



## SYC Dinghy Cruise Crews Guidelines - Know

SYC Organised Dinghy Cruising: Essential information and questions for all boats and crews.

*If you would like to chat with one of the more regular SYC “dinghy cruisers” about sailing on the Exe, then please contact any of the people below.*

|                       |                     |                    |                     |
|-----------------------|---------------------|--------------------|---------------------|
| <i>Mike Arstall</i>   | <i>07836 610761</i> | <i>Rod Freer</i>   | <i>07807 397550</i> |
| <i>Aidan Whiteley</i> | <i>01626 891083</i> | <i>Andy Kewell</i> | <i>01392 461875</i> |

1. The aim of these dinghy cruises is to have fun in safety with: -
  - an OOD (Officer of the Day) to oversee the cruise
  - one or more safety boats
  - other boats to share experiences with or to buddy up.
  - a common destination, start time, and approximate finish time.
  
2. Members sail entirely at their own risk and are totally responsible for their own safety. The OOD is present in an advisory capacity only. Adequate personal floatation devices (min 50N) for all crew members shall be worn at all times while afloat.
  
3. SYC **requires** a certain level experience for those joining SYC dinghy cruises and that participants boats are seaworthy.

Skippers should be fully competent *equivalent* to at least RYA Dinghy Sailing Level 2 **plus** at least 1 year’s recent sailing experience. Can you answer “yes” to the following questions?

|   | Description                                                                                                                                                                                         |
|---|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1 | Able to safely sail all points of sailing (e.g. close hauled, beam reach, broad reach and running)?<br>Are you able to do this in the wind forecast mentioned in the briefing (allowing for gusts)? |
| 2 | Able to tack and gybe safely?<br>Are you able to do this in the wind forecast mentioned in the briefing (allowing for gusts)?                                                                       |



2019

|   |                                                                                                                                                                                                                                                                                                                                                                                                                               |
|---|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 3 | Able to apply the “five essentials of sailing” – namely boat trim, boat balance, sail trim, use of centre board / dagger board & course made good?<br>Are you able to do this in the wind forecast mentioned in the briefing (allowing for gusts)?                                                                                                                                                                            |
| 4 | Have you sailed regularly for at least one year / season in the last 2 or 3 years?                                                                                                                                                                                                                                                                                                                                            |
| 5 | Is your boat seaworthy with adequate buoyancy and all controls working correctly?                                                                                                                                                                                                                                                                                                                                             |
| 6 | Have the following safety equipment? <ul style="list-style-type: none"> <li>• Oars or a paddle – even if carrying a motor.</li> <li>• 1 preferably 2 buckets secured by lanyards to boat for bailing.</li> <li>• An anchor (2-5kg) with 5m of 5-7mm chain on 15m of rope.</li> <li>• Another 10-15m rope for towing.</li> <li>• Fenders 2, preferably 4</li> <li>• VHF radio or mobile phone in a waterproof case.</li> </ul> |

4. All helms and crews **must** be confident in their ability to sail to the destination and back **unaided**. If you have any doubts then discuss with the OOD prior to departure  
The safety boat(s) is there for unforeseen circumstances only.

The safety boat(s) are there to provide an extra level of safety, but **They Do Not** replace the individual sailor’s duty of care for their boat, the crew on board and other water users.

If you are not confident of your abilities to sail to the destination and back unaided, please do not join the cruise as it increases the risks for other dinghy cruise participants.

5. The decision to allow junior (under 18) sailors on the water is the responsibility of a parent or guardian. For Juniors to take part in the cruise, parents / guardians should complete a Parental Consent Form and hand it to the OOD.
6. Briefing is 45 minutes before the published start time.

#### Start Times

- **Slower boats (Gul, Tideway, Mirror, Topper + less experienced skippers) - 15 minutes prior to programme departure time from around buoy 29.**
- **Faster boats - At published departure time from around buoy 29.**
- **Please wait for OOD signal before departing from around buoy 29, and check with OOD for details of return trip.**



7. All crews need to sign both the “dinghy cruise sign on log” (which is taken on the cruise by the OOD) and the “day sailing log” in the Committee Room porch (which is also used by the Berth Marshall to determine boat usage during the year)
8. Faster dinghies should seek to stay in contact with the main group and stay in sight of the safety boat - tack back, sail in circles or heave to - your choice, so that the fleet does not get too spread out.
9. If the safety boat cannot see you then you have, by default, chosen to sail without safety boat cover. Be aware that the safety boat may have to leave its normal position to deal with a specific sailing boat.
10. Boats of similar speed should agree to “buddy up” and sail together. If a boat gets into difficulties, then the nearest boat should stay close to the boat in difficulty until the safety boat arrives.
11. River Exe is used by craft, large and small, so understand the IRPCS (Collision Regs).
  - Keep clear of Stuart Line Cruisers, Ferries and other larger motor vessels.
  - Be careful among the moorings where you can be swept on to yachts by the tide.
  - Stay clear of the ski zone and the new Bird Protection Zones shown in the “Exe Water Users Code”

**I HAVE READ THE ABOVE GUIDELINES AND BELIEVE THAT I MEET THE GUIDELINES FOR JOINING A DINGHY CRUISE.**

**NAME:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

**HAVE A REALLY GREAT, AND SAFE, CRUISE**



### **Where can I gain experience if not joining the dinghy cruise today?**

- ✓ *The ideal events are the Free Sailing events scheduled through the summer.*
- ✓ *Crew with an experienced helm on any Dinghy Cruise. Ask the OOD and he will do what he/she can to find a space in another member's boat.*
- ✓ *You can sail on race days - Sunday (and summer Wednesday evening), but please keep clear of the race course and Start /Finish lines.*
  - *If you take this option, pop up into the Race Box and tell the OOD of your plans*
  - *The OOD will then be able to advise on how best to avoid the race start line and race turning marks*
- ✓ *Junior sailing Friday evenings are also ideal events as there is a small "armada" of safety boats on the water at these events*