

What to Wear to Crew Practice

(Spring Edition)

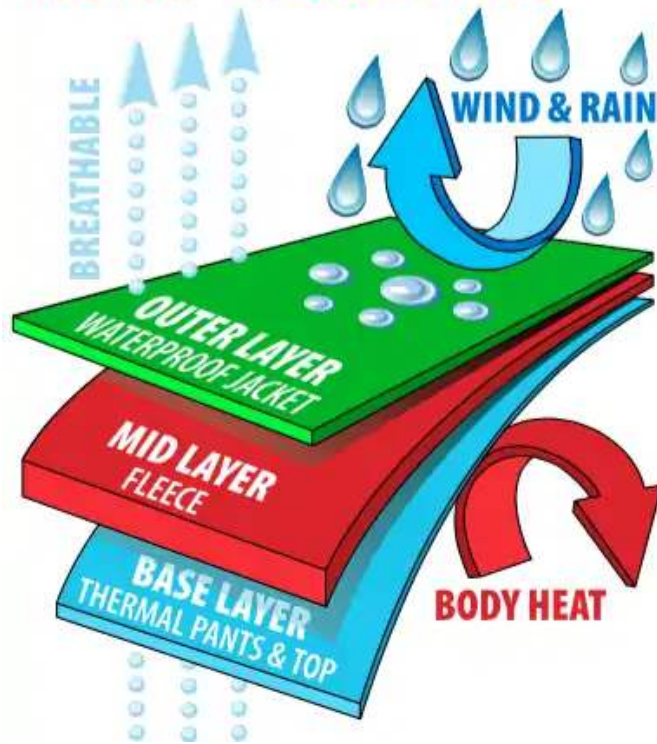
Like many other sports, what you choose to wear to practice is a personal choice that should be based on comfort. That said, there are a few general guidelines that rowers tend to follow that might be new for those who have never rowed or been involved in sports on water in the cold months of March and April:

1. Dress for the Weather: We are an outdoor sport. The weather determines what is best to wear to practice. In the spring, we start our season in late March when we are still experiencing the last remains of winter. We are constantly fighting to stay warm and dry so your practice clothing should reflect this.
2. Tight Clothing is Best: Rowers can't wear baggy clothing because it can get caught in the slides of the boat which will disrupt our training. Spandex pants/leggings are the best way to go when you are in the boat and any loose tops should be tucked into your pants. When on land, it is perfectly okay to wear baggier clothing on top of your boat clothes.
3. Cotton is NOT Your Friend: Cotton does not keep you warm when it gets wet. It should be avoided at all costs. Better fabric choices include wool, fleece, and polyester. When shopping, look for clothing that is labeled as a "baselayer" or as a "thermal" fabric.
4. Socks, ALWAYS: You will be putting your feet into shoes that are screwed into the boats. These shoes have been worn by hundreds of other athletes and as a safety/hygiene principle, you must always wear socks in the boat. I would recommend **wool socks** especially in the early spring season. You can keep your socks tucked into your shirt/shorts to keep them dry until you are in the boat. I would also recommend bringing an extra pair for the end of practice, trust me you will love yourself if you have them.
5. Dress Like an Onion: Use a layering system to help keep you as warm and dry as possible. Keep in mind dry may not be possible so the types of fabrics you choose should be able to keep you warm when wet (see #3 above). Please see the infographic on the next page, the only edit I would make is that whatever you have for pants, please make sure you can still bend down like a frog easily.
6. Don't Forget the Head: You lose an incredible amount of heat through your head. Bring an insulating hat that is tight and will not blow away in the breeze.
7. Sunscreen: Even when it is cold outside, the sun can still burn. Please make sure you have waterproof sunscreen everyday to protect your skin.

Rule to Know: whatever the temperature is on land, it is 10° colder on the water.

OUTDOOR CLOTHING LAYERING SYSTEM

VECTOR INFOGRAPHIC



Base layer

- Thermal pants
- Thermal top
- Socks



Mid layer

- Fleece jacket
- Shirt



Outer layer

- Jacket
- Pants