



# Dinghy Safety

A MESSAGE FROM ROYAL FRESHWATER BAY YACHT CLUB



## Entrapment

Sailing is inherently safe, but it is important to be aware of the risks associated with entrapment.

Although the likelihood of entrapment is very low, the most common causes are:

- + Ropes getting tangled around the body or limbs
- + Getting caught on other control lines and straps
- + Trapeze harness not releasing or hook getting tangled
- + Being trapped under a capsized hull or sail

To prevent entrapment, always consider the following:

- + Keep ropes short and tidy and maintain all elastic, allowing fixtures and fittings to function as intended.
- + Wear appropriate sail wear, including PFD. No loose clothing. Ensure long hair is neatly tied back.
- + Carry a sharp knife, which is easily accessible, preferably serrated.
- + Educate safety crews on rescue techniques to right a dinghy as quickly as possible. Conduct regular training.
- + Use a masthead flotation on training dinghies to prevent emersion. Practice capsize drills.
- + Be water confident. Stay calm.

*Safety - its everyone's responsibility*