



# Dinghy Safety

A MESSAGE FROM ROYAL FRESHWATER BAY YACHT CLUB



## Safe Hiking Technique

**Good hiking technique doesn't just make you faster - it protects your back.**

Poor posture puts strain on your lower back and leads to fatigue and injury. The goal is to let your **legs and core do the work**, not your spine.

### ✔ Key Tips

**Keep your back flat:** avoid rounding or hunching.  
**Lift your hips and press knees down.**

**Engage your core** to support your posture

**Push through your legs**, they should feel the effort

**Keep your head up and eyes forward.**

### ⚠ Watch Out For

Slouching or curved lower back

Hyper extending your back

Feeling strain in your lower back instead of your legs



*Safety - its everyone's responsibility*