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Safety Policy
<p>Newhaven and Seaford Sailing Club is a recreational watersports club owned and run by it's members on a volunteer basis, operating from the Seaford beach site and from the inland site at Piddinghoe. Berths are leased at Newhaven Marina for support/rescue boats and keelboats. It is also registered with the RYA as a Training Establishment for dinghy and keelboat sailing, windsurfing and powerboating. The Club is also registered with ALAA for water activities. The main activities of the Club are for members to sail their own boats at Piddinghoe and on the sea at Seaford, to organise sailing races, provide support on the water, train learners of all ages to sail, to helm powerboats using the RYA schemes, standards and guidance. Social activities for members and non members are also held. Overall responsibility for management is the Commodore, supported by Directors and non directors, who manage different sections of the club. (See current Officers on the club website.) It is the intention of the Club and it's volunteer Members to provide these activities in a safe and healthy environment for all those using the facilities of the club and participating in events organised by the club. Health and Safety arrangements for on water training and activities devolve to the Chief Instructor, supported by the Principal of the Sailing School. Health and Safety arrangements for other club activities devolve to the Club Officer organising that activity This information is published on the Club website and on notice boards in both Clubhouses and should be reviewed annually.</p>

Legal requirements
Current Employee and Public Liability Insurance Company, Policy no. and expiry date are advertised on the Club Website and on club notice boards
First Aid Kits are kept in both Clubhouses. Minor kits are kept in rescue boats. Accident Books in both Clubhouses, kept with Main First Aid Kits. First Aiders. All current RYA Instructors are required by the RYA to be trained and certified, as recorded in the Instructors records. The Galley (Seaford) should provide it's own Risk Assessments and Operating Procedure and First Aid certificate holders.
Health and Safety Law Poster in both Clubhouses.
All sail and powerboat Instructors/ Trainers are RYA certified, and competence recorded. See Instructors Register.
Welfare facilities in both Clubhouses. Toilets, washbasins, showers etc
Seaford Incident/near miss Log Books, in the Office and Racebox. Piddinghoe in the Galley and Bosuns Store, Bosuns Log Book for Piddinghoe club boat repairs kept in the Bosuns Shed.

Repair/Maintenance Register for mechanical equipment, eg, trailers, outboards, mowers, estate maintenance equipment, kept with machines. Trailers for the carrying of club boats to be inspected periodically by a competent person, to include tyres, brakes, lighting, etc. Faults, Inspections, repairs etc should be recorded in the file in office.
Portable Appliance Testing of electrical equipment should be arranged annually. Register kept in Office. Fixed electrical systems in buildings to be tested every 10 years. Register kept in Office
Risk Assessments for activities (See Club Risk Assessments). To be reviewed annually
Data Protection. Any personal records of persons no longer required by the club should be destroyed.
Induction of Race Officers at the start of each season. At Seaford and Piddinghoe. Eg, Starting procedures and equipment, RYA rules, VHF protocol, sailing safety, Safety boat delegation, record keeping, emergency procedures, other duties,, Volunteer Day Officers/ Officer of the Day into their duties where possible.

Cadet information should be kept by the Cadet Coordinator, and on formal Cadet sessions records kept of all attending. Including staff.

Piddinghoe Operating Procedures for RYA Training Courses

The Principal/Lead Instructor/ Dinghy Instructors to check over and prepare the boats, and prepare the site.

The Training Organiser to liaise with trainees, take the bookings, collect the fees, gather the trainee information and liaise with the Instructors, prepare course registers and authorise expenses payments.

The Training Organiser to make the Trainee Register available to the Lead Instructor. It should contain information from the Booking Form: eg. the next of kin details, any health issues and swimming ability.

The Course Register should contain details of trainees and instructors, with next of kin details, should be marked for each session, to register attendance.

A course report should be written by the Course Leader, at the completion of the course and attached to the records in the Club Office.

The Trainees should be met and greeted on arrival by an Instructor, briefed on the day's programme, advised of facilities, any H&S arrangements, First Aid Kit, Emergency Procedures etc, The appropriate RYA Handbooks and Logbooks to be issued.

A Club Buoyancy Aid, if required, should be issued, checked for fit and worn at all times within 2m of the water.

The training will be given to RYA standards, protocols and guidance, on a continuing assessment basis, with advice and feedback as appropriate.

The Instructor will demonstrate the meaning of signals given by whistle and / or arm movements.

Radios should be used, where appropriate, for communication.

The session will be led by an RYA Dinghy Instructor, with other RYA Dinghy Instructors, overseen by the RYA Senior Instructor, supported by RYA Assistant Instructors. If under 18's are present Instructors should be CRB holders. All Dinghy Instructors to hold RYA Powerboat 2 certificates, and should hold Rescue Boat certificates also.

