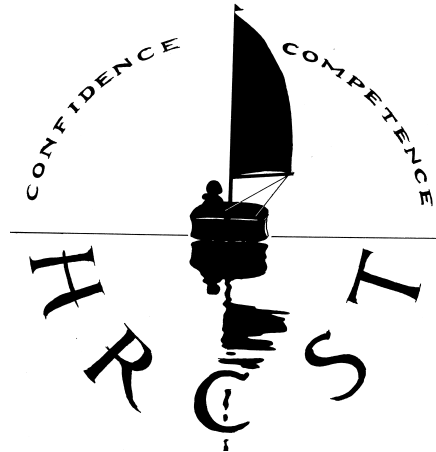


# HELFORD RIVER CHILDREN'S SAILING TRUST



## INSTRUCTORS BASIC SAFETY CHECKLIST

**Correctly fitting Buoyancy Aids and suitable clothing (including footwear)**

**Activity pitched at a suitable level for students**

**Check safety and teaching equipment, and student's boats**

**Safety Boat ratio does not exceed 1 Safety Boat : 6 students**

**Clear definition of sailing area and communication signals afloat**

**Continual awareness of conditions Regular head counts**

**Effective group control (ashore and afloat)**

**Perceptive to individual's needs**

**IF IN DOUBT, DON'T GO OUT!!!**