

## DART SAILABILITY

### GUIDANCE

#### UNDERSTANDING THE NEEDS OF SAILORS – ASK THE SAILOR

All volunteers are expected to complete the one-day Disability Awareness training course within a year of joining. DSG is licensed to run these courses and holds them annually. Dates are published in the annual programme, on the website and in the DSG clubhouse.

Sailors, or their carers, are expected to advise volunteers assisting them, afloat or ashore, of any requirements they have for assistance and anything about their condition that the volunteer should be aware of in order to provide appropriate support in the event of an incident occurring.

Volunteers are only able to understand the needs of the disabled sailors they are supporting if clear communication is maintained. If the sailing member does not tell you about any special needs or of their limitations, if in doubt, or if observing signs of distress, then ASK.

The following provides guidance on how to ask the relevant questions.

#### *'Ask the Sailor'*

- What do I need to know to help you and others to remain safe during activities, including if problems occur?
- Do you have special problems that could affect either your own safety, or the safety of others?
- What support or assistance might you need?

Attention should be given to anyone who may have special needs and not be personally aware of the dangers of hypothermia and heat exhaustion. Certain sailors may have no sensory feeling, particularly of temperature. They may also find it difficult to judge their stamina accurately. All persons with responsibility must be alert to these potential dangers.

They may have little or no sensation in parts of their body. To protect feet and legs from bruising, pressure spots or scrapes, it is important that sailors have their feet and legs protected.

For further information on symptoms, instruction techniques and implications for sailing refer to the RYA *Sailability's Disability Awareness* training handbook.

**Commented [IW1]:** Probably better in guidance than Safety