Informal sailing and windsurfing sessions at Piddinghoe, EG WOW, MOB, ASS, windsurfing

These should be led by a qualified Instructor, PB2 holders for safety boat and should follow the procedures as for an RYA course, but no SI is required

<p>It is the responsibility of Instructors to keep their qualifications up to date, and advise the Principal/Chief Instructor if re-validating or Training is required. High priority is First Aid and RYA Safe and Fun when working with children.</p>
<p>The Principal/Chief Instructor should audit and update the Instructors Register periodically.</p>
<p>All staff are responsible for upholding Health and Safety arrangements and assess the risk of a hazard occurring on a dynamic basis, communicating to others as required.</p>
<p>Buoyancy Aids are to be worn on water, and within 2m of the water's edge.</p>
<p>Instructors to inspect kit after each use. Bouyancy Aids to be zipped up and buckles closed and placed on the correct rack for size. Resolve minor problems at the time, or enter into incident log and report to Lead Instructor, who may take kit out of commission. Check all kit before issue.</p>
<p>Incidents, near misses, breakages, weather conditions, staff present, etc, should be recorded in the Daily Logbook in the Galley, Boat issues to be entered into Bosuns Log in Bosuns Shed Accidents / injuries to the person to be logged in the Accident Book, kept with the First aid Kit in the Galley.</p>
<p>Keys used to unlock will be returned immediately to their storage place after use.</p>
<p>Radios. After use, to be returned to store and plugged in for recharging.</p>
<p>Operating Procedures for RYA Training Courses at Seaford</p>
<p>Course members under supervision of RYA Senior Instructor and Dinghy Instructors. Young persons will be under supervision of parents, for Safeguarding purposes. Transport of club boats, will be on a Club trailer, driver to be responsible for observing road regulations. The club is to be responsible for maintenance and repair of the trailer. On water training to be done by Instructors from Powerboat or another dinghy. Powerboat should be on station before Trainees launch, and any shore party should have VHF radio contact with instructors on water. Instructors and helpers should be aware of the emergency action plan and risk assessments, organisation, welfare etc.</p>

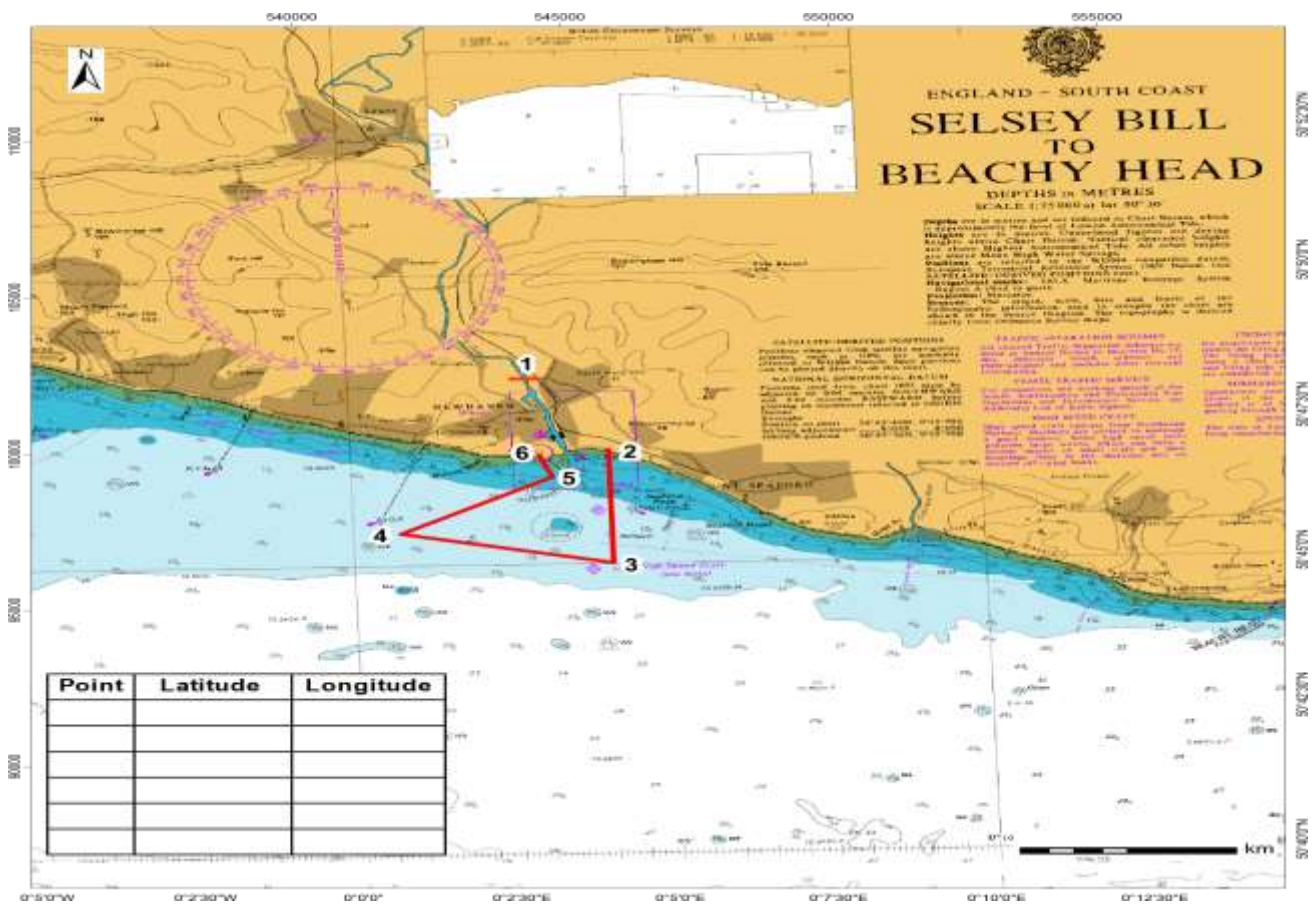
<p>Safety Boats Piddinghoe</p>
<p>At session start, , refuel and mount engines to Rescue Boats using Engine Hoist, Start engine and warm up. Check engine stops on killcord. When helming killcord to be attached round leg only. Safety Boat must be in water and ready for duty before any dinghies are in the water Ratio of Safety Boats to dinghies in the water. 2:12, 3:25, 4:40, 5:50: 6:60</p>

