

rfbyc

# Dinghy Safety

A MESSAGE FROM ROYAL FRESHWATER BAY YACHT CLUB



## Staying Warm in Winter

**Sailors it's time to layer up!**

As the temperature drops it's critical to protect yourself from the risks of cold weather.



**What's the risk?**

- Hypothermia: When the body temperature drops too low, it can affect thinking and movement.
- Reduced dexterity: Cold fingers = clumsy hands = increased chance of injury.
- Not enjoying your time on the water.

**How to Stay Safe**

- Dress in layers: Base layers (thermals), mid-layer insulation (wetsuit) and outer layers which are wind and waterproof (spray jacket).
- Cover extremities: Wear gloves, a hat and even socks in boots.
- Stay dry: Change out of damp gear quickly!

*Safety - its everyone's responsibility*