



Dinghy Safety

A MESSAGE FROM ROYAL FRESHWATER BAY YACHT CLUB



First Aid

In the event of injury or illness, staff and coaches are suitably trained to provide basic first aid treatment. The DTC has a fully equipped first aid cabinet, which includes bandages and dressings, swabs and pads, sterile saline, burn treatment, pain relief medication, cold packs and epipens. Several staff and coaches have an accredited First Aid certificate. RBYC has an emergency response plan in the very unlikely event of serious injury.

The most common injuries or illnesses requiring first aid treatment at the DTC are:

- + Cuts, scrapes and bruises
- + Heat stress / dehydration
- + Rope burn / blisters
- + Head 'knock'
- + Sunburn
- + Fatigue
- + Bee stings



Safety - its everyone's responsibility