Newhaven and Seaford Sailing Club Ltd Operating Procedures

The Pond safety boat will have as standard equipment, and checked at every use by the helm: A Killcord securely attached to the helm, a First Aid box, a spare Killcord, kept in the First Aid box, Two oars or paddles, an anchor, a throwing/towing line, and normally a crew if performing rescue duty. (Crew not required if coaching from boat.) A rescue Knife is required by the RYA, to be carried by every Instructor.

At session end, put dinghies and kit away, Rescue boat is last off the water. Use hoist and trolley for engine handling. Enter hours run into engine log.

Ensure keys are in their correct storage place. Lock sheds, stores, gates etc. make last check round before leaving etc.



Operating Procedures for Powerboat use on Courses from Newhaven Marina

The Lead Instructor will check over and prepare the boats, and prepare the site.

The Training Organiser will liaise with trainees and Instructors, take the bookings, collect the fees, gather the trainee information, and will authorise expenses payments.

Newhaven and Seaford Sailing Club Ltd Operating Procedures

<p>The Training Organiser will make the Trainee Register available to the Lead Instructor. It should contain information from the Booking Form: the next of kin details, any health issues etc. The Register of attendance of trainees, and instructors, to be marked for each member present, for each session. The register with written course report, weather conditions, incidents, navigation kit etc, at the completion of the course, will be taken back to the Club Office by the course Leader.</p>
<p>At session start, Collect Safety Tubs, check contents, (see below) Keys, fuel, extra buoyancy aids, navigation kit, wet weather clothes from the Clubhouse at Seaford. Sign out/in name and date in Bosun's Log, incidents, near misses, damage, losses</p>
<p>Keys used to unlock fuel store etc, will be returned immediately to the key press in the office after use</p>
<p>The Trainees will be met and greeted on arrival at Newhaven Marina by an Instructor, briefed on the day's programme, advised of facilities, any H&S arrangements, First aid Kit, and advised of Emergency Procedures etc, The Instructor is to give a safety briefing prior to entering the Marina pontoons,</p>
<p>Check fitting of Buoyancy Aids. All trainees, as weather dictates, to bring wet weather clothes with them, OR sun protection and water.</p>
<p>The RYA Handbooks and Logbooks to be issued. The training will be given to RYA standards, protocols and guidance, on a continuing assessment basis, with advice and feedback as appropriate.</p>
<p>The session will be led by an RYA Powerboat Instructor, and max 3 Trainees per Instructor per RIB. Up to 8 persons can be aboard Ark. If under an under 18 on a 1:1 basis is present, the Instructor should hold a CRB</p>
<p>All Instructors are responsible for upholding Health and Safety arrangements and assess the risk of a hazard occurring, on a dynamic basis, communicating as required.</p>
<p>Buoyancy Aids are to be worn on water, or within 2m of the waters edge.</p>
<p>Incidents, near misses, breakages, malfunctions, comments etc. involving Rescue Boats/ Marina noted by helms, are to be communicated to the Race Officer, and recorded in the Bosuns Logbook in the Club Office, when returning keys and Safety Tubs. During Racing, recorded in the Racing Log in the Race box by the Race Officer. Injuries and accidents to be recorded in the Accident Book, kept with the First Aid Kit on the stairs by the Galley in the Seaford Clubhouse.</p>
<p>On the sea, the RIB is to stay within a 3 mile limit from the Harbour Arms. SEE CHART attached</p>
<p>The RIBs will have as standard equipment, and must be checked at every use by the helm: A Killcord, not attached to the ignition key, securely attached round the leg only. A VHF radio fixed to consul. In the Safety Tub: Local chart and tide times, a First Aid box, survival bag or blanket, a spare Killcord, Flares, Compass, rescue knife and tool kit. Attached to the hull will be, Paddles, an anchor, (tied down when not in use,) a throwing line, a towing line, a crew if</p>

