

## Essential Guidance for our Sailors and Carers 2016

- On arrival you or your carer must sign in and collect a numbered ticket for Buddy, Drascombe or Solo Sailor (you must be approved to sail solo).
- Check the Sailing Risk Assessment board on the cabin door for weather restrictions. If in doubt, discuss with the Sailing Supervisor or Beachmaster.
- As the Beachmaster/Sailing Supervisor allocates boats, usually in number order, do not leave the site if you are waiting to sail. You will miss your turn.
- Wear appropriate clothing for the conditions and sunscreen when necessary – if in doubt discuss with the Beachmaster.
- Wear a correctly fitted buoyancy aid when you are due to go on the water. The shore crew always wear buoyancy aids if near the water or on the jetty.
- When called to launch, introduce yourself to the Beachmaster. He or she will introduce you to your Instructor if necessary or direct you to a boat. Make sure the Beachmaster is aware of any difficulties you may have getting into and out of the boat. This enables the shore crew to make the necessary adjustments to procedures.
- Do NOT obstruct the launch and recovery areas.
- Solo sailors and Buddies must ensure their boat is correctly rigged and bungs are in place.
- Sail safely WITHIN the designated area.
- Obey all instructions from the Safety Boat promptly.
- VHF radios are used for communication between the Safety Boat and the Beachmaster. All other users should keep the operating channels clear. If an emergency (Code Red) is declared on the VHF, radio silence must be maintained to allow unhindered communication between Safety Boat and Beachmaster.
- Do NOT enter the launch and recovery area from the water side if Code Flag V (St Patrick's Cross) is being flown from the jetty hammerhead. Only enter this area if instructed by the Safety Boat. This flag will be flown, usually for a short period, when emergency procedures are in place.
- Carers should not leave the area whilst their client is afloat and must assist, if necessary, getting their client into and out of the boat.
- The Jetty is primarily for the use of the Safety and Drascombe Crews. Any Group Members should wait to be called forward by the Beachmaster/Drascombe Crew. This will not happen until previous sailors have cleared the Jetty. Any other people should only go on the jetty (eg to take photos) if they have first sought permission from the Beachmaster.
- At the close of the day, members should assist the Shore Crew with de-rigging etc, where possible. There is also opportunity at the start of the day to learn how to rig boats.