



GUERNSEY YACHT CLUB

FOUNDED 1890

Junior Section

GUIDANCE FOR PARTICIPANTS IN SUPERVISED SAILING & TRAINING

Please read the guidelines below. They are there to ensure that your session afloat is enjoyable, safe and rewarding. Help us to help you!

1. Before setting out.

At the briefing establish:

- What the tide is doing
- Which area you are going to be sailing in
- Which slipway is being used.
- Find out where the group is assembling once afloat.
- Listen to any instructions given about the exercises or training that is to be undertaken.
- Remind the Instructor of any special medical conditions you have.
- Remember to bring your log-book if you have been given one.
- Check boat buoyancy, bungs and make sure that the bailer is closed and all items are secured in the boat.
- Wear suitable clothing for the conditions and the time of year. (Shorts and t-shirt are rarely suitable).
- Make sure that you have some form of footwear – bare feet are not suitable as they can get run over by trolleys and there can be broken glass around.
- Consider whether you need a hat to keep in the heat or keep off the sun.
- Use sun cream when necessary.
- **Life jackets or buoyancy aids must be worn correctly (zipped and clipped) at all times (even when sailing on the Model Boat Pond).**
- Life jackets and buoyancy aids must be worn even if you are wearing a wet-suit or dry-suit.
- If sailing on the Pond take special care when crossing the road.

2. When setting out

- Ensure that you have your wrist band from the tally board.
- Launch only when you are told to do so.
- Make sure a safety boat is in the water any ready before you launch.
- If using the harbour entrance observe the signal station red light
- Only leave or re-enter the harbour when told to do so by the escorting safety boat.
- Sail straight to the designated sailing area.

3. While sailing.

It is important to:

- Keep within the designated sailing area.
- Keep an eye on your instructor's boat for any instructions that he has for you (watch for signals).
- If you need the safety boat to come to you use one of the following signals:
 - Waving one arm above your head means "I would like you to come over when you can; it's not an emergency"
 - Waving both arms above your head means "Come over immediately"
 - The signal for an emergency/abandonment you will hear 6 long blasts on a whistle. Immediately sail to the nearest safety boat, or head to the slipway, if possible

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- Don't leave your boat to go swimming or capsize on purpose unless your instructor has given permission.
- 4. Going ashore.**
- Do not go back to the slipway before being told to do so by the instructor.
 - If there is a large swell on the slipway wait your turn so that there is only one boat being recovered at a time.
 - Be careful in these circumstances not to get trapped between the boat and the wall.
 - No-one must swim or jump off the slipway whilst boats are being recovered or are coming alongside.
 - If you have borrowed Sailing Trust equipment please put it away securely and tidily and if any of it is broken or damaged please tell your instructor.

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