



# Dinghy Safety

A MESSAGE FROM ROYAL FRESHWATER BAY YACHT CLUB



## Heat Stress

We often sail in hot conditions that can lead to dehydration, sun exposure and exhaustion.

To minimise heat stress, follow the 3 R's:

- Rest** Take a break. When sailing in hot conditions, take more rest breaks.
- Recover** Cool down. Keep out of the heat as much as possible. Seek shade.
- Rehydrate** Drink up. Drink plenty of water, even when not thirsty.

Everyone has different levels of tolerance to heat. Risk factors include prolonged exposure in hot conditions, fatigue, poor physical fitness, inadequate protective clothing and not being used to hot weather.

The signs of heat stress include pale skin, excessive sweating or no sweating and dark urine.

Symptoms include tiredness and lethargy, headache, dizziness, feeling faint, muscle cramp, being thirsty and going to the toilet less often.



*Safety - its everyone's responsibility*