

## Sailing Safety - Basic Guidelines

From: <http://www.abc-of-sailing.com/info/safety-guidelines.asp>

In general, Sailing is a safe Outdoor Activity. However, as mentioned in the previous sections, the environment in which it takes place can be hostile to enthusiasts. Thus, you need to take precautions when you set your Sail. There are some aspects that you need to pay attention to in order to ensure your safety.

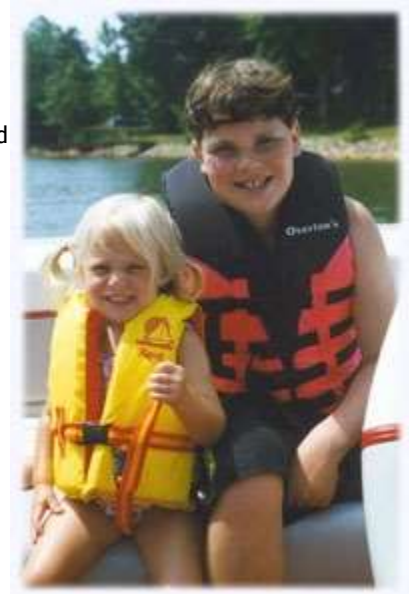
Considering that you have enough knowledge on the different aspects of Sailing, here are the Basic Safety Guidelines when you go afloat:

- **Stay within the limits of your level of experience.**  
Do not push your limitations. You should take responsibility of yourself and understand the increased risks when you go beyond your seafaring skills and knowledge.

- **Inspect your Sailboat and other essential gear and equipment.**  
Regular checks should be done to all **Sailboat Parts**, as well as all tools and gear necessary on a trip. Make sure that the boat is in good working condition. A checklist may help you to ensure that you have all the essential gear onboard.

All crew members should know where the safety devices are and how to use them. Consequently, appropriate **Sailing Clothing** and **Life Jacket** should be worn.

- **Be prudent and alert.**  
Be careful in whatever you do. Know how to move safely around the Sailboat. It is important to always be aware of where you sit or stand. Danger can come in various ways so make sure that you are ready for anything.



- **Consider the weather.**  
Weather changes constantly, especially wind. Before going afloat, check the Weather forecast. It will give you an idea on what to expect once you set your Sail. It is also important to know how to determine the speed and direction of the wind.
- **Know how to seek assistance.**  
Ask for help if there is a situation in the Sailboat that is beyond your control. Seek immediate assistance through **Distress Signals**. There are a lot of ways to call for help - **Communication Devices** such as GMDSS and marine radio, flares, flags, and other visual signals. The goal here is to inform others that you need assistance as soon as possible.

Safety is a very important concern in Sailing, and in any Outdoor Activity. Therefore, make sure that you know these Basic Safety Guidelines. It is important that you know what to do in any situation. Maintain safety at all times - before you get on board, while you are on board, and when you get out of the Sailboat.