



WINDSURFING

Safety Guide

Outdoor Activity Provider

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Checklist Items

KEY BENEFITS

Full-Body Fitness

Strengthens core, arms, and legs through active sailing.

Balance & Coordination

Develops exceptional body awareness and control.

Wind Awareness

Builds understanding of weather and natural forces.

Progressive Challenge

Skills develop from beginner to advanced racing.

KEY HAZARDS & CONTROL MEASURES**Drowning**

- ✓ Swimming competency verified
- ✓ Safety boat cover for sessions
- ✓ Buoyancy aids worn
- ✓ Board leash where appropriate

Offshore Wind

- ✓ Check wind direction before sessions
- ✓ Set clear boundaries
- ✓ Avoid offshore winds for beginners
- ✓ Safety boat ready for retrieval

Cold Water

- ✓ Wetsuits appropriate for conditions
- ✓ Monitor for cold signs
- ✓ Session duration limits
- ✓ Warm changing facilities

Equipment Impact

- ✓ Proper falling technique taught
- ✓ Helmets for waves/high wind
- ✓ Equipment size matched to ability
- ✓ Safe spacing between sailors

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

- Wind direction checked
- Forecast reviewed
- Wind strength suitable
- Water temperature noted

Equipment

- Boards and rigs checked
- Buoyancy aids worn
- Wetsuits fitted
- Safety boat ready

Session

- Swimming confirmed
- Boundaries set
- Safety brief given
- Signals understood



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