



# Launch Safety

# 1st

# Prepare for launch

Kill Cord



Life Jacket



Safety Kit



Paddle

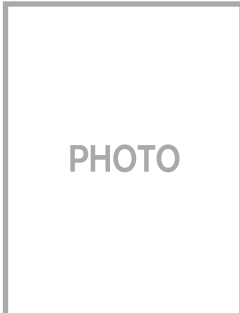


[www.ara-rowing.org](http://www.ara-rowing.org)

## Be safe... be trained

Your Club Water Safety Adviser is

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PHOTO

Telephone: .....

E-mail: .....

