), such as long-sleeve Skins compression wear, and not cotton or heavy wool as these absorb moisture and can make swimming difficult should you capsize.

Waterford Boat Club requires high-vis tops to be worn during training. These can also be High-Vis bibs that fit over your apparel.

In winter, additional layers will be required, long sleeve skins compression wear under a high-vis T-shirt is ideal, also a High-vis beanie hat and wool socks can be beneficial. Shorts are not recommended, especially late in winter, as the temperature of the river falls considerably. Leggings and tracksuit pants (non-baggy) are recommended. Remember to bring a change of clothes should you get wet, especially socks.

Personal Flotation Aids / Lifejackets are required for anyone who has not successfully completed the Swim Test/Capsize Drill.

Waterford Boat Club merchandise can be purchased online. There are now two companies offering this service; Rivalkit and Matchfit (Ex Excel Sports). Only Rivalkit make the all-in-one regatta apparel and club vests. Lead time can be 4-8 weeks on these items
Rivalkit: https://rivalkituk.com/collections/waterford-boat-club
Matchfit: https://matchfit.ie/product-by-category-waterford-boat-club/

Dryrobes or similar clothing cannot be used while rowing. Please refer to the June 2024 Memo.
For more advice and a more detailed review, please go to the link on the Waterford Boat Club website: Parents / Clothing

Regards

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