

rfbyc

Dinghy Safety

A MESSAGE FROM ROYAL FRESHWATER BAY YACHT CLUB



Hypothermia

During the winter series, the weather conditions can often be cold and wet. It is important to wear appropriate sail wear that will keep you warm and dry. If you do capsize, get wet and spend too much time in the cold water, this can lead to mild hypothermia particularly if you become tired and fatigued.

Hypothermia will occur when your body loses more heat than it can produce. Signs of hypothermia include shivering, exhaustion, confusion, numbness, fumbling hands and slurred speech.



Mild hypothermia is easily treated. Return to shore as quickly as possible, seek shelter from the rain and cold, remove wet clothing, put on warm dry clothing, have a hot drink and food, rest and recover. Once you are feeling better, only then have a hot shower.

Safety - its everyone's responsibility