

LESSONS LEARNT FROM RECENT INCIDENTS AND REMINDERS OF GOOD PRACTICE AND EMERGENCY PROCEDURES

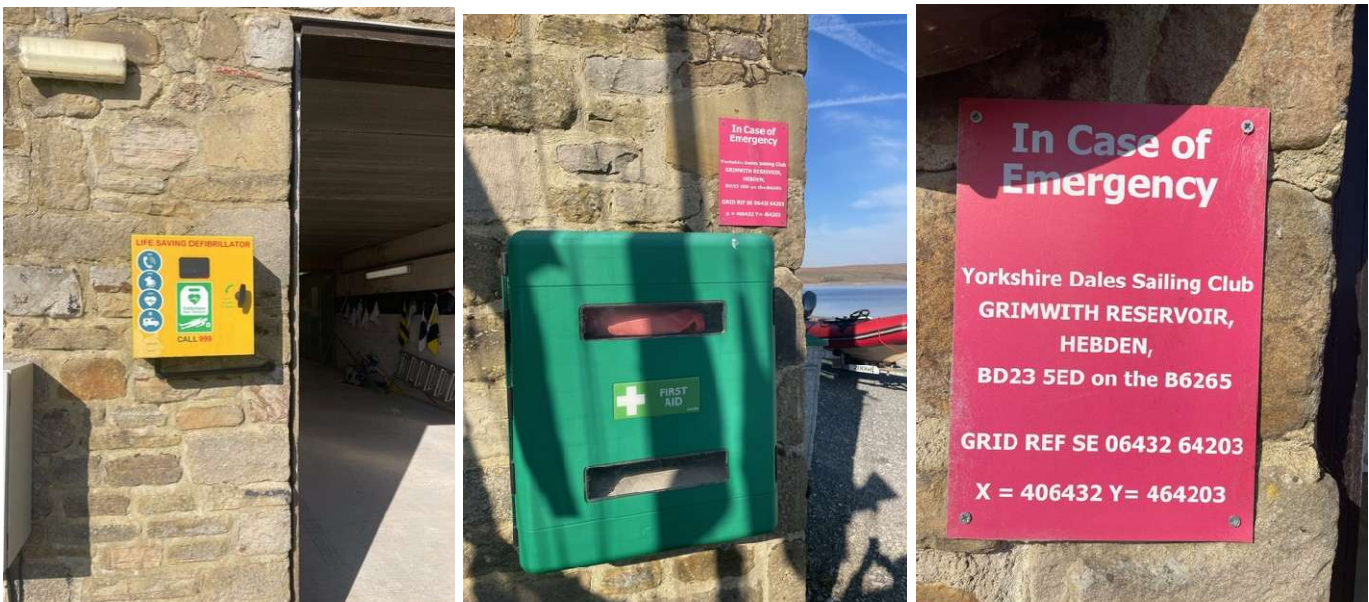
We have had a number of incidents at the club recently. When incidents occur an incident form is completed and the incident is reviewed by myself as the 'Safety Officer' and the Committee to look at how and why the incident has occurred, how well the incident was dealt with and any learning outcomes, improvements or reminders of good practice needed as a result.

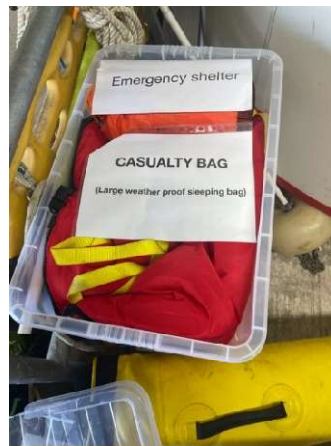
Incident one – heart attack

The first incident involved a club member having a heart attack, fortunately they were not on the water at the time and other club members were able to look after him and call the emergency services and alert them to the seriousness of the situation ensuring their quick arrival. The defibrillator was not needed but could well have been.

Reminders:

- The defibrillator is on the outside of the building just to the right of the east door. Anyone can use it, it gives verbal instructions as you go along and has a safety mechanism meaning you cannot 'do it wrong'.
- A first aid kit and stretcher are also located on this outside wall so they can be accessed even when the main building is locked up.
- There are also first aid provisions in the office and in the main club room on the wall by the vending machine.
- In the case of somebody unwell or injured being located in the training room, changing rooms or garage, please be aware that mobile phone reception can be poor in these locations. The person on the phone to the emergency services may need to move elsewhere for better reception. In this case it is a good idea to use the club radios for the person with the patient to relay information to the person calling the emergency services. (Note the Committee is looking into systems to improve connectivity in these locations).
- Information to give to the emergency services is provided on notices outside the east doors, inside the east door, next to the office and just inside the doors to the main club room.
- Incident report forms and the club's major incident plan are also located just by the office door.
- There is further emergency equipment located in the main garage next to where the pin buoys are stored.