<p>performing rescue duties. The crew member should be dressed to enter the water, and be fit enough to help a tired sailor into a RIB, Ark will have similar equipment, but is not required to have a killcord attached to the helm. Engine to be turned off when changing helms. Not Ark.</p>
<p>At the end of the session, moor up boats to professional standards. Bring portable fuel tanks back to Seaford Fuel store.</p>
<p>Return keys and tubs to Office, Enter into Bosun's Log, date, Names of helm and crew, hours engine run (approximately), anything to report, eg. how much fuel is left in the store.</p>

<p>Operating Procedures for use of RIBS and Ark for mark laying and rescue duties</p>
<p>The RIBs will have as standard equipment, and must be checked at every use by the helm: A Killcord, not attached to the ignition key, securely attached round the leg only. A VHF radio fixed to consul. In the Safety Tub: Local chart and tide times, a First Aid box, survival bag or blanket, a spare Killcord, Flares, Compass, rescue knife and tool kit. Attached to the hull will be, Paddles, an anchor, (tied down when not in use,) a throwing line, a towing line, a crew if performing rescue duties. Ark will have similar equipment, but is not required to have a killcord attached to the helm.</p>
<p>Special Hazards in Newhaven Harbour</p>
<p>It is an Operational Port with commercial traffic, including the ferry, fishing boats, Windcats, dredger etc. All movements are controlled by the Port Authority, and must be authorised by them using radio contact on VHF Channel 12 .</p>
<p>RIB helm and crews</p>
<p>All helms will be certified to RYA Level 2 Powerboat and should have attended a Club Upskilling session, or had Rescue Boat training. Crew should be dressed ready to go into the water to aid sailors, and should be fit enough to help a tired sailor into a RIB. Note, A RIB may be helmed by a certificated 14yr old and over, with an adult PB2 holder in close supervision, but it is the policy of the Club that a RIB helm, <u>carrying out rescue procedures</u>, must be over 21.</p>
<p>Buoyancy Aids</p>
<p>Are to be worn on water, or within 2m of the water's edge by all persons, Wear wet weather clothes or sun protection, as appropriate. Bring own water and food if required.</p>
<p>Preparation for a race</p>
<p>Collect Safety Tubs, Keys, fuel, from the Clubhouse at Seaford.</p>

<p>Keys used to unlock fuel store etc should be returned immediately to the key cupboard in the Club Office after use.</p> <p>The Helm is to make himself aware of weather conditions, tide times and directions, give a safety briefing to any crew prior to leaving the beach/pontoon, and to stay within the 3 mile limit from the Harbour Arms. See attached chart.</p>
<p>Racing in inclement weather</p>
<p>All Club members are responsible for upholding Health and Safety arrangements and assessing the risk of a hazard occurring on a dynamic basis, communicating as required to the Race Officer.</p> <p>Rescue boat helm, after discussion with the RO, has the authority to call off race/ expedition if conditions on sea deteriorate.</p>
<p>Substitution of RO and Safety helm</p>
<p>If the Race Officer and Safety Boat helm do not feel confident to manage a race in inclement weather, and decide to cancel a race on grounds of safety, they may do so.</p> <p>However, if another RO and helm feel confident to take over and carry on they may do so, BUT, they must inform a Club Director, and receive acknowledgement, before starting proceedings.</p> <p>They should also counsel all sailors that each dinghy helm is responsible for their decision to launch, of the potential hazards due to inclement conditions and use their judgement to advise inexperienced sailors not to launch.</p> <p>They should also assess that two RIBs should be in attendance, as one RIB may not be able to deal with all incidents.</p>
<p>Reporting incidents and accidents</p>
<p>Incidents, accidents, near misses, breakages, etc, are to be recorded in the Race Officers log, and the Bosuns Logbook in the Club Office.</p> <p>ALSO, record injuries in the Accident Book, kept with the First Aid Kit on the stairs by the Galley in the Seaford Clubhouse.</p>
<p>Leaving / entering Harbour</p>
<p>Call Newhaven Radio CH12 for permission to enter or leave. Make radio contact with the Race Officer (Arrow, on Ch37A/N1/M1) as soon as possible for instructions.</p>
<p>At the end of the session</p>
<p>Return keys and tubs to Office, unused fuel to fuel store.</p> <p>Enter into Bosun's Log, date, names helm and crew, hours engine run (approximately), anything to report, how much fuel is left in the store.</p>
<p>Special Hazards in Newhaven Harbour</p>

