

BOARDSAILING

| EQUIPMENT | FACILITIES | SPECIAL RULES/ INSTRUCTION | SUPERVISION |
|---|--|---|---|
| SECONDARY LEVEL | | | |
| <p>Keep a first aid kit in an easily accessible location.</p> | <p>Sail in water that is above 15°C in temperature. Choose an area for sailing where students can be seen from shore at all times.</p> | <p>Prior to water activities require students to successfully complete the following swim test:</p> <ul style="list-style-type: none"> ● swim 100 m continuously any stroke ● tread water for 3 minutes ● put on a life jacket in the water ● demonstrate the help/huddle position <p>Lifejackets must be worn at all times.</p> <p>Familiarize students with emergency procedures and self-rescue skills related to facility.</p> <p>Familiarize students with basic first aid and hypothermia.</p> <p>Instructor awareness of weather and water conditions is important.</p> <p>Teach skills in proper progression.</p> | <p>Have a qualified lifeguard on-site at all times.</p> <p>Suggested ratio of qualified lifeguard/instructor to students: 1:20 in partners with a maximum of 10 students on the boards at once.</p> <p>Provide on-site supervision.</p> <p>Ensure that at least one supervisor has emergency first aid certification or equivalent.</p> <p>Have a small rescue craft on-site to aid in supervision of students away from shore.</p> |