

## **DART SAILABILITY**

### **GUIDANCE**

#### **Comfort and Protection Afloat**

Conditions afloat can be different from this ashore and the weather can change quickly. The following guidance should be considered by all Members. Do not be afraid to remind others.

#### ***Protecting against the Elements***

The only way to limit the risk of hyperthermia and sunburn is by having appropriate protection. Wind chill will reduce your body heat and the sun's rays are stronger when reflected off water – you can get burnt even on a cloudy day.

#### **Sun Protection**

Ensure you wear a sunscreen that suits your skin type and protect your eyes with sunglasses.

#### **Suitable Clothing**

Anyone going afloat is advised to wear 3 or 4 layers of clothing, particularly if it is cold or wet. It is better to be too warm and remove a layer than to get cold. Wide brimmed hats and gloves are very good at helping you maintain a constant temperature. A waterproof jacket will keep the spray off and help keep the wind out. Wear old shoes that you do not mind getting wet. Black soled shoes should not to be worn as they mark boat decks.

#### ***Water***

Especially on a warm day, a small plastic bottle of (non-alcoholic) drink will keep you hydrated.

#### ***Medication***

If you need to take medication regularly then have it available and let your skipper know your needs.