It is an Operational Port with commercial traffic, including the ferry, fishing boats, dredger etc. All movements are controlled by the Port Authority, and must be authorised by radio contact on VHF Channel 12 .

Emergency procedures at Sea.

Inform Race Officer of situation. He will take charge of the situation.
The RO may instruct you to transfer walking casualty to RIB and onto Beach,
Moor a loose boat onto a Bathing Buoy as an emergency measure.
He will organise a Beach Party.
If there is a chance of beaching the RIB, do not attempt the manoeuvre,

IF SO

The RO will call the Coastguard Rescue via 999 (ask for CG) This will allow for more information to be gathered about the injured party or situation.

The RO will relay instructions from CG who will take over the situation. You may be instructed to leave station, and take casualty to a casualty landing site in Newhaven Harbour.

If immediate assistance is required from a Search and Rescue unit (Coastguard Rescue or Lifeboat) then Dover Coastguard should be alerted straight away via a Mayday call. See below: HM Coastguard will co-ordinate all assets required and organise ambulance and Coastguard Rescue team to beach or at a casualty landing site in Newhaven Harbour.

If a helicopter extraction is required and you are alerted of this by HM Coastguard then inform other dinghies to clear the immediate area and follow instructions from the helicopter.
(ch 16 or 67)

If life is in danger and you need immediate help

Use VHF Ch 16, call the Coastguard, and say

Mayday,..... Mayday,..... Mayday

This is.....Rib..... RibRib

'Mayday',Rib

My position is.....

I havepersons on board

Nature of problem

I require immediate assistance.

Over.

Release button.

If you return unaided, inform Coastguard on Ch 16

Piddinghoe Emergency procedure. Medical

Advise Senior/Lead Instructor of situation from the water by radio if possible

Bring casualty to shore if possible.

He will himself, organise others, or instruct you to:

Call 999 by mobile for ambulance, give injury and details

Address is **Sailing Club, Piddinghoe Pond BN9 9AF**

Send one person to the junction with the Lewes Newhaven Road,

Send another to the end of the track by the Bus Shelter to direct ambulance.

Send another into car park. Arrange to move cars if required, to gain access to double gates

In the event of a fire

Evacuate immediately, do not return for belongings

Call Fire Brigade on 999.

Assemble all persons in car park.

Address is Sailing Club, Piddinghoe Pond BN9 9AF

Send one person to the junction with the Lewes Newhaven Road.

Send a person to the end of the track by the Bus Shelter to direct appliance.

Send another into car park. Arrange to move cars if required, to gain access to gates.

Seaford Emergency Medical procedures

Stay with casualty

Advise Race Officer or OOD of situation.

He will himself, organise others or instruct you to:

Call 999 by mobile for ambulance, give injury and details

Address is Newhaven and Seaford Sailing Club, Marine Parade, Seaford, BN25 2QR

Send a person to the road entrance to direct ambulance.

Send another into car park. Arrange to move cars if required, to gain access.

Alternative access to the Beach via the Club East gate, (Use usual gate code for the lock),
or onto the Promenade from Marine Parade

In the event of a fire

Clubhouse at Seaford. Evacuate immediately and assemble in car park,

Call Fire Brigade on 999.

Address is Newhaven and Seaford Sailing Club, Marine Parade, Seaford, BN25 2QR

Send a person to the road entrance to direct appliance.

Send another into car park. Arrange to move cars if required, to gain access.

Emergency Action Plan

Dealing with a major incident after emergency services have been summoned

Responsibility of Race Officer/ Lead Instructor/Instructors or appropriate Club Member.
The first priority is the safety of participants and instructors, to get ashore. Deal with boats after.

