

OCSG Meet Safety Advisor Briefing Sheet

Normally 10am Saturday – a reminder, for all participants

1. Wear an approved Buoyancy Aid , correctly fastened and adjusted
2. Wear appropriate clothing (eg drysuit/wool or fleece and waterproofs, or wetsuit if planning capsize practice)
3. Be careful of awkward landings, rocky or marshy shorelines, with slippery and uneven ground, (**highlight any specific local issues**)
4. Manual handling issues – ask for help with unloading, lifting, carrying etc – use a trolley where possible.
5. Water quality – (**highlight any specific concerns eg blue/green algae or pollution**)
6. Other water users (**highlight any specific local issues**)
7. Provide weather forecast (**advise on any specific local conditions, recommended areas to use or avoid**)
8. Strongly encourage use of our Buddy System – for mutual assistance and support in the event of mishap, equipment failure, illness or injury.
9. Recommend use of VHF radios and/or mobile phones to keep in touch (if available)
10. Advise taking food and hot drinks, spare clothing, first aid kit, any relevant medications