



SINGAPORE
SPORTS COUNCIL

Partners in Sports



Giving Hope. Improving Lives.



Sports
Safety

Safe Sailing Guide

Before you challenge water, make sure
you know how to survive in it.

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A Sports Safe Singapore

The Singapore Sports Council (SSC) recognises that safety must be a fundamental component of our sporting culture and a prerequisite for every healthy lifestyle. Therefore, the SSC has set a corporate goal of zero injuries, since all accidents can be prevented. Emphasising the need for personal accountability, the SSC also urges people to be responsible for the safety of others. Our Sports Safety Division was formed in 2006 under the direct purview of the CEO's office. It was tasked to promote safety throughout Singapore's sporting community and inculcate a safety-first mentality in the minds of every stakeholder. For more information, please visit <http://sportssafety.ssc.gov.sg>

Message from National Water Safety Council (NWSC)

Having seen an increasing level of interest and participation in water activities and sports in recent years, it is essential for all water sports enthusiasts to be aware of the potential dangers that arise from being in the water. It is common for people with no water survival skills and safety knowledge to venture into the water - this has been proven to be an invitation to disaster. To enjoy water activities safely, the National Water Safety Council strongly encourages non-swimmers to acquire swimming and survival skills prior to engaging in water sports by participating in the SwimSafer course. Being sufficiently water competent could spell the difference between life and death. For more details on the SwimSafer course, please log on to <http://www.ssc.gov.sg/swimsafer>

Acknowledgement

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Think Safe. Play Safe. Stay Safe.

Another initiative by the Sports Safety Division, Singapore Sports Council

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INTRODUCTION

Sailing is a wonderful hobby. As with any sport, however, it can be dangerous if safety is ignored. From novice to the most experienced sailor, it is vital that you exercise safety on water. Sailing is like flying – on water.

The next few sections are some of the basic safety tips that are especially relevant if you are new to sailing.



ENVIRONMENT

- Check the weather forecast, tides and currents before you start to sail. Tidal streams can be very strong during “third hour tide” so be prepared to change your schedule. Also keep in mind that you may have to alter your course mid-way.
- Be alert of changing weather conditions such as approaching storm clouds.
- Go back for the shore if there is a thunderstorm approaching.
- Know the area you are sailing in. Avoid obstacles and dangerous areas with rocks, strong currents and sea-lanes.
- Obey the rules of the sea to avoid collision.
- When you are holding onto a boat at the shore, watch out for breaking waves. These can push the boat against you and cause injury.
- Some marine litter such as rusty nails, broken glass and fishing hooks can cause you injury. These marine litter may not be visible if the water is murky, so always be extra careful.
- If you come into contact with the sea creatures commonly found on the seashore such as stonefish, catfish and stingray, your foot may swell. If that happens, seek medical treatment at the nearest hospital or clinic.
- Sea water contains bacteria. If it gets into existing cuts, infection may result. Apply waterproof dressing to existing wounds before you start sailing.



For more information on local weather conditions, forecast and tide conditions, please log on to <http://app2.nea.gov.sg/12hnowcast.aspx>.

ARE YOU READY TO SAIL?

The Physical Activity Readiness Questionnaire (PAR-Q)

is designed to help you assess your level of readiness for physical activity. It is simple and it only takes a fraction of your time to complete.

Regular physical activity is fun and healthy. Increasingly more people are starting to become more active every day. Being more active is very safe for most people. However, some people should check with their doctors before they start becoming more physically active.

If you are planning to become more physically active than you are now, start by answering the seven questions in the box below. If you are between the ages of 15 and 69, the PAR-Q will tell you if you should check with your doctor before you start. If you are above 69 years of age, and you are not used to being very active, check with your doctor.

Common sense is your best guide when you answer these questions. Please read the questions carefully and answer each one honestly: **check YES or NO.**

- | YES | NO | |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you feel pain in your chest when you do physical activity? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you have a bone or joint problem (for example, back, knee or hip) that could be made worse by a change in your physical activity? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you lose your balance because of dizziness or do you ever lose consciousness? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you know of any other reason why you should not do physical activity? |
| <input type="checkbox"/> | <input type="checkbox"/> | Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart conditions? |
| <input type="checkbox"/> | <input type="checkbox"/> | In the past month, have you had chest pain when you were not doing physical activity? |

If you answered YES to one or more questions:

Consult your doctor by phone or in person BEFORE you start becoming much more physically active or BEFORE you have a fitness appraisal. Tell your doctor about the PAR-Q and which questions you answered YES.

- You may be able to do any activity you want – as long as you start slowly and build up gradually. Or you may need to restrict your activities to those which are safe for you. Consult your doctor about the kinds of activities you wish to participate in and follow his/her advice.
- Find out which community programmes are safe and helpful for you.



Personal Safety

- Know your own body. Are you ready to sail?
- Sail within your limits.
- Have adequate rest and water before you sail.
- Before you set sail, let someone know that you are going out.
- Warm up before sailing and cool down after the activity.
- Wear a life vest at all times.

If you answered NO honestly to all PAR-Q questions, you can be reasonably sure to:

- Start becoming much more physically active. Starting slowly and building up gradually is the safest and easiest way to go.
- Take part in a fitness appraisal. This is excellent for determining your basic fitness so as to plan the best way to live actively. Evaluating your blood pressure is also strongly recommended. For readings above 144/94, consult your doctor before you become more physically active.

