



# SAILING (DINGHY)

## Safety Guide

Sports Recreation

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Key Benefits

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Control Measures

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Checklist Items

## KEY BENEFITS

### Mental Focus

Enhances mental focus and strategic planning required for navigation and course management.

### Physical Strength

Improves physical strength and endurance through handling sails and maneuvering the vessel.

### Teamwork

Develops teamwork and communication skills essential for coordinated sailing.

### Problem-Solving

Boosts problem-solving abilities through adapting to changing wind and water conditions.

### Coordination & Balance

Increases coordination and balance through active movement on the boat.

### Cardiovascular Health

Supports cardiovascular health and overall fitness through active participation and physical activity.

**KEY HAZARDS & CONTROL MEASURES****Capsizing**

- ✓ Ensure proper buoyancy aids are worn by all participants
- ✓ Practice capsize drills regularly
- ✓ Instructors monitor water conditions closely
- ✓ Boats should have masthead floats to prevent inversion

**Cold Water Exposure**

- ✓ Equip all participants with wetsuits or drysuits
- ✓ Monitor water and air temperatures
- ✓ Limit session duration in cold conditions
- ✓ Provide warm shelter and dry clothing after sailing

**Entrapment Under Boat**

- ✓ Train participants in capsize recovery techniques
- ✓ Ensure boats are equipped with righting lines
- ✓ Instructors carry safety knives
- ✓ Safety boat stays close to assist in recovery

**Collisions**

- ✓ Brief participants on right-of-way rules
- ✓ Monitor group spacing from safety boat
- ✓ Equip junior boats with padded booms
- ✓ Teach proper maneuvering techniques

**Boom Strikes**

- ✓ Instruct participants on avoiding boom strikes
- ✓ Practice safe tacking and gybing
- ✓ Use helmets for younger participants or beginners
- ✓ Ensure proper boat rigging

**Strong Winds**

- ✓ Monitor weather conditions before and during session
- ✓ Cancel or postpone in unsafe conditions
- ✓ Teach how to reduce sail area
- ✓ Ensure adequate safety boat coverage

**Sudden Weather Changes**

- ✓ Check weather forecasts and tidal conditions
- ✓ Equip participants with proper clothing
- ✓ Monitor weather changes throughout the day
- ✓ Have clear recall procedures

### Man Overboard

- ✓ Train participants in man-overboard recovery
- ✓ Practice recovery drills before going afloat
- ✓ Instructors equipped with safety boat
- ✓ Monitor closely in high-wind or fast-current areas

### Slipway Accidents

- ✓ Keep the slipway clear of algae and debris
- ✓ Instruct participants to move cautiously
- ✓ Provide proper footwear guidance
- ✓ Regular slipway maintenance

### Equipment Failure

- ✓ Perform regular equipment checks
- ✓ Educate participants on reporting issues
- ✓ Remove defective equipment from service
- ✓ Document all maintenance

**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

**Conditions**

- Weather forecast checked
- Wind strength appropriate
- Visibility adequate
- Local hazards identified
- Tidal conditions known
- Water temperature noted
- Sailing area clear

**Equipment**

- Boats inspected and seaworthy
- Buoyancy aids fitted
- Safety boat ready
- First aid kit accessible
- Rigging checked
- Appropriate clothing worn
- Rescue equipment available

**Group Management**

- Qualified instructor present
- Appropriate ratios maintained
- Safety briefing delivered
- Safety boat driver qualified
- Participant abilities assessed



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