

LYME REGIS SEA SCHOOL SAFETY BRIEFING



Welcome, introduce yourself

Welcome to the Lyme Regis Sea School, my name is ... and I'm going to be leading activities this week/course/session. Before we get started, I'd like to take a few minutes of your time to go through some important safety information, timings and general arrangements for your time with us.

Fire exits, locations and muster points.

Firstly, we have a main fire exit through the compound gates you've just come in from. Should those gates happen to be on fire, there is another exit in the back of the female changing rooms. All internal exits are marked with the usual green exit signs. Our muster point is on the slipway.

Consent forms

You should have by now completed a consent form for yourself or your child. If this isn't the case, please complete one before you leave or join the activity today. There should be a link in the booker's inbox.

Medical issues and medications

If you have highlighted any medical needs or issues in your consent form, please see me after this briefing. We can take small items such as inhalers out on the water with us, provided they are clearly labelled and in a waterproof container. It is your responsibility to remember them at the end of the day, and to hand them in at the start.

First Aiders

If you do get injured throughout the week, all of our Senior and Dinghy Instructors are First Aid trained and enjoy nothing more than filling out an accident form. Please let us know!

Photos for marketing and coaching

We take photos throughout our activities, for marketing and coaching purposes. If you or your child does not wish to be in these photos, please speak to me at the end of the briefing and I'll make sure this happens. You won't be excluded from any activities.

Suitable clothing and weather

Our aim is to be on the water as much as possible throughout the week, and we have **[insert overview of weather and water quality now]** coming throughout. Therefore, you must wear appropriate clothing, which for much of the activity is likely to be **[insert appropriate clothing here]**. As well as this, footwear, excluding flip flops or sliders, must be worn at all times - on and off the water.

Buoyancy aids and fitting

You must wear a buoyancy aid when on, in or around the water. If you don't have one of your own, we can issue you one to borrow throughout your activity. It will most likely look and fit in a similar way to the one we will demonstrate now.

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Please ensure that the buoyancy aid is worn tight enough so it doesn't come over your head, and all straps, zips and clips are tightened.

Swimming in the harbour

We ask that you please avoid swimming in and in the vicinity of the harbour. It is a working harbour, and can be tricky to retrieve you! As well as this, please don't jump off the North Wall during your time with us. It is incredibly hazardous and you may injure yourself.

Cleanliness, LRSC relationship and staff area

You'll notice that you're in a building owned by the Lyme Regis Sailing Club. If you can keep it clear, clean and tidy, it helps us maintain a good relationship with them. For instance, sailing bags should be kept in the changing rooms. The brown leather seating to my right is our version of a staff room, and I'd like to ask that as far as possible, it remains the domain solely of the instructors this week.

Changing rooms

We operate a safeguarding policy, and request that adults not share changing rooms with youth participants. This includes parents. Instructors will manage changing room timings so there is minimum cross-over between adult and youth learners.

That's the end of the safety brief, and now I'll give you some more information on the activity ahead. You may know that we are a charity, and our mission is to encourage more people to try, learn and master the sport of sailing. We believe it to be a life changing experience for many people.

RYA Training Centre

We are the only RYA training centre in Lyme Regis offering a spread of Power, Sail and Shorebased activities, and our affiliation with the RYA means that the certificates we issue are recognised globally.

Logbooks

If you've been with us or another RYA Training Centre before, you may have been issued a logbook. If you do have one, please bring it in so that we can sign off your progress. If this is your first course, meaning you have no Levels or Stages, we will issue you with a logbook free of charge.

Team introductions

All of our courses are taught by RYA qualified instructors. We have a large team, and I'd now like some/all of them to introduce themselves and the group they'll be working with for this activity.

Instructor ratios

As you can see, the team is very large. We aim to operate with one instructor to a maximum of two adults, or three youth. That means that you get a better standard of tuition from the

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outset than at many commercial centres which operate at up to a one to six ratio. It also means that if you want to spend time with different instructors, we can usually accommodate this.

Timings of the day and leaving unaccompanied

Each day will run from **[insert timings]** and finish around ... Lunchtimes will run generally from 1pm to 2pm, and you are welcome to leave the club compound during this time. We ask that you go in groups of twos and threes if you're under-16 and take care around the roads. If any parent doesn't want their child to leave at lunch or unaccompanied at the end of the day, please speak to me at the end of the briefing.

Prize giving 4:15 on Friday

Registration

Please do your best to be on time, and ensure that you register in and out on arrival and departure - including when you get off the water at lunch, and are going to head back out at the end of the day.

Point of contact throughout the week

That's all I need to say for now. Your point of contact throughout the week will be the enquirieslrss@outlook.com mailbox, or alternatively myself as the lead instructor. We ask that you avoid approaching group instructors directly, just because this can pull them away from their group when they should be teaching!

Group send-off

If anyone has any immediate questions, needs to fill out a consent form, or notify me of a medical issue, please see me now, otherwise if we could have **[insert group locations]** and parents are free to go!