



YACHT SAILING

Safety Guide

Sports Recreation

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Checklist Items

KEY BENEFITS

Teamwork & Leadership

Develops essential team coordination and leadership skills through crew collaboration.

Navigation Skills

Builds practical navigation, weather interpretation, and seamanship expertise.

Problem Solving

Enhances decision-making and problem-solving under varying conditions.

Physical Fitness

Full-body workout from sail handling, winching, and deck work.

Nature Connection

Unique access to marine environments and wildlife experiences.

Achievement

Sense of accomplishment from completing passages and mastering skills.

KEY HAZARDS & CONTROL MEASURES**Drowning**

- ✓ All crew wear properly fitted life jackets on deck
- ✓ Safety boats on standby where appropriate
- ✓ Training on life jacket use and self-rescue
- ✓ Regular emergency drills rehearsed

Man Overboard

- ✓ Frequent man overboard drills
- ✓ MOB devices and AIS beacons
- ✓ Life-saving gear including throw ropes and life rings
- ✓ All crew briefed on retrieval procedures

Capsizing

- ✓ Monitor weather forecasts carefully
- ✓ Life jackets worn at all times
- ✓ Avoid sailing in extreme conditions
- ✓ Crew briefed on emergency procedures

Fire Onboard

- ✓ Fire extinguishers and smoke detectors fitted
- ✓ Gas cylinders and fuel stored properly
- ✓ Fire safety protocols established
- ✓ Regular leak checks conducted

Boom Injury

- ✓ Brief all crew on boom dangers
- ✓ Preventer lines fitted to minimise uncontrolled movement
- ✓ Clear warnings before gybing
- ✓ Helmsman maintains control during manoeuvres

Collision

- ✓ Follow COLREGS at all times
- ✓ AIS, radar, and navigation tools fitted
- ✓ Crew trained in proper lookout techniques
- ✓ Maintain proper watch at all times

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

Weather & Planning

- Weather forecast checked
- Passage plan completed
- Shore contact notified
- Tides calculated
- Hazards identified
- Crew briefed on plan

Vessel Checks

- Engine checked and tested
- Bilge pumps working
- Rigging inspected
- Fuel and water levels adequate
- Navigation lights working
- Seacocks checked

Safety Equipment

- Life jackets for all crew
- Fire extinguishers in place
- VHF working and charged
- Lifebuoy accessible
- Flares in date and accessible
- First aid kit complete



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