



**Twickenham
Yacht Club**



Daily safety briefing - contents

Briefing should be to all students & instructors and should be delivered or supervised by the instructor in charge.

In no particular order, the following subjects MUST be covered

- 1 Personal Buoyancy must be worn – correct size & type (cold shock)
- 2 If the boat capsizes – stay with the boat – move to the back, clear of the hull, but make sure you are still holding on
- 3 Keep within your personal capabilities
- 4 Keep warm or cool as appropriate – appropriate clothing
- 5 Shoes on – no bare feet or open toed sandals
- 6 Dinghy park slipway edge
- 7 Have you told us of any relevant medical conditions?
- 8 Keep a good lookout for other river traffic – don't assume your instructor has seen it!
- 9 Anticipated tidal conditions
- 10 Richmond lock operation (if appropriate)
- 11 Open wounds washed & covered – Weill's disease
- 12 After each on water session – wash hands before eating or drinking

In addition, mention anything relevant identified during Risk Assessment walkround.