



Hickling Windsurfing Club Safety Summary 2019

<http://www.hicklingbroad.co.uk>

Hickling Windsurfing Club takes the safety of all club members and visitors very seriously. We therefore ask that you take heed of the following precautions to maximise everyone's safety and enjoyment.

Your responsibilities:

You are responsible for assessing and managing risks to yourself and relevant minors. Under 18s are always the responsibility of a parent or guardian.

You should be capable of returning to the beach for the given wind direction, wear appropriate attire for the air and water temperatures (assume you might need to swim back), and understand the rights of way of boating.

You have a **Duty of Care** to avoid putting others at risk and to take reasonable measures to deal with, or report, any relevant hazards arising (including damage to club equipment).

Be aware of hazards such as:

① **Low blood sugar and dehydration**, which may lead to giddiness and possible fainting, due to insufficient food and liquids intake prior to sailing.

② **Dense weed**, which may snag equipment and make swimming difficult.

③ **Water depths and underwater objects**. Children may be out of their depth in most areas. The navigation channel is especially deep. **Unexpected shallow water, underwater obstacles or debris** can cause injury, so take care when jumping off boards. **Buoyancy Aids and Neoprene booties** are recommended. BAs are MANDATORY if using club equipment.

④ Avoid manoeuvring in the **navigation channel** (between the red and green navigation posts) as the deeper water there can delay uphauling and water starting.

⑤ Avoid **angler's lines**, (which can be 50m+) and **dinghy races** (usually marked by a white buoy with yellow flags at the start line and orange/red buoys on the course).

⑥ The possibility of **lightning**, (which may be attracted to carbon masts).

⑦ **Very strong winds** can create waves that are largest at the downwind edge of the broad. This can make swimming back very difficult.

⑧ **Impact with equipment on the beach**, which must be kept as clear as practicable and may only be used for windsurfing. Avoid launching or landing too close to other people.

⑨ **Weil's disease**, which may be contracted through open wounds or thin skin (e.g. eyes). Flu like symptoms in the days after sailing should be reported to a doctor promptly, advising that you have been in water and may therefore have Weil's disease.

IN CASE OF EMERGENCY

Be prepared; take your mobile phone to the beach!

Dial 999 - location is Staithe Rd, Hickling NR12 0YW, next to Whispering Reeds boat yard (store this in your phone contacts).

First aid kits are located on a tree near the beach and in the men's changing room.

IF IN DISTRESS IN THE WATER RAISE YOUR HANDS ABOVE YOUR HEAD TO ATTRACT HELP.

The **rescue boat** is only provided for formal events but may be used in an emergency if an HWC power boat driver is available. If the sailing club rescue boats are operating, they can be called using the **radio** in the box by the boat (same lock combination as changing rooms).

The nearest **Automated Emergency Defibrillator (AED)** is located on an external wall at Hickling Barn. From the beach, go to the road and turn right out of the gate. The Barn is about 200m on your left, accessed by turning into Mallard Way. Call 999 to get a code to open the box. No training is necessary as the unit is safe and instructs you what to do, once turned on. Note, you will need to partially remove the patient's wetsuit to attach the pads.