

## Health and Safety

With most of my health and safety messages there is a personal story around some event which highlights something we can do to avoid harm. The recent trip up river to the Kaiapoi River Festival reminded me of how hard it is to look ahead and guess what the sailing conditions might be like on the return journey, even knowing there would be lots of tacking into a stronger wind.

That maddening marathon of tacks and nasty gusts between the river bank trees were expected conditions. What was not fully accounted for was how much cooler it is beating into wind. When we kitted up at lunch time the idea of wearing another layer was turned down flat as being too hot. By the end of the adventure my able-crewman Lilian said she was very, very cold.

Perhaps this was a good day to gain an understanding of the apparent change in temperature (aka wind chill) between sailing with the wind and beating into it. In this case a warm shower and a hot pie soon returned the warmth.

Kerry