

OCSG Sailing Meeting

Think through what will happen if you suffer a capsize, gear failure or a medical emergency, and have strategies for dealing with emergencies of this kind.

Read the information below before getting on the water

Cruising

There will be no organised cruises at this meeting. Participants are of course welcome to organise their own trips. Any participants organising their own trips are advised to.....

- Make themselves aware of the weather forecast.
- Sign out on the sign out sheet provided. Using VHF is recommended (Channel 8 but monitor Ch 16)
- Ask other sailors to sail with you in a self-reliant group of three boats.
Sailing in pairs is acceptable but more risky.
- Look after anyone they have "buddied up" with to the best of their ability.

Additionally participants are reminded that canoe-sailing is an adventure sport that is inherently risky. Even if another sailor who has "buddied up" with you follows all established best practices, this may not prevent you from suffering serious injury or death.

Sailing alone

Some sailors choose to sail alone within sight of the campsite. This does not provide the same level of safety cover as buddying up with another sailor.

Coaching

Formal coaching may be provided at this meeting. If coaching is provided then the person running the coaching session will be responsible for ensuring that the coaching session is safe. To this end all participants in the coaching session must follow any instructions given by the person running the session. Staying within any designated sailing area will be a particularly important part of this.

Overdue Sailors

One hour overdue - a search will be arranged. Two hours overdue – emergency services will be contacted.

<h1>Sign Out Sheet</h1>			Organiser's Mobile Number	Monitor Ch 16 Use VHF Ch 8	Day / date	Sheet number	
Buddy group	Names of people in group	Description of boat	Route	Using VHF? Y/N	Mobile phone number	Return time	Tick on return
Group Number							
Group Number							
Group Number							
Group Number							

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Further sailing advice is provided on the "OCSG Sailing Meeting" poster

Race	Start Time
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Name	Signature	Boat Number	Finish Time	Position

Read this before signing the sheet

Racing sailing canoes is an adventure sport in which the participants accept a degree of risk. Even if the race organisers follow all established best practices, this will not necessarily prevent participants from suffering serious injury or death. Participants in the racing at this meet must.....

- ◆ Think through what will happen if they suffer a capsize, gear failure or medical emergency, and have strategies for dealing with emergencies of this kind. Strategies are likely to involve a reliable method of self rescue and/or a reliable means of summoning assistance.
- ◆ Come to the assistance of any other competitor who they know to be in danger.
- ◆ Sign in to the race on the sign in sheet.
- ◆ Only enter the race if they are willing to accept the risks inherent within the sport.