

# Wilsonian Sailing Club



## Operating procedure for Saturday Adult Rookies Briefing

### Scope

Saturday afternoon Adult Rookies approximately 13:30 to 16:30 dates defined in the sailing programme.

Guidance for the purpose of providing informal coaching for beginners, or Rookies who are members of the Wilsonian Sailing Club.

### The briefing of Saturday Adult Rookies Participants.

#### a) Safety new to members

- I. Wearing of buoyancy aids
- II. Footwear
- III. Adequate clothing
- IV. Danger of tripping in the dinghy park
- V. Slipway hazards
- VI. Correct method of handling of boats.
- VII. Objective of the session i.e. mark layout and course to be sailed.

#### b) Improver's session.

- I. The race box (Block House) has a notice board where the sailing area will be published. Any additional relevant information will be posted on this notice board.
- II. The notice board has a section for all participants to sign on for the session and sign off when back ashore. If a participant does not sign on they are deemed not to be taking part and they responsible for there own safety.

#### c) On the Water

- I. Stay with the boat in the event of a capsize
- II. Keep clear of other boats while sailing
- III. Identify sailing area

Referred documents

SOP Dinghy sailing

Child / Vulnerable Persons Policy

Health and safety Policy