Incident two- entrapment on the water

The second incident involved some very experienced club sailors whose boat capsized in very windy conditions and whilst the crew tried to retract the spinnaker, the boat quickly inverted and the crew was trapped underneath the inverted boat. The crew did very well to manage to duck out from under the boat but as they reached the surface they found they had the jib sheets around their neck. With the swell and the movement of the boat the rope kept tightening and then loosening around their neck. The crew called for the helm to use a knife to cut the rope but before they managed to do, the crew managed to submerge themselves and pull the rope over their head. The crew member was taken ashore by the safety crew, severely shaken by the ordeal. They later went to hospital and were found to have a serious internal neck injury that was not initially obvious. They are recovering well. I am sure we all agree that this was a very significant 'near miss' and we are fortunate that it did not result in a more serious incident. It reminds us that issues can occur even with the most experienced sailors.

Reminders:

- All dinghy sailors should strongly consider carrying a safety-knife.
- Discuss with your sailing partner your plan regarding what to do in the case of entrapment and /or entanglement.
- If someone is trapped under an inverted boat, the quickest way to release them is to right the boat, two people on the centreboard will be able to do this more quickly than one so the safetyboat crew may need to get into the inverted centreboard to help.
- Safetyboats crews should always be dressed and prepared to enter the water.
- If someone is entangled in a rope, those first at the scene may need to enter the water to help/cut the rope.
- Those involved in a serious incident such as this should be strongly advised to get checked over at hospital even if there is no obvious external injury.
- It is really good idea to use a mast head float in very strong winds or when getting to grips with a new boat. This prevents inversion, saves you a lot of energy and gives peace of mind and really decreases your performance far less than a full inversion!



Incident three – head injury

The third incident involved someone who walked onto the windsurf lawn on a very windy day and was struck on the back of the head by a windsurf rig which had been picked up by the wind. The casualty was looked after by other club members and the emergency services were called who advised the casualty should attend hospital within one hour. They were driven to hospital by a fellow club member. Thankfully they were wearing a helmet at the time of the incident and are recovering, but not doing any activity for a while.

Reminders:

- Never leave the windsurf sail unattached from the board.
- Prepare the board first, rig the sail and as soon as it is rigged attach it to the board.
- Flip the board over, with the sail downwind and it should be safe in all wind conditions.
- Tyres can be put on top for extra safety.
- If you are unable to carry your board and rig together, the rig must be left securely under a tyre.
- Consider wearing a helmet.

Further advice and information here:

<https://yorkshiredales.sc/windsurfing/rigging-in-windy-conditions/>



YORKSHIRE DALES SAILING CLUB
EMERGENCY ACTION PLAN

IN THE EVENT OF A SERIOUS INCIDENT

- 1. ASSESS THE SITUATION (DO NOT ENDANGER SELF OR OTHERS)**
- 2. RAISE THE ALARM AND HAIL FOR ASSISTANCE**
- 3. CALL 999 AND ASK FOR AMBULANCE, FIRE OR POLICE**

STATE YOUR NAME

TELEPHONE NUMBER YOU ARE CALLING FROM

LOCATION: **GRIMWITH RESERVOIR, HEBDEN, BD23 5ED on the B6265**
GRID REF SE 06432 64203 X = 406432 Y= 464203
WHAT THREE WORDS: BETRAYING.FOIL.RAPPORT

NATURE OF INCIDENT

NUMBER OF PEOPLE INVOLVED/INJURED

CURRENT SITUATION

- 4. EVACUATE PEOPLE FROM BUILDINGS/ WATER AS APPROPRIATE**
- 5. SUMMON FIRST AIDER/ MEDICALLY QUALIFIED MEMBER(S) AND CARRY OUT FIRST AID AS APPROPRIATE**
- 6. INFORM COMMODORE: LESTER MULLIGAN 01943 862534/ 07808147954 or TRAINING OFFICER ERICA CASWELL 07599405771/ 01423712154**
- 7. CONTINUE TO MANAGE THE SITUATION AS BEST YOU CAN, ALLOCATE TASKS, KEEP PEOPLE SAFE AND CALM AND AWAIT ARRIVAL OF EMERGENCY SERVICES**
- 8. OPEN AN INCIDENT LOG: MONITOR AND RECORD EVENTS,ACTIONS TAKEN, TIMES AND WHO HAS BEEN INFORMED**
- 9. DO NOT CONTACT OR TALK TO THE PRESS OR MEDIA.**