Remove all involved from the scene/site of the incident. List all witnesses and keep together for interview by relevant authority.
Contact any Director of the Club immediately to report the situation. See the list of Club officers on the Notice Board

Avoid the Press and Media. Do not allow them past the outer gates, onto Club premises or allow anyone to speak to them, no matter how well meaning. Instruct them and you to declare 'NO COMMENT' to all questions.

The director will contact the RYA Communications Team Immediately.

Communications Manager 07789 556080

Press Office 023 8060 4209

To advise there has been an incident.

Also see RYA website Accident and Incident Reporting, guidance to Emergency Action Plan. See printout in Club Office.

Dealing with Relatives or Aggrieved Parties. This should be left to a Director, It is important to be sympathetic, without admitting liability.

Remain calm and say that every effort is being made to mitigate the effects and that the appropriate authorities, with whom you are co-operating, are investigating the incident.

Fatalities. If there has been a fatality the police will inform the next of kin, as with all injured people when a criminal offence or traffic collision occurs.

Do not publicise the name/s of the casualty/ies until you know this has been formally carried out by the Police, even if the press appear to know who it is. **This should be left to a Director**

Dealing with the Press

For help contact the RYA Press Office 023 8060 4209

Apart from 'NO COMMENT', state that 'the Club will issue a written press statement in due course'
Direct statements and interviews with the Press or Media are to be approved by two Directors, acknowledging that an incident has occurred, The nominated person may produce a written statement that can be given to the press.

Directors Duty

“The Newhaven and Seaford Sailing Club regret to announce the death/injury of a member who fell overboard etc ... When..... Where.....etc.

We extend our deepest sympathy to the relatives. A full statement will be issued atDaytime (Give yourself time to collate the information).

If it becomes necessary to give an interview, unless confident in being able to cope with unexpected questions, it is better to read from a prepared statement, call the RYA for advice.

- Don't hold a press conference
- Decide who will speak to the press (a Director)
- Do not allow well-meaning but ill-informed members to make public comments **This should be left to a Director**
- Try to keep a record of whom you have spoken to, who has contacted you etc.

Notifications Duty of a director

Who must be notified in accordance with the requirements of your location. In the UK:

If it is water-based incident, the Marine Accident Investigation Branch (MAIB) must be informed within 24 hours on 023 8023 2527

If it involves work-related fatal or major injury the Health and Safety Executive must be informed. 24/7 Duty Officer 0151 922 9235, Office hours on 0345 300 9929 or online via the HSE website, Accident Reporting, RIDDOR.

Closure. The primary phase of the incident is closed when any injured parties have been moved from the location and all property damage has been secured so that it no longer presents a danger to club members or the public.

- A meeting should be held with all those involved in the handling of the incident and any experts who may be required (legal, insurance, structural etc).

This meeting should finalise all records of the event and determine what follow up action to take that may be required

A record should be made of lessons learnt and a plan developed for implementing ways to improve procedures and the major incident response system.

Dealing with a complaint

The training environment may occasionally create situations where we have not met someone's expectations. A discussion face to face usually resolves the matter.

If you are an Instructor, consult the Lead, Chief, Senior Instructor or Principal.

If the complaint is not resolved, make a short written report, with contact details, what happened, and what was said.

Ask any witnesses to do the same, and what they heard and saw.

The aim is to defuse and resolve the situation amicably. This is where the Principal (and Directors) can make an unbiased decision, based on facts, of what is best for the Club.

Cadets Training and events

All participants (children and parents) must be members, except those signed in as member's guests, or as temporary members if on a course or in a competition.
All Cadets and Instructors/Helpers should be signed in on entry to an event.

Sessions on the water will be led by an RYA Dinghy Instructor and supported by RYA Assistant Instructors. An RYA Senior Instructor should be present. The ratio of Instructors/Assistant Instructors to children should be no more than 1:6.
On shore and rescue support is given by competent persons.

Support/ Rescue boats will be in the water with engine running before any dinghy launched, and last out, after on water activity has ceased.
Rescue boat to dinghy ratio should be a maximum of 1:6, 2:15, 3:25, 4:40, 5:60
Helms for Rescue Boats must be PB2 certified, should have attended a refresher session for tiller steered boats before operating one.
Parent helpers are encouraged to help rig and launch their children's boats, catch, de-rig and put away.

It is important that spars and foils are returned to the nominated storage racks in a tidy way. Any breakages etc are entered into the Bosun's Log and put to one side for repair.

