



Dinghy Safety

A MESSAGE FROM ROYAL FRESHWATER BAY YACHT CLUB

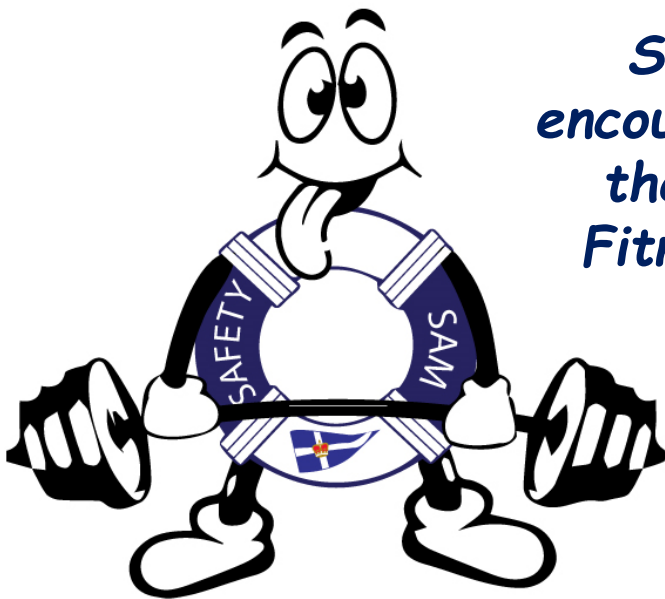


Fitness & Exercise

Being fit and strong will improve your sailing. In addition to trimming, hiking and trapezing better for longer, being fit and strong will also improve your decision making on the race course by delaying fatigue.

It is important to find forms of exercise that you enjoy in addition to sailing, and do them regularly.

It is also important to maintain recovery strategies when doing increased exercise. These include sleep, hydration, nutrition and stretching.



Sailors are encouraged to use the new DTC Fitness Centre

Safety - its everyone's responsibility