Delay becoming much more active:

- If you are not feeling well because of a temporary illness such as a cold or a fever – wait until you feel better, or
- If you are or may be pregnant – consult your doctor before you start becoming more active.

Please note:

If you answered Yes to any of the above questions, tell your fitness or health professional. Ask whether you should change your physical activity plan.

Download PAR-Q in Chinese, English, Malay or Tamil from <http://sportsafety.ssc.gov.sg> For more information, please call 6500 5431.

Source: Canadian Society for Exercise Physiology

EQUIPMENT



Before You Sail

- Check the boat for damaged and/or missing parts. Replace all missing parts and report any damage to the person-in-charge. When you return, check the boat again for damaged and/or missing parts.
- The buoyancy compartment keeps the vessel afloat if it capsizes. Check to ensure that it is not damaged.
- Check that all ropes and riggings are properly tied. A loose mast might injure you.
- Secure all your personal items. (E.g. water bottles and snacks.)
- Follow all safety instructions from those in charge.



While Launching

- Follow any safety procedure as instructed by the person-in-charge.
- Keep your balance. Extra care needs to be taken when boarding sailboats since they are prone to capsizing. Step as far into the centre of the boat as possible and never step on the edge of the boat.



While Sailing

- Try to avoid colliding with other boats, crafts, buoys, beacons and other objects.
- Keep a lookout for other boats and navigational structures.
- Give your boat enough space before tacking or gibing when you are near any structure.
- Practice capsize procedures. When it comes to safe sailing, learning how to deal with capsizing is extremely important. Always practice in a controlled environment.
- Stay prepared – that improves your odds. Everyone onboard should wear a life vest equipped with a whistle and mirror. Make sure the whistle can work even when wet. It is important that the whistle can pierce through the noise of the choppiest waters.
- Always hold onto something and be prepared for any danger. A large wave or sudden gust of wind can toss your boat without warning. Always bend your knees to get the best balance.
- Don't panic if a person falls into the water. Instead, a lifebelt and dinghy should be thrown overboard immediately.
- If you are the one overboard, try to maintain visual contact with the boat. Use your whistle and mirror to get your crew's attention.

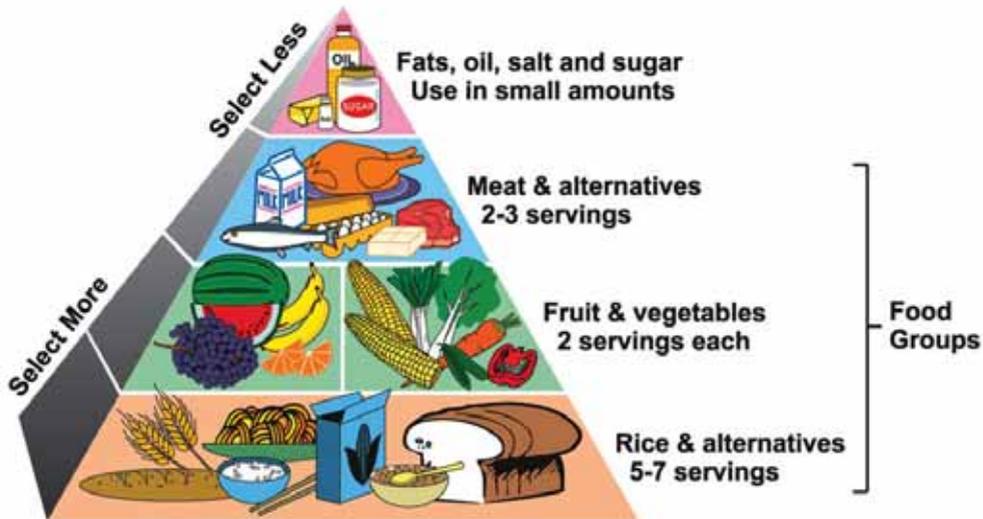
Personal Protective Gear

Protect your body from the elements. Ultraviolet rays can cause sunburn. Over a prolonged period, it can cause skin cancer and retina damage.

- Wear long-sleeved shirt and trousers when sailing.
- Wear sunglasses.
- Apply sun block and lip-protection balm.
- Wear a life vest at all times. Check that it fits properly and is not damaged.
- Wear a hat or cap.
- Wear proper footwear such as booties (not slippers) when you are in the water or on the seashore.
- Wear gloves. Prolonged exposure to ropes and other boat parts may cause blisters.



OTHER TIPS



Source: Health Promotion Board

Water

- Did you know that more than three quarters of your body is made up of water?
- If we do not drink enough water, dehydration sets in, making us prone to headaches and illness.
- Drink lots of water before, during and after sailing.

Nutrients

- When you eat, the sugar and carbohydrates from your food intake provides your body with energy.
- Try to have a balanced diet as much as possible.
- If you are going for long sailing sessions, bring along some snacks to provide you with energy.

Rest

- Our body needs rest to function well, keep alert and make good judgement and decisions.
- A sleepy person may not perform as well as someone who has had enough sleep and rest. Try to get ample sleep before sailing.

S.A.F.E.T.Y. IN SAILING



Sail at a recognised club or location.

Always remember, when in doubt, don't go out!

Feeling good? If unwell or on medication, rest!

Enjoy and respect the sea and sail within your limits.

Tell someone where you are going.

Yes! Head back to shore, when you hear thunder roar!