Events away from Piddinghoe

Organisation. Event To be arranged by the Cadet Coordinator/Parent or equivalent.
Under 18's to be under close supervision of Parent or person nominated by parent to be 'in loco parentis'
Transport to site in private cars, may be Seaford or event at another club, Road Traffic Act applies to seat belting etc.
Communication. All organisers/parents to event to have mobile phone contact details of each other.
Welfare. Food and drink to be available to all youngsters at appropriate times.
Safeguarding. Effected by organisers and parents.
Support/Rescue for on-water activities to be available before launching and after ashore
Coaching and Training to be given by RYA qualified staff or competent persons.
Emergency action plan, Use site specific plan published for site

Procedures for Cadet Seasailing at Seaford
Pre Seaford training at Pond to be given before moving to Seaford, to give expectation of how conditions change on the sea. Hold a specific session on a slipway to give experience of a beach launch, with differing wind directions, rudder and daggerboard timings.
At Seaford
Training area. All sea sessions are to extend no further than Splash Point to the Harbour Arm,. An exception is for a Birling Gap or Friars Buoy Race. A rescue boat should be in attendance. Return to shoreline if large vessels appear. Eg, the ferry.
Manned by Instructors, Coaches, RIB helms and crews, Shore Party, Race Box staff for overall view, All must have vhf radio contact with each other.
Cadets to sign out and in, to be given full briefing, and example given by an experienced Cadet if new to sea launching and coming in.
Leading Instructor/Coach to carry out Risk Assessment with regard to tide, wind strength and direction, wind and water temperature, Cadets dress and sailing ability, experience and availability of event crew, Ratio 6 Cadets:1 staff. 1 RIB, preferably 2 or more. Risk Assessment form to be filled in and lodged in RO log in Race box.
Seaford Beach/Shore Party. A minimum of two competent persons, preferably Instructors, must be present at all times during sea launching and coming in, assisted by other experienced helpers especially to help in Cadets retiring from race / event.
Instructors on shore to be in charge on Beach Party and control order of boats landing. Coaches in charge on water.
Launching procedure. Oppie is rigged, put into water, Cadet in Oppie, held by 2 Shore Party members, puts down daggerboard,. The rudder is fitted to the stern, and pushed out. Landing procedure. Cadet comes in (preferably on a reach), held by shore party while rudder removed and daggerboard lifted, and then lands on shingle.

Safeguarding of Children and Vulnerable Adults Newhaven and Seaford Sailing Club Code of Conduct
It is the policy Club that all participants, coaches, instructors, officials, parents and volunteers show respect and understanding for each other, treat everyone equally within the context of the sport and conduct themselves in a way that reflects the principles of the club/class. The aim is for all participants to enjoy their sport and to improve performance.

Abusive language, swearing, intimidation, aggressive behaviour or lack of respect for others and their property will not be tolerated and may lead to disciplinary action.

Participants - young sailors, windsurfers and powerboaters

- Listen to and accept what you are asked to do to improve your performance and keep you safe
- Respect other participants, coaches, instructors, officials and volunteers
- Abide by the rules and play fairly
- Do your best at all times
- Never bully others either in person, by phone, by text or online
- Take care of all property belonging to other participants, the club/class or its members

Parents

- Support your child's involvement and help them enjoy their sport
- Help your child to recognise good performance, not just results
- Never force your child to take part in sport
- Never punish or belittle a child for losing or making mistakes
- Encourage and guide your child to accept responsibility for their own conduct and performance
- Respect and support the coach
- Accept officials' judgements and recognise good performance by all participants
- Use established procedures where there is a genuine concern or dispute
- Inform the club or event organisers of relevant medical information
- Ensure that your child wears suitable clothing and has appropriate food and drink
- Provide contact details and be available when required
- Take responsibility for your child's safety and conduct in and around the clubhouse/event venue

Coaches, Instructors, Officials and Volunteers

- Consider the welfare and safety of participants before the development of performance
- Encourage participants to value their performance and not just results
- Promote fair play and never condone cheating
- Ensure that all activities are appropriate to the age, ability and experience of those taking part
- Build relationships based on mutual trust and respect
- Work in an open environment
- Avoid unnecessary physical contact with young people
- Be an excellent role model and display consistently high standards of behaviour and appearance, (eg, Wear a shirt at all times)
- Do not drink alcohol or smoke when working directly with young people
- Communicate clearly with parents and participants
- Be aware of any relevant medical information
- Follow RYA and club/class guidelines and policies

- Holders of RYA Instructor and Coach qualifications must also comply with the RYA Code of Ethics and Conduct
- Holders of RYA Race Official appointments must also comply with the RYA Race Officials Code of Conduct.

Vulnerable Adults should be under close supervision of carers and supervisors at all times, who should act as a guide to NSSC staff.

