

## Junior Sailing – General Rules

1. Junior Sailing as an activity is essentially a Try Sail (see **Leaflet 6**) for juniors, that is those persons under 16. Its purpose is to introduce juniors to sailing in a safe environment and kindle an interest that will one day see them take an RYA sailing qualification.

## Sailing Area

2. The Sailing area for junior sailing is to be restricted to that area in CESSAC bay outside the swimming buoys but within a line joining the Officers' Club and the Disused Jetty by Watson's Mole.

## Organisation

3. The following personnel are necessary to run a Club Trysail:
- a. Safety boat personnel in accordance with **Leaflet 8**.
  - b. An activity leader on the shore who in an experienced OOD.
  - c. At least one catcher on the beach to marshal boats as they return.
  - d. At least one person who is at least RYA L2 Dinghy with experience.
  - e. Parents!

## Buoyancy Aids

4. An approved Personal Buoyancy aid is to be worn at all times. It is the responsibility of the OOD to check this aid for tears, rips or breakages which may affect its performance.

## Boats to be Used

5. Only Pico and Optimist dinghies are to be used. All juniors and their parents taking part are to be advised on the risks of sailing (listed in the Risk Assessment). Parents are to take note of the notes for parents/guardians in this section.

## Wind and Sea State Limits

6. Junior sailing may only take place up to **12 knots and in a slight sea state**.

## Notes for Parents & Guardians

7. Sailing at DSC is made as safe as possible but unfortunately we are not set up for 'parent free' operation, **at least one parent or a responsible adult chosen by the parent must be present.**
8. The club dinghies cannot be used for play; they must be sailed properly under supervision. The risk of damage to equipment and people is too great.
9. The OOD must always be informed of dinghies going on the water and dinghies coming back, even if you are introducing your own child to sailing.
10. When you rig a dinghy, and go sailing, you are then responsible for that dinghy. This means that you must put it away immediately, when you have finished with it.
11. All single-handed dinghies. Optimists, Toppers, and Laser 4.7's are to be sailed by one Junior only, with the following exceptions.
  - a. Under training.
  - b. Sailing with a parent.
  - c. Two up authorized by a member of the Sailing Committee.
12. Three Up is not allowed at any time.
13. Juniors are never to be thrown into the water from a dinghy. This is extremely dangerous.
14. Voluntary capsizes are not allowed, except under training.
15. If the OOD, Rescue Boat Helm or Crew orders you to go ashore, then you must obey without question. Failure to do so will result in sailing rights being withdrawn. This rule isn't just for juniors, it applies to adults too!
16. No sailing within the Swimming Area Buoys (1st May to 1st November). If you do so you will be told to immediately return to shore.

## Junior Sailing – OOD Safety Checklist

### Before Allowing Try Sail

- Weather Forecast Checked and displayed
- Wind strength below 12 Knots
- Rescue Boat Helm and 2<sup>nd</sup> Helm in place
- Rescue Boat on the Water
- Communications checked between Rescue Boat and Shore
- Safe to sail flag (green) hoisted
- All personnel briefed and in place
- All juniors wearing buoyancy aids and checked by OOD. Wetsuits as required (winter only)

### During Junior Sailing

- 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
- Ensure enough safety boats for number of craft sailing (See Wind chart)

### After Sailing

- 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

## Junior Sailing – 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   | Junior Sailing              | Drowning                                 | 1. At least one of the Staff trained in First Aid.<br>2. Safety Boat available.<br>3. Buoyancy Aids worn.   | No Residual            |                                       | N/A                   |
| 2   | Junior Sailing              | Hypothermia (Winter Sailing)             | 1. At least one of the Staff trained in First Aid.<br>2. Wetsuits recommended.<br>3. Safety Boat available.<br>4. Wind strength limitations on sailing.       | No Residual            |                                       | N/A                   |
| 3   | Junior Sailing              | Head Injury from booms                   | 1. Briefing on the danger (RYA Training)<br>2. At least one of the Staff trained in First Aid.  | No Residual            |                                       | N/A                   |
| 4   | Junior Sailing              | Injury from safety boat prop.            | 1. Prop guards fitted.<br>2. Kill cords used.<br>3. Engine stopped when pulling in swimmers.  | No Residual            |                                       | N/A                   |
| 5   | Junior Sailing              | Launching and recovery of boats.         | 1. Supervised by OOD.<br>2. Catcher to assist.<br>3. Pico/Optimist easy to control.   | No Residual            |                                       | N/A                   |
| 6   | Junior Sailing              | Multi Craft Capsize                      | 1. Safety helms instructed to aid swimmers in distress before recovery of craft.<br>2. Sailing area smaller than usual and therefore spread of craft limited. | No Residual            |                                       | N/A                   |
| 7   | Junior Sailing              | Cut Feet                                 | 1. Footwear required.   | No Residual            |                                       | N/A                   |
| 8   | Junior Sailing              | Entanglement / Entrapment after capsize. | 1. Knives carried on safety boats.<br>2. Participants to be briefed.<br>3. Pico/Optimist easy to control from safety boat.                                    | No Residual            |                                       | N/A                   |

|   | Name | Post | Date | Signature |
|---|------|------|------|-----------|
| Existing and Additional Controls Agreed |      |      |      |           |
| Additional Controls Implemented         |      |      |      |           |