

Umgang mit High Performance Bootsklassen

23.Jugendseglertreffen des Deutschen Segler-Verbandes

High Performance Sailing



High Performance Sailing

Risk Factors

- Speed
- Physical Stress
- Equipment
- Exogenous Factors
- Weak Preparation
- Risk Assessment

High Performance Sailing

- Preparation
 - Equipment
 - Body
 - Gear
- Class Involvement
 - Address safety aspects
- Race course safety
 - RC inclusion

Preparation

Equipment

- High load on every part
- Check potential breaking points
- Prevent injuries
- Increase performance



Preparation

Gear

- Lifejacket
- Spare Air
- Helmets
- Body Armour
- Knife
- Gloves



Class Involvement



Race Course Safety



Race Course Safety

- Which class?
- Safety Equipment
- Positioning
- Incident Handling
- Standards

Race Course Safety

Classes

- Ask what's special about the class
 - Where are the risks?
 - How can I safely recover the boat?
 - Do I need specialized equipment?
- Involve athletes and coaches!

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Safety Equipment

- Tools
- First Aid
- Spare Air
- VHF
- Knives
- Diver/Swimmer

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Race Course Safety



Race Course Safety

Incident Handling

- Technical incident – Collision
- MOB
- Human injury
- Capsizing
- Capsizing with crew trapped under
- Capsizing with human injury
- Capsizing with crew trapped under and human injury

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Technical Incident

- Does the boat need help or not?
 - If help is needed, RC boat or coach manage the situation.
 - If not, the coach rib manage the problem alone. At the end of the incident coach rib should inform RC.
 - In any case, RC or safety rib should give quickly information about the incident to the RC.

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MOB

- Call on VHF „MOB“. Specify where it happened.
- All ribs in proximity try to assist and the closest rib picks up the person if possible.
- Other ribs demarcate safety zone!
- Inform RC immediately
- Coach picks up person on board.

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Human Injury

- One safety rib and coach allowed near the boat
- Check for injuries
- FIRST AID!
- Call Medevac in case and inform RC.
- Transfer ashore to evac place if possible

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Human Injury

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Capsizing

- One safety rib and coach allowed near the boat
- Check if help is needed
 - If yes ,follow commands of the crew.
 - If no, demarcate safety zone.
- Other ribs demarcate safety zone!
- Information to RC

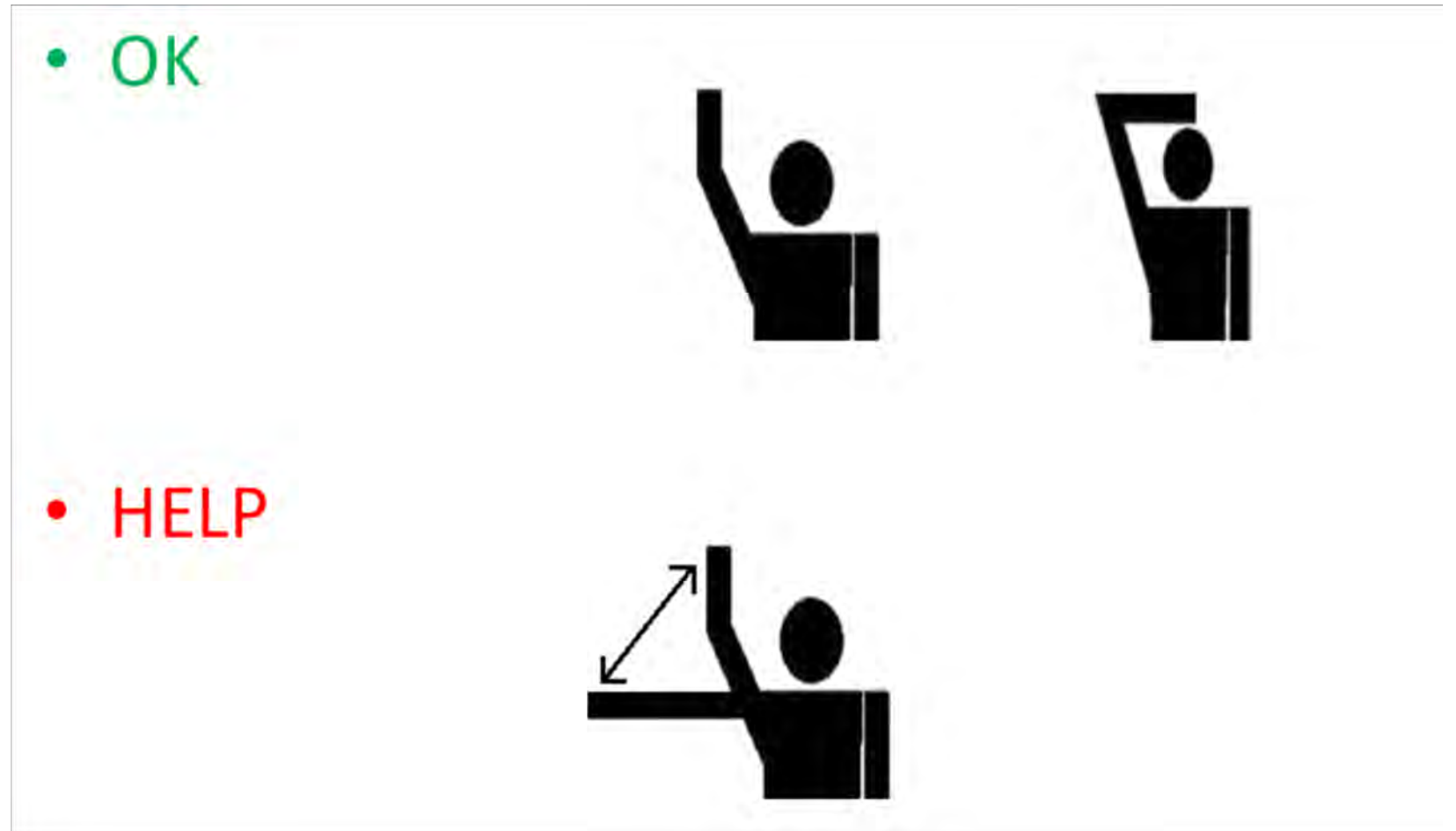
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Crew trapped under

- One safety rib and coach allowed near the boat
- Quick Information:
 - How many people?
 - Injuries?
- Swimmer/diver needed? Immediate action!
- Try to turn the boat up
- Medevac needed?
- Other ribs demarcate safety zone!

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Signals



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Standards

- Call for help on RC Channel
 - KEEP THE RC CHANNEL FREE!
 - Inform about incident
 - Injury or not
 - Level of damage
-
- RC informs authorities (MRCC and others)

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