If you are concerned that someone is not following the Code of Conduct, you should inform the person in charge of the activity, the Principal, or a Club Officer, as appropriate.

There are notices in prominent places in the club for contact details of the Club Child Safeguarding Officer to report concerns.

Camping on Club sites

A Club officer should be nominated as the person responsible for managing the site.
 Tents and caravans should be spaced 3m apart and 3m from water's edge.
 Water's edge near the campsite should be fenced off during hours of darkness
 Open fires to be within a container or pit, and doused and cooled after use.
 Fire extinguisher should be close to hand
 Toilet waste should be disposed of into a sewage drain.
 Pets should be restrained adequately
 Rubbish should be removed from the site by campers

Seaford Beach. Winch operations

This is now a 2 person operation for bringing boats up the beach, and operators must be over 18 and have been trained to use the winch.
 A third person will be needed to take the rope down the beach
 The responsibility for organising crew for winching is now with the Race Officer, who should delegate to the ARO as part of setting the transit.
 The new warning cones are on the Transit Trolley. Set these out parallel to the rubber matting and approx. 3m apart
 Open up lid and take out hand controller and foot pedal. Turn on isolators and test.
 The Main Operator should stand down the beach at the extent of the control wire, and uses the hand control. The hand control trailing cable should face the winchbox.
 The blank button should be held down with one thumb. If released the winch stops
 The other thumb operates the UP **or** DOWN button
 The Second Operator stands behind the winch box and presses the foot button.
 If released the winch stops.
 Sailors must have a tow rope attached to the axle of their trolley to attach to the winch rope by use of a Rolling Hitch, with a quick release loop.
 The winch rope must not be knotted to the trolley.
NO TOW ROPE?? NO ROPE TOW!!
 Maximum load: 4 Dinghies. (A Cat equals 2 dinghies).
 Signals.
 Sailors. To start raise arm and shout ready.

Winch Operator. Raise arm to acknowledge and warn of start, and drop arm followed by pressing button.

Sailors. To stop raise arm again and shout stop.

Winch Operator, should say 'stand by to stop', followed by button release.

At the end of the session, all equipment to be put away and electric isolators turned off.

It is a requirement that all sailors have a tow rope attached to the axle of their trolley, to tie on to the winch rope with a Rolling Hitch.

Signage on winch box **NO TOW ROPE?? NO ROPE TOW!!**

These instructions are on the Winch Box, in the Operating Procedures File in the Race Box and on the Website under Operating Procedures.

Seaford boat ramp

No cars are to use it.

The top and bottom ends should be roped off when not in use for boats to dissuade non members from using it.

The cleats are to be checked periodically by a competent person for safety/attachment, and repaired as required,

Seaford Workshops

Can be used by Club Members for repair of their own boats, as available, Non members may not enter the workshops

It is Club Policy that no Member under 18 yrs, may use the workshops on their own, unless accompanied and under close supervision at all times by an adult. (Safeguarding)

Maintenance and repair of the Club owned boats.

This is led by the Principal or Chief Instructor of the Sailing School, and delegated to competent persons. Bosuns.

Any losses, damage to boats, spars and foils etc will be written into the Bosun's logbook, dated and signed.

Any work done to repair damage, or replace parts, should be written into the log, dated and signed, and form the register of work done as a record.

Sale and acquisition of boats. To be sanctioned by Directors.

Seaford and Piddinghoe grounds maintenance

The ride on mowers and strimmers, and any powered equipment may only be used by competent persons who have been authorised by the relevant Director. Over 14's, and Under 18s must have an adult in close supervision.

Report any loss, damage, incident etc at Seaford in Bosun's Log in Office, OR Galley at Piddinghoe,

Wear PPE. Boots, overalls, face mask, ear defenders, gloves as appropriate

Walk the site to check for debris before mowing operations.

Before every session, check oil levels on the machine and top up if required.

Clean deck and under side after operations by hosing off.

Return to secure storage after use

Refuel when cooled.

Building Maintenance

This is to be carried out by competent persons, under the guidance of a club member/director in charge. Electrical work to be done by a qualified person.

Sewage pumps to be worked on by a competent person, with another person in attendance.

Cleaning of buildings and toilets.

This is organised by the relevant Director. It is likely that a cleaner may be working alone, so contact details should be provided in the event of an incident. See Health and Safety Law Poster

Fire extinguishers

To be checked annually under contract by a registered fire safety company.

Event management

eg dinners, dances, functions. The Sub-committee organising the event will post instructions locally.

Contractors to the club

Contractors using the club/providing services, must have their own Public and Employer Insurance, Safety Policy, Risk Assessments and Food Hygiene Certificates, where appropriate.

