

On Water Safety Practices Information from Learn2Row Pty Ltd

Learn2Row Pty Ltd recognises there are health considerations when rowing on waterways around Australia.

We recommend all participants are aware that natural waterways may present potential health risks through direct contact with water. For this reason, we encourage sensible precautions and good hygiene practices after every session.

Hygiene suggestions are:

- Wear suitable footwear at all times outside of the boat
- Wear socks whilst rowing
- Keep training clothes separate
- Wash training clothes after every session
- Shower immediately after every session
- Use antibacterial soaps
- Keep hands and feet clean
- Protect open wounds

In addition, participants should always follow SunSmart practices when training outdoors, including wearing sunscreen, a hat where practical and protective clothing.