

rfbyc

# Dinghy Safety

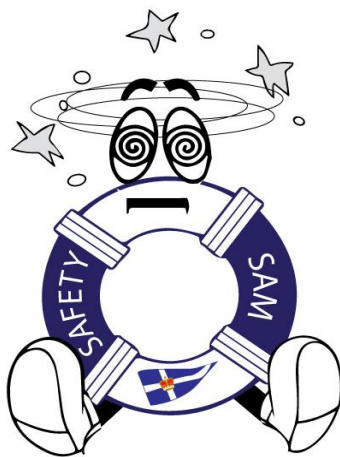
A MESSAGE FROM ROYAL FRESHWATER BAY YACHT CLUB



## Beware the Boom

Being struck by a swinging boom is one of the most common injuries for young dinghy sailors. Often it is only a 'slight glance' causing momentary pain, but sometimes a solid blow to the head can result in significant pain and serious injury. It can occur due to an unexpected gybe of the boom when sailing downwind, particularly in strong and shifty winds. However, an injury due to a swinging boom is just as likely to occur when rigging up and rigging down, when launching from the beach and when returning to the beach. Fatigue and equipment failure are also contributing factors.

It is important that young sailor are always aware of wind direction on and off the water. Keep your head down and be prepared for a swinging boom when gybing, tacking and launching from the beach. If significant impact is experienced more than once, consider the use of a helmet when dinghy sailing, particularly in strong winds.



That's why it's called a BOOM

*Safety - its everyone's responsibility*