



Malahide Yacht Club Swimming Ability/Water Confidence Statement

Anyone participating in any water based activity in MYC must 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.

- It is strongly recommended that all participants on our Sail Training Courses know how to swim or have sufficient water confidence to enable them to enjoy participation on the sailing course. If an interested child or adult cannot swim and is nervous of the water, it is our policy to advise them not to participate on the Sailing Course before first becoming comfortable in the water.
- All participants booked into our Junior Sailing Courses for the first time, are required to undergo a Water Confidence Assessment. This is normally carried out on a Saturday morning prior to the start of the Sailing Season, by the Senior Instructor.
- If an interested person cannot swim but loves the water, and have undergone the Water Confidence Assessment, they will be accepted onto our Sailing Courses provided they sign a statement (on the Application Form) acknowledging the risks and possible dangers involved in participating in the sport.
- All participants are required to wear a PFD (Personal Flotation Device) that provides at least 50N of permanent buoyancy, at all times while sailing.
- All participants must fully accept that sailing can be a hazardous sport. It may involve falling out of the boat into deep water or the boat capsizing and turning over. They also undertake to participate on the sailing courses, at their own risk.
- All participants on our Sailing Courses are supervised by qualified ISA Instructors who must adhere to strict guidelines on Instructor/Sailor Ratios. Rescue Boat Cover is provided for the duration of the Course.

Signed:

Signed:

Therese Flavin
Junior Affairs Officer

Kieran Garrett
Safety Officer