

# Shotwick Lake Sailing Newsletter

OCTOBER 2012



## Keeping Members Safe



Photograph courtesy of Shotwick Lake website-Sunday Racing 2010

Taking part in sport activities is recommended as part of a healthy lifestyle. However, taking part in Sailing, Windsurfing and Canoeing does have some added risks. These risks can be reduced but not totally eliminated.

In taking to the water everyone accepts the risks involved, you need to be self-sufficient and not reliant on outside assistance. Recent RYA data on 'near misses' has highlighted that dingy entrapments, where sailors are caught under boats when they capsize, remains a frequent occurrence. Sailors can minimise the risk by understanding the behaviour of their boat when it capsizes. **Look up and push yourself away from the boat if it is inverting.** Keeping ropes / sheets tidy will also help and maybe fit mast head buoyancy. If your boat has a trapeze the risks are increased and the use of quick release hooks is recommended. A sailor should also carry a sailing knife and a whistle. Sailing, windsurfing and Canoeing are safe activities; the number of accidents is small compared with the number taking part.

We have also been looking at further improving our Safety Boat provision at normal racing, for the 2013 season. The intention is to have Safety boat helms who undertake annual refresher training lasting about 3 hours. The first group of helms identified will receive an email over the next couple of weeks with the sessions arranged on 1st, 8th & 15th December 2012.

Contributed by Tim Bowden



## End of Season Dinner

To be held at 'The Armoury' Halkyn Street Flint  
on 24<sup>th</sup> November 7pm-12pm

Includes 3 course dinner, Presentation of awards, Live Band

A great night in the company of family and friends  
Dress code-formal, smart or fancy!

Tickets £15 adults £10 juniors



Numbers limited so get your tickets now to avoid disappointment

Last tickets sales Tuesday 20<sup>th</sup> November

### Directions to The Armoury

From the A548, turn onto the A5119 (Church Street) at the traffic lights in the town centre adjacent to the Town Hall (right turn if heading from Holywell direction, left turn if heading from Chester direction). At the top of Church Street proceed straight through the traffic lights. A short distance on, just after passing a bingo hall on your right, take a right fork into Halkyn Street. The Armoury is a couple of hundred metres along Halkyn Street on your left. There is a car park.

From the A55 take the slip road for the A5119 Flint. Just after entering the town you will pass the Mill Tavern on your left. Proceed down the steep hill a short distance after this. At the bottom of the hill, just before right hand bend, take sharp left (take care this is sharp!) into Halkyn Street then see above. If you pass the bingo hall on your left you have gone too far (if you have, suggest you go left at the traffic lights, turn around and retrace your route. Look forward to seeing you for a great night!



**The RNLi will be at the club on Sun 18th Nov to sell Christmas Cards**

### What's on next Month

**17th and 24th Nov** RYA

Seamanship Skills (Places still available)

**24th Nov** Presentation Evening

Dates for your Diary

**1st, 8th, 15th Dec** Safety Boat

Refresher

This month's contributors:- Tony Forster and Tim Bowden