

FAIRLOP SAILING CENTRE

Health and Safety Rules

BUOYANCY AIDS must be worn by all afloat, correctly fastened and fitted outside of any other clothing.

CAPSIZE. In the event of a capsize, crew must stay with their boat (any craft).

COLLISIONS Deliberate attempts to cause collisions will not be tolerated.

GOING AGROUND Sails must be let out, centre-plate up, rudder off and stay in the boat.

BEHAVIOUR must be exemplary at all times. No running, swearing, smoking, swimming.

FOOTWEAR must be safe. Trainers, not wellingtons, securely fastened with tongues behind the laces.

HANDS must be kept inside boats and crews should remain seated whilst moving.

STAY with your group and in the area as instructed.

WEAR clothing appropriate for the weather and activity as instructed.

EMBARKING/RETURNING without the permission of the instructors is forbidden.

WASH hands at the end of the session.

CUTS/WOUNDS must be covered before going afloat.

EATING/DRINKING is not allowed when afloat.

LIFTING/MOVING HEAVY OBJECTS should be done with care - only under supervision of the instructor.

JEWELLERY should not be worn, especially necklaces and earrings.

SPECTACLES or other personal aids must be attached to prevent complete loss.

INFORM INSTRUCTORS IMMEDIATELY if you are injured, cold or if equipment is damaged in any way.

MEDICATION. Inform instructor if you are undergoing medical treatment.

DO NOT LEAVE VALUABLES IN CHANGING ROOMS.

YOUR INSTRUCTOR WILL INFORM YOU OF ANY PARTICULAR DANGERS CURRENTLY ON OUR SITE

WEAR SENSIBLE CLOTHES (jeans are not the most suitable), INCLUDING SHOES THAT CAN GET WET. BRING A TOWEL, A CHANGE OF CLOTHING AND A PACKED LUNCH, IF NECESSARY

FAIRLOP SAILING CENTRE WILL PROVIDE ALL SPECIALIST EQUIPMENT, AS REQUIRED

Log on to www.fairlop.org.uk