



Dinghy Safety

A MESSAGE FROM ROYAL FRESHWATER BAY YACHT CLUB



Windfoiling Safety Equipment

The following safety equipment is recommended when windfoiling (or wing foiling):

- + **Helmet:** A helmet will protect your head from any impact from your board, hydrofoil, or anything that happens to be underwater
- + **Impact Vest:** An impact vest is extremely useful to mitigate the impact when 'catapulting' off the board. This is something you can expect to do frequently as a beginner. Is it also a PFD.
- + **Boots:** Although not as necessary as a helmet or impact vest, boots are recommended to keep your feet safe from the hydrofoil wings or anything sharp on the seafloor
- + **Wetsuit:** Even in warm weather, a wetsuit will provide added protection from hydrofoil wings or any obstacles in the water.

Safety Tip: Try to keep hold of the boom when wiping out or bailing off a foiling board. This helps to avoid contact with the hydrofoil wings.

Safety - its everyone's responsibility