**CMYC Training Principal’s**

**TOP TEN TIPS to be SAFE and SURE**

1. Always wear a well fitted buoyancy aid

2. Wear appropriate clothing and protection for the weather conditions

3. Stay with your boat if you capsize

4. Don't sail in conditions which are beyond your capabilities, check the weather forecast before setting out

5. Take care on slippery slip-ways

6. Take care not to trip over trolleys, leave them out of the way

7. Take care not to catch overhead power lines when manoeuvring dinghies

8. Get help when lifting Toppers, four children or two adults

9. Be aware of any obstructions in the water

10. Stay clear of weirs.

With thanks to Jeff Smith for the Grebe Club “Safe & Sure” event

Grebe Club Challenge (number 88)

Take a meaningful letter from each of our Training Principal’s top ten tips for safety and make a memorable word or words from them.

Alternatively try to make a sentence from one complete and appropriate word from each of the ten tips.

Grebe Club Challenge (number 16)

**Safety Points**: Take an adult for a walk around the Clubhouse hall, appropriate changing room, including the lobby outside the disabled toilet and point out where all the Club's safety equipment is held, including fire extinguishers, fire blanket, first aid kit, where the telephone is located and our address

Enhanced challenge: Read the Major Accident procedure on the Clubhouse noticeboard, spot the hazards around the boat park and slipways and ask a powerboat helm to show you the safety equipment we have out on the water.