

# OCSG Sailing Event

## READ THIS BEFORE GETTING ON THE WATER



### **Cruising**

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

- Know the weather and wind forecast.
- Use the sign out sheet provided below.
- Arrange to sail with others in a self-reliant group of three canoes (sailing in pairs is ok but riskier).
- Look after the others in your “buddy group” as best you can.

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 launch site. 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 as safe as reasonably possible. To this end all participants in a 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.

**ABOVE ALL - Think through and have strategies for dealing with incidents such as capsize, gear failure or medical emergency**

<b>Sign Out Sheet</b>		<b>Meet organiser mobile:</b>	<b>Safety advisor mobile:</b>		<b>Day and date</b>	<b>Sheet number</b>	
<b>Buddy Group Number</b>	<b>Names</b>	<b>Description / colour of canoe / sail</b>	<b>Mobile number</b>	<b>VHF?</b>	<b>Route</b>	<b>Return time</b>	<b>Tick when back</b>

**IF YOU ARE 1 HOUR OVERDUE A SEARCH WILL BE ARRANGED  
IF YOU ARE 2 HOURS OVERDUE THE EMERGENCY SERVICES WILL BE CONTACTED**