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The following is material presented at a Coxswain Clinic conducted by David Baugh in cooperation with the Green Lake Rowing Advisory Council of the Seattle Parks and Recreation Department

COXSWAIN'S EQUIPMENT CHECKLIST

- (1) Water Resistant Watch with Stopwatch feature
- (2) Megaphone -good idea to buy your own megaphone
- (3) Water Bottle
- (4) "Coxswain Kit" with the following items - I would suggest a fanny pack worn around your waist.

TOOLS:

- 7/16" open end/box end wrench for rigger nuts
- 1/2" open end/box end wrench for oarlock backstay nuts
- Adjustable crescent wrench for oarlock post nuts
- Regular flathead screwdriver (-)
- Phillips screwdriver (+)
- Pliers - needlenose or regular for tightening or untightening wing nuts, center pins, etc.

SPARE PARTS:

- Rigger nuts*
 - Lock washers *
 - Oarlock Spacers*
 - Wing Nuts*
 - Side Pins*
- *Ask your coach to supply these items

OTHER EQUIPMENT

- Band-Aids
- Roll of White Athletic Tape
- Roll of Electrical Tape
- Pen and Notepad