

Sail Training – General Rules

Rescue Boat Ratios

1. The following ratios of Rescue Boats to sailing craft at sea to be adhered to at all times, during all activities:

Wind Strength	Rescue Boat Ratio
0 – 17 Knots	1 Rescue Boat per 12 Sailing Craft
18 – 21 Knots	1 Safety Boat per 10 Sailing Craft
21 – 27 Knots	1 Safety Boat per 8 Sailing Craft

Sailing Area

2. As for 'Club Sailing and Racing', but an RYA Instructor may modify the sailing area for particular training serials. If this occurs, arrangements must be put in place to maintain safety cover.

Limits of Qualifications

3. Only RYA Instructor Qualifications are recognised. Instructors may only instruct within the boundaries laid down by the RYA, with at least the prescribed safety measures in force.

Briefing Students

4. Students are to be briefed on the facilities and safety aspects of the club and boats before proceeding on to the water for the first time.

Officer of the Day

5. The lead Instructor will assume the responsibility of Officer of the Day.

Rescue Boat

6. **Because of the practicalities of a single RYA Instructor running an RYA sailing course, it is permissible for the Instructor to leave the Rescue manned by the Helm only for short periods for the purpose of demonstrating techniques and manoeuvres.**

Sail Training – Instructor Safety Checklist

Before Starting Training

- Weather Forecast Checked and displayed
- Wind strength below 25 Knots
- Rescue Boat Helm and 2nd Helm in place
- Rescue Boat on the Water
- Communications checked between Rescue Boat and Shore
- Students briefed on the club facilities, safety equipment and communications
- Students briefed on dangers of the Boom,

During Training

- Regularly review Wind Strength and Wave State
- Maintain a watch and ensure boats remain within Sailing Area
- Check Communications regularly between Rescue Boat and Shore
- Watch for boats in difficulty, direct Rescue boat as required
- Students briefed on dangers of Entanglement and Entrapment
- Ensure enough safety boats for number of craft sailing (See Wind chart)

After Training

- Ensure all crew return!
- Ensure that all boats are booked in and defects reported
- Ensure all boats are washed down and put away
- Ensure all equipment is put away correctly

Sail Training – Risk Assessment

Unit/Formation: Dhekelia Sailing Club
 Activity/Exercise: Club Dinghy Sailing
 Relevant Publications/Pamphlets/Procedures: AGAI Chap 18, SOP 225a, HQ BFC WSC Minutes
 Steps relate to the Risk Assessment Process

Assessor: Rear Commodore
 Date Assessment: 8 Nov 06
 Review Date: 8 Nov 07
 Generic Risk Assessment: Yes/No

Ser	Activity / Element (Step 1)	Hazards Identified (Step 2)	Existing Controls (Step 3)	Residual Risk (Step 4)	Additional Controls Required (Step 5)	Residual Risk(Step 6)
(a)	(b)	(c)	(d)	(e)	(f)	(g)
1	Dinghy Training	Drowning	1. All Instructors to be trained in First Aid 2. Safety Boat available 3. Buoyancy Aids worn 4. 50m or Service Swim Test Conducted	No Residual		N/A
2	Dinghy Training	Hypothermia (Winter Sailing)	1. All Instructors to be trained in First Aid. 2. Wetsuits used for winter. 3. Safety Boat available. 4. Wind strength limitations on sailing.	No Residual		N/A
3	Dinghy Training	Head Injury from booms	1. Briefing on the danger by Instructor 2. All Instructors to be trained in First Aid	No Residual		N/A
4	Dinghy Training	Injury from safety boat prop.	1. Prop guards fitted. 2. Kill cords used. 3. Engine stopped when pulling in swimmers.	No Residual		N/A
5	Dinghy Training	Launching and recovery of boats.	1. Supervised by Instructor 2. Training covered in syllabus	No Residual		N/A
6	Dinghy Training	Multi Craft Capsize	1. Safety helms instructed to aid swimmers in distress before recovery of craft. 2. Sailing area and therefore spread of craft limited.	No Residual		N/A
7	Dinghy Training	Cut Feet	1. Footwear mandatory	No Residual		N/A
8	Dinghy Training	Entanglement / Entrapment after capsized.	1. Knives carried on safety boats. 2. Briefing and close watch by Instructor	No Residual		N/A

	Name	Post	Date	Signature
Existing and Additional Controls Agreed				

Additional Controls Implemented				
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