

## **Social Sailing Information Sheet** **(or things you need to know)**

**The following information is to enable all participants to sail safely together and hopefully comfortably. We ask that anyone taking part in Social sailing abides by these rules to ensure safe and happy sailing for all concerned.**

Please be aware of the following:

- It is advisable **to arrive allowing plenty of time to rig before the start time for sailing**. This allows for boat preparation and briefing from session leader. If you are new or being taken out in one of the club boats this also allows you time with your helm to discuss your needs and what you would like to do.
- Make session leader aware of any **medical condition** that may affect you while on the water. (If you might need an inhaler the safety boat can take it in a dry bag.)
- Make session leader aware of your **sailing ability** and any concerns you may have, e.g. it is your first sail of the season/ you have a new or different boat.
- Make sure you have a **suitable buoyancy aid** – you will not be allowed on the water without one – if you don't own one there are plenty of people who will willingly lend one to you.
- Ensure you have **suitable clothing** for out on the water – it is always colder than you think. Shoes may get wet and so may you. In cold weather Wetsuits or dry suits are essential
- Bring a **change of clothing**, towel and wash kit, if you want to shower after sailing
- **Valuables and mobile phones are taken on board at your own risk** – if you do want them with you please ensure they are in a waterproof bag.
- **Participants must sign in** - so that we can check everyone is accounted for at all times – Social sailing is about sailing together, there is safety boat cover and sailing in a designated area, please be aware that if you decide to sail 'elsewhere' or 'return to shore' then the safety boat and lead person must know.
- If you want to remain on the water and "play" after the session, let the safety boat crew know and they will sign you off their control sheets
- **Participants must sign off** when they return ashore – as all participants need to be accounted for, as safety boats will remain afloat until such time.
- Have water and sun block to hand – we can always hope for good weather, if not bring your woolly hat!