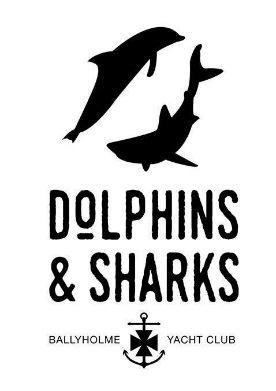
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**Health & Safety**

1. Clothing: Must wear a wetsuit, lifejacket, spray top and either wetsuit boots or old trainers that can get wet. Wetsuits and lifejackets can be borrowed from the Club by prior arrangement with the Cadet Committee.

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

1. UV Protection: Please ensure that cadets are protected with sunblock, hats and sunglasses.
2. Registration: all Dolphin & Sharks must register on arrival and will be allocated a boat.
3. Nominated Adults: each child must have a nominated adult on site at all times to be responsible for them. If not a parent, another adult must take responsibility for the child, acting in loco parentis. Precaution will be taken to ensure that every Dolphin is accounted for when coming over the water, but the nominated adult should note their children returning to the shore.
4. Parental Help: parents will be allocated tasks such as launching and recovery, beachmaster duties, rigging/de rigging, 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 & Rescue Sheds are out of bounds to all cadets, 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 sailing session, boats can be returned to their allocated spaces.
6. Procedures at the start of evening – all Dolphin and Sharks should:
7. Register and be allocated to a boat
8. Ensure boats are ready, rig if necessary
9. Go to Senior Instructor for Safety Briefing
10. Get ready to launch
11. Launching Boats: Dinghies must not be launched without the permission of the Senior Instructor, and safety boats present on the water.
12. Numbers: the number of Dolphin & Sharks on the water will be limited depending on the help available, safety boats and weather conditions. At times, it may be impossible to get everybody afloat.
13. Procedures at the end of the evening – all Dolphin & Sharks should:
14. Help to rinse, derig and store boats away accordingly
15. All parents should help with recovery of the rescue boats
16. Borrowed kit is to be returned on a hanger to the rails in the dry/wet room
17. Ensure you have not left any of your personal belongings behind and that the changing rooms are left tidy

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

**June 2018**