

## Health And Safety - November 2015

The Health and Safety focus for the month of November will be about using our sailing venue safely. We have the challenge of the weather, the river state and other river users that can all contribute to that unexpected situation which might then cause us injury. Our Club has a set of Sailing Instructions and Safety Procedures which every sailing Club member should re-read at the beginning of each season and these have been used as a basis for this bulletin.

We need enough wind to sail yet to much can take our gear and skills to a point where we can be injured. Our Club safety procedures caution against taking on "boisterous conditions" beyond our ability to sail the boat safely. A typical sailing day at our Club lasts less than two hours on the water and today's improved wind forecasting means we can have a very good idea of the conditions we will sail in so every skipper can make an informed decision about whether or not to sail.

The river is always changing. Recently there has been a bar appear in the middle of our sailing area. In past years we have seen tree stumps and trailers. Hitting any of these obstacles at speed can result in some injury so wearing gear that protects can help.

The portion of the river that we sail on has other users. It is a prime fishing spot and so there are fishing lines cast well out into the river and also set nets. While these should be identifiable many of us have a story of catching a line or snagging a net that we have not seen. Mostly such encounters are resolved without injury.

The sail away message this month is to know your limits, take a good look at the river when you arrive and dress warmly with footwear, gloves and (bump)hat to protect the extremities.

**Kerry O'Brien**  
**Vice Commodore**