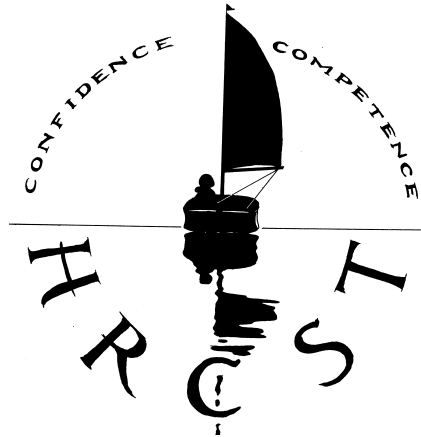


# HELFORD RIVER CHILDREN'S SAILING TRUST



## RECREATIONAL SAILING, ROWING AND POWER BOATING

Volunteers who wish to use the HRCST facilities outside of organised training time must adhere to the following guidelines:

1. Check availability with the Senior Instructor.
2. Ensure that for a maximum of every six people afloat, two people (at least must hold an RYA Power Boat Level 2 certificate) are in a Safety Boat that is equipped with a bucket, paddle, anchor, spare warp, adequate fuel and Safety Pot 2, 4 or RIB. Please also take a mobile phone and a handheld VHF radio.
3. Ensure that at least two people are First Aid trained, and have available to each other your emergency contact information, and any relevant medical or health information.
4. Stay within sight of each other at all times when afloat, and agree on start and finish times, and an operating area.
5. Fill in the blackboard on the door of the Boathouse with your sailing area, equipment taken, start and finish times. In addition, put a list of names of everyone who has gone afloat on the large whiteboard and include the number of the mobile phone you have with you.
6. Anyone who wishes to sail must have their RYA Level 2, or have approval from a Senior Instructor. Anyone who wishes to powerboat must have their RYA Level 2, or have done a Power Boat Level 2 course and need a bit of practice (in this case they cannot be the Safety boat, and need approval from Senior Instructor). Anyone who wishes to row must have a basic knowledge of rowing.
7. A sensible decision must be reached on the wind, tide and weather conditions. If at any point the Safety Boat crew are in doubt about the conditions, you must review the session.
8. Everything must be cleaned and put away ready for use next time. Any incidents must be reported in the relevant book (accident, near miss or breakage) and you should inform a member of staff as soon as a possible.