

RECOMMENDED SAFETY GUIDELINES FOR HIGH PERFORMANCE SAILBOATS



For training and racing, especially for foiling boats

When sailing in high-speed sailboats, the following precautions should be taken

- NEVER sail alone - stay close to other boats as well as the harbour and the shore.
- Pay attention to the risks of falling overboard - work on safety just as professionally as you do with boat performance.
- Check that your trapeze fittings are not corroded or bent and that ropes are not worn. Regularly inspect every aspect of your trapeze systems and replace all worn parts / lines.
- Do not secure your boat ashore using the trapeze system. Load on a boat overnight can overly stress the trapeze system, as loads can be substantially higher than a crew's body weight.
- Always wear protective headgear (water sports certified) and always in a high visibility colour (yellow/orange so you can be seen in rougher sailing conditions with strong winds, high waves and / or poor visibility).
- Also consider gloves in a bright colour (yellow / orange) to help attract attention in the water.
- Carry a SOLAS waterproof whistle to attract attention in case of accident.
- Always have a safety knife on board.
- Bring relevant first aid kit on board during training.
- Always wear a protective, durable clothing layer, preferably 'cut-rated' protective clothing on the lower body. Most foil hits have occurred on the legs. The worst injuries are to the back of the leg / knee / ankle.
- Make sure you sail under controllable conditions during your training and competition.
- Check the applicable coverage of your personal insurances in the event of an accident, both for damage and possible damage. Travel accident insurance (including treatment and transport) and Personal accident insurance (including subsequent treatment and possibly permanent injuries).

When you go on the water:

- Always sail with a coach boat and stay close to one another at all times.
- Ensure that there are no more than 3 - 5 boats (depending on weather conditions) 'under surveillance' per coach boat (primarily foiling classes).
- The coach boat must be equipped with adequate medical equipment and communication equipment.
- The coach boat must be driven by an experienced person with first aid experience and knowledge of procedures in the event of an accident requiring rescue.
- Have an emergency plan ready with coaches, teammates, training partners and staff at the sailing location, whether you are training or competing.
- Ensure that an effective and widely known emergency plan exists in the event of serious damage, including sea-to-shore communications strategy, and a known meeting point for a boat returning to the shore for relief.

Check availability for on-site medical assistance:

- Set your phone to the on-site alarm phone.
- Check out the Emergency Meeting Point when on land after rescue.
- Check the location of the nearest emergency hospital.
- Check if the local club and/or harbour is aware that you are going on the water.

General recommendations:

Always discuss safety precautions and an emergency plan with your training partners, team leaders and/or coaches at the location where you are training.

A safety briefing should be considered prior to going to the water, both for training and competitions, to raise awareness of all involved in events for high-speed sailboats on safety risks and procedures.

In addition, organizers should prepare stricter safety instructions for official teams so that everyone can respond most appropriately in accident situations, without time delays and with the greatest possible precision.

The event manager and PRO should during a regatta consult people with a great deal of knowledge and experience of the class, so as not to send the sailors out in weather conditions which are potentially dangerous to the safety of the sailors.

It should be remembered that elite sailors will always do their utmost to perform with the best possible results, and they will not hold back once they are on the water for a competition.

This is the nature of elite sport - which is why the sailors and organizers together have a great responsibility.

Following accidents in 2018, World Sailing created a database - **Sailing-Wide Safety Database:**

Click here to report an incident –

<http://www.sailing.org/sailors/safety/incident-reporting-portal.php>

where anyone with relevant knowledge of an accident or incident can log safety issues.

World Sailing encourages all sailors who have been injured or involved in near-misses to record these incidents so that the sport can best address systematically issues that may arise from time to time.

These recommendations have been produced by Dan Ibsen from Denmark and the Norwegian Sailing Federation in conjunction with the Nacra 17 Class.

If you have suggestions for adjustments and/or supplementary recommendations, do not hesitate to send an email to David Campbell-James, Nacra 17 Class Race Officer, at campbelljames@btinternet.com

GOOD AND SAFE SAILING IN HIGH PERFORMANCE SAILBOATS!