



Health & Safety

1. Clothing - No expensive clothing is required. We provide wetsuits, and buoyancy aids. Please bring your own windproof jacket. Bring 2 sweaters or fleeces, training shoes or wetsuit boots, t-shirt, swimsuit, towel, wash bag, a woolly hat and gloves.

Tip: Bring a black bin liner with you to take your wet clothes home. Helmets are recommended for beginners in picos.

Everyone must wear a lifejacket or buoyancy aid afloat and on the slipways and in the dinghy parks.

2. UV Protection - Please ensure that Cadets are protected with SunBlock, hats and sunglasses.

3. Registration - all Dolphins and Sharks must register on arrival. Their wrist will be stamped, and no Cadet will be allowed to get wetsuits or on the water without this stamp.

4. Nominated Adult for Dolphins - Dolphins must have a Nominated Adult on-site at all times. If not, they must have another adult look after their children as a nominated adult. Precaution will be taken to ensure that every Dolphin is accounted for when coming off the water, but the Nominated Adult should note their children return to the shore and sign them out on leaving the club.

5. Parent Help– Parents will be given tasks such as launching and landing, moving boats, looking after cadets ashore (inc. first aid), clothing, rescue and sailing.

5. Dinghy Parks - All Dinghy parks have many potential tripping hazards and Cadets should not run around them. The North Park and Rescue Shed is out-of-bounds to all Dolphins, except when with adult supervision when collecting boats which will be brought to the South Park to be rigged and launched. At the end of the last session, Sharks can bring the boats back to the rescue sheds. Cadets are not allowed on rocks unless supervised.

6. Procedures at start of evening – All Dolphins and Sharks should:

- a) get stamped in in the cadet room
- b) get changed
- c) go to the Senior Instructor for boat allocation
- d) get their boats ready with adults/instructors helping
- e) meet on the south slip for a briefing before going afloat (inc. weather conditions and sailing area)

7. Launching Boats - Dinghies must not be launched without the permission of the Senior Instructor, and safety boats present on the water. A signal will be given from the safety boat.

8. Capsizing – No capsizing without the permission of the Senior Instructor.

9. Numbers - the number of Dolphins and Sharks allowed on the water will be limited depending on the help available, safetyboats and weather conditions. At times, it may be impossible to get everyone afloat.

10. Procedures at the end of the evening – All Dolphins and Sharks should:

- a) return all boats to the shed or compound
- b) Rinse clothing as they shower and return this on a hanger to the railing (outside the ladies changing area and inside the men's changing rooms)
- c) sign out

PLEASE ASK THE SENIOR INSTRUCTOR IF YOU HAVE ANY QUESTIONS OR CONCERNS

