

PHYSICAL ACTIVITY SAFETY CHECKLISTS

SAILING/YACHTING

Sailing involves controlling the motion of a sailing vessel. By adjusting the rigging and rudder, a sailor manages the force of the wind on the sails in order to change the direction and speed of a boat.

Risk Factor Rating

4

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies*

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a trained/certified National Coaching Certification Program/Canadian Yachting Association coach or an experienced sailor who is capable of demonstrating the competency expected from a National Coaching Certification Program coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in the sport of sailing/yachting

Safety rules are learned prior to participation

Emergency rescue strategies are learned and practiced

Sailors must know the rules that govern the waters of the province they are sailing in (i.e., speed, rules of the road, required safety equipment and protecting the marine environment); a government-approved boating safety course is completed by all sailors, providing them with the mandatory Pleasure Craft Operator Card (PCOC) needed to operate a pleasure craft

Skills are learned in proper progression, beginning with classroom sessions

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

* See camping checklists for safety information when camping overnight.

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Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **constant visual supervision** during initial instruction and **in-the-area supervision** until participant has demonstrated safe practice and proper techniques
Supervisor is familiar with the waters in which the group is sailing, including hazardous rocks and strong currents

Designated person has NLS Lifeguard certification or current first aid qualifications

Safety rules and procedures are enforced

Emergency action plan is in place to deal with accidents/injuries and includes knowing what to do in a person-overboard emergency

Supervisor has list of students on water

Supervisor has a float plan; someone knows where sailors are going and their expected date/time of return (When back ashore, contact person is informed of return.)

Supervisor is on the water in a motor-powered rescue boat

Facility/Course/Environment

Local weather conditions, forecast, and temperature are checked prior to session

Course is free of hazards or has clearly marked hazards on map and course

Emergency rescue boat is available

Map of route is available with route clearly marked; sailors are briefed prior to setting sail

Clothing/Footwear

Appropriate footwear is worn

Jewelry is removed or secured when safety is a concern

Appropriate clothing is worn, permitting unrestricted movement and protection from the weather as well as providing visibility

Suitable protection from the weather is carried (e.g., hat, jacket, sunglasses, sunscreen)

Equipment

Equipment to be used is suitable and in good condition

Equipment is checked regularly by qualified staff and sailors

A paddle must be carried on board (in case of breakdown or loss of wind)

Navigation tools are available, including a wristwatch and compass, as well as some regular tools including a knife, screwdriver, pliers, duct tape, line

Bailer is carried in the boat

Lifejacket (personal flotation device or PFD) is worn; the law requires one PFD for each person on board; lifejackets are Transport Canada-approved and properly fitted

Fire extinguisher and flares are carried in the boat

Whistle, horn, or some effective means of making noise is available; whistle is secured to lifejacket

Boat is equipped with lights for nighttime or unintentionally getting caught on the water after dark

First aid kit and phone are available

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Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program

The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program

Registration in an accident insurance plan is encouraged

Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional

The activity is suitable to the student's age, ability, mental condition, and physical condition

The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate

The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

