



Royal Gourock Yacht Club RYA Discover Sailing Safety Briefing Form

Version: 3 (15/04/2024) Owners: RYA Discover Sailing Convenors

Purpose:

This is an **onshore** Safety Briefing to be delivered by each helm to their crew.

Sailing Conditions:

1. Wind direction and strength	3. Weather forecast for duration of the sail
2. Sea state, tides and visibility	4. Limitations such as time of sunset

Comfort Aboard:

1. Keep hydrated - bring a water bottle	3. Have you got everything appropriate for the conditions - waterproofs, hat, gloves, sun screen, sunglasses?
2. Go to the toilet before boarding	

Safety:

1. Can everyone swim?	9. Tell the helm immediately if you feel unwell
2. Any medical or accessibility issues? (Do you have essential medicine with you?)	10. Keep a constant lookout: always tell the helm if you see any potential hazards eg ferry wash, ship, boat, swimmers
3. Any need for additional support?	11. Dangers of ropes, cleats, winches and boom
4. Does a crew member, as well as the helm, have a mobile phone for emergency contact?	12. Danger of being on the deck – stay in the cockpit unless instructed otherwise
5. Check the “walkie -talkie” radio.	13. Keep arms and legs in the yacht
6. Lifejackets: <ul style="list-style-type: none">- Are they worn correctly (inc. crotch strap)?- Automatic or manual?- Point out inflation toggle & manual tube.	14. Location of safety equipment onboard
7. How to safely board the launch and yacht	15. Man Over Board procedure
8. The slipway can be slippery - watch out!	16. Cold water shock: <ul style="list-style-type: none">- Don't panic - concentrate on breathing- Turn back to waves & float - don't swim- Wait for rescue

In Emergency:

Always be aware of your position on the water relative to the main features on land, so that you can describe the yacht position to the coastguard or emergency services	Emergency Contacts in order of priority: <ul style="list-style-type: none">1. Coastguard: 999/Channel 162. Club onshore coordinator3. Club launch helm: 07710 434318
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Have Fun & Enjoy!

Document Control and Review

- Approved by: RGYC Committee Date Approved: 15.04.2024 Proposed review date: April 2025