



Killaloe Sailing Club

Water Confidence & Ability to Swim Policy

Document approved by the Committee & signed
by the Commodore:

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Signed:

Date:

Revision History:’;

- Jul-16 Document created by Sue Concannon
- Jul-16 Document revised by Sue Concannon following comments from the Committee
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1. Purpose & Objective

This document sets out the level of water confidence and ability to swim required of members of Killaloe Sailing Club (the Club) participating in water based activities.

2. Member Requirements

Members are responsible for their own safety at the club both on and off the water. The club recommends that all those participating in water based activities at the club should be able to swim at least 25 meters in open water. In addition, anyone participating in a water sports activity should have a degree of water confidence sufficient to prevent them panicking or becoming distressed should they enter the water through any eventuality while participating in that activity. Where juniors are participating in on the water activities, their parents should ensure that the junior meets the swimming ability and water confidence requirement.

3. Declaration of Water Confidence and Swimming Ability

Relevant parts of this policy form part of the club's Safety Statement which club members agree to abide by when they join the club and upon renewal each year. All those participating in Club run training and coaching courses must sign a declaration concerning their water confidence and swimming ability

4. Use of Personal Flotation Devices

The club requires that all members and participants in on the water activities wear an appropriate Personal Flotation Device (PFD). The club provides a range of PFD's for the use of members which conform to the European Standard (EN number) appropriate to the activity and carry the appropriate CE mark.

5. Non-swimmers permitted on water activities.

Members who are unable to meet the recommended swimming guideline and/or water confidence guideline, or whose children are unable to, should notify the Club Safety Officer & the Commodore before commencing any water based activity

Where declared non-swimmers are permitted to participate in activities the following conditions apply;

- a) Non-swimmers are required to wear a Personal Flotation Device (PFD) that conforms to EN 396 or above providing at least 150N of permanent buoyancy while aboard open boats or when on deck on other craft.

- b) The Duty Safety Officer should be informed that a non-swimmer is planning to go sailing before they take to the water
- c) In teaching scenarios:
 - i. Ratios higher than 6 people to 1 instructor should not be used where there are one or more non-swimmers in the group.
 - ii. The Instructor must inform the participant or their guardian that there is a possibility of them ending up in the water as result of the activity. This should be acknowledged in writing by the participant or their guardian and that they undertake the activity at their own risk.
 - iii. Where appropriate, Instructors should consider spending some time getting a person accustomed to being in the water while wearing a PFD prior to the course / session.

6. Policy Review

This policy will be reviewed annually by the Club Safety Officer and any amendments will be agreed by the SI & Commodore