



# SAFE Coxing Workshop

Where: Bair Island Aquatics Center/BIAC  
Redwood City CA

Saturday, September 27th, 9:00am - 1:00pm

For all levels of Coxswains:  
Safety, boat handling, hazards, docking, launching,  
commands, emergencies, traffic, weather, etiquette,  
Coxbox© use and voice presentation skills.

Improve your know-how or get started. Safely.  
Also covered, "How to Coach the Coxswain"

Cost: \$60. includes Manual and handouts.

**All workshops = USRowing Coaching Continuing Education Credits**

Register @ [www.rowingeducation.org](http://www.rowingeducation.org) - link to RegattaCentral  
**DEADLINE 9.21 - THEN \$20 LATE FEE**

For more information contact: [Margot@rowingeducation.org](mailto:Margot@rowingeducation.org)

[www.rowingeducation.org](http://www.rowingeducation.org)

The Foundation for Rowing Education, Inc., a non-profit organization, is a partner of USRowing, created to educate coaches, administrators, rowers and coxswains on overall safe rowing practices. ©2008 Foundation for Rowing Education, Inc.

Partners:

