

Dinghy Sailing Instruction – Operating Procedures – March 2007.

All instructors should use common sense and their knowledge of the sport to ensure the highest levels of safety practicable for themselves, their students and other water users.

Preparation: Before commencing any teaching session the SI should assess:

- Weather conditions
- Number and experience of instructors/safety boat drivers and crews
- Ability & number of pupils
- Other safety issues (eg check phones, drinks, showers, First Aid kit and be aware of other activities and possibilities of hypothermia or sun-stroke)
- Be familiar with accident procedures

Child Protection: Instructors are advised to always work in pairs, try never to be alone with a child, always operate within view of others.

Equipment: Check equipment as it is assembled. This includes students' own gear if being used.

Carry & secure equipment safely , use masthead floats for capsizing practice.

Clothing: Clothing suitable for the weather conditions is recommended (Dry suits, wetsuits etc.) Footwear is recommended at all times.

Sun-screen / dark glasses should be worn in summer.

Correctly fitting buoyancy aids **must** be worn by all on or near the water.

Safety Boats: Students should not be allowed on the water before a safety boat is ready and prepared.

Kill cords must be worn whenever operating a power boat

Boats should be correctly manned.

Teaching Method: RYA method should always be adhered to.

Ratios of students to instructors and safety boats to dinghies **must never** be exceeded. (Summary of ratios in training hut)

Senior Instructor **must** be on site during any on water activity.

Other recommendations: Ensure all students are aware of basic housekeeping (fire procedures, get off the water signals etc.)

Go through and if possible practice recall signal with safety crews. Also demonstrate with students at start of course.

Radios are advisable on the main lake.

Policies: All instructors should be familiar with Club Child Protection policy, Training Safety Policies and Risk Assessments (on board in Training Hut) Club rules, general instructions and Club Safety Plan & risk assessments apply at all times.