



DINGHY SAILING

Safety Guide

Youth Group

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KEY BENEFITS

Teamwork

Develops teamwork and communication skills through coordinated sailing.

Navigation

Enhances understanding of wind patterns and navigation techniques.

Physical Fitness

Promotes physical fitness and balance through boat handling.

Responsibility

Fosters responsibility through the maintenance and care of sailing equipment.

Confidence

Builds confidence through mastering sailing skills and overcoming challenges.

Water Safety

Encourages appreciation for maritime environments and water safety.

KEY HAZARDS & CONTROL MEASURES**Drowning & Capsize**

- ✓ Buoyancy aids worn by all at all times
- ✓ Safety boat manned and ready
- ✓ Capsize recovery practiced before sailing
- ✓ Water competence verified

Weather Conditions

- ✓ Weather forecast checked pre-session
- ✓ Wetsuits/drysuits in cold conditions
- ✓ Wind limits set for experience levels
- ✓ Session abandoned if conditions worsen

Collisions & Equipment

- ✓ Boom awareness briefing given
- ✓ Traffic rules explained
- ✓ Equipment checked before launch
- ✓ Helmets for beginners considered

Cold Water & Fatigue

- ✓ Session duration appropriate
- ✓ Signs of cold monitored
- ✓ Warm drinks available ashore
- ✓ Changing facilities available

PRE-SESSION SAFETY CHECKLIST**Risk Assessment**

- Complete and review risk assessment for this activity
- Brief all staff on key risks and emergency procedures
- Ensure all identified hazards have control measures in place

Pre-Session

- Weather forecast checked
- Consent forms collected
- Water competence verified
- Medical info reviewed

Safety Equipment

- Buoyancy aids fitted
- Communication devices tested
- Safety boat fueled
- First aid kit accessible

Boats & Rigging

- Boats inspected
- Bungs in place
- Rigging checked
- Appropriate sails set

Briefing

- Capsize drill reviewed
- Signals understood
- Boundaries explained
- Return time set



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