

Safety Briefing – Pre-Course Scammonden Water Sailing Club

Welcome to Scammonden Water Sailing Club! Below is a brief outline our Safety requirements for your course!

Covid 19:

IMPORTANT: Please do not attend any face-to-face training courses if you, or anyone you have come into contact with in the last 10 days who have symptoms suggestive of Covid-19 such as a new continuous cough, fever or loss of taste or smell or if you have come into contact with someone with coronavirus or coronavirus symptoms.

Ages:

The minimum age for Sailing Courses is 8 years old.

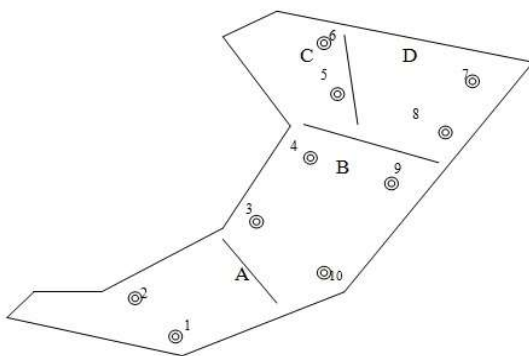
Clothing:

- **Buoyancy Aids to be worn at all times on the water**
- Trainers that are ok to get wet (wear socks to avoid rubbing & for warmth)
- Leggings/joggers or similar
- A warm jumper eg a Fleece and an old T shirt
- Swimwear
- A windproof top (eg Gagoul)
- A hat

If you feel cold at any time, please let the instructor know, and arrangements can be made for you to warm up!

Scammonden Reservoir

- Scammonden is a beautiful place to sail, but the water is very cold. Wear suitable clothing
- The reservoir runs North to South, with the wind direction normally from the West. This can make the wind a bit fluky in places
- The buoys on the water are used for racing, but we may also use for training
- There is a no-go zone around the tower to the North of the reservoir. The sailing course will not normally use this part of the water, but please ensure you keep well clear all all times.
- The water is shallow when close to the bank, please ensure that centre boards or PB engines are lifted well clear before launching or recovering.
- Depending on the course, you will be training in one of the areas below, please speak to your instructor who will explain this to you.,



Sector Map Showing Training Areas

- If you need assistance when on the water, shout for the instructor and wave your arms. The safety boat and instructor will come to assist you!

The Club House

- The club house is accessed by steps, please take care in wet weather as these may become slippery.
- Male changing rooms are provided on the Ground Floor
- Female Changing Rooms are provided on the Second Floor
- Both changing rooms have hot showers and provide a warm space to get changed. Changing rooms will be locked when we are on the water, but we cannot guarantee the safety of your valuables – please keep these safe!
- Hot drinks are available in the galley – tea and coffee is free!
- Food is not provided on site, so please make sure you bring adequate lunches and snacks with you
- A first aid kit is provided in the galley. In the unlikely event of an injury, please speak to your instructor who will take good care of you. Please fill in our accident book.
- Our ramps and slip ways can become slippery when wet, please ensure you take care when walking around the club grounds

Launching and Recovering Boats

- Always follow the instructors instructions at all times when moving and recovering boats. Some boats are heavy, and require a number of people to move them safely.
- Never stand behind a boat when being moved on the slipways.

In the event of a capsize...

- If the boat capsizes on the water, always stay with the boat and hold on.
- Re-right the boat if you can, or await instruction from the instructor or safety team
- In all cases, your instructor is keeping a close eye on you, and the safety boat team will be along side you quickly to get you sailing again!