

# LONE SAILING ?

## PREPARE

CHECK WIND SPEED FORECAST (E.G. TSSC WEBSITE, XCWEATHER)

DO YOU HAVE THE SAILING COMPETENCE AND PHYSICAL ABILITY TO COPE WITH THE CONDITIONS ?

BUDDY UP ? TWO CRAFT ON THE WATER

LET SOMEONE KNOW WHERE YOU WILL BE

SIGN IN AT THE CLUBHOUSE ON ARRIVAL

## ON THE WATER

WEARING A BUOYANCY AID IS MANDATORY

WET/DRY SUITS ARE STRONGLY ADVISED. THE WATER IS VERY COLD ALL YEAR ROUND.

FIT A MAST HEAD FLOAT IF YOUR DINGHY NEEDS IT TO AVOID INVERSION

WEAR THE LEASH ON YOUR SUP

**ENJOY THE WATER SAFELY..**