

INTERNATIONAL OPTIMIST DINGHY ASSOCIATION OF IRELAND

SAFETY CHECK LIST – 2009

Sailors who wish to participate in Events run by IODAI are required to comply with the following MINIMUM safety requirements. It is a matter for the parent/guardian of a sailor to ensure that these requirements are complied with. Safety checks may be carried out at an Event and Sailors found not to comply, may not be permitted to launch.

1. Buoyancy tanks must be the correct size (45 +/- 5 litres), in good condition and fully inflated
2. A painter of a single piece of buoyant rope, not less than 5mm diameter and not less than 8m long securely fastened to the base of the mast or mast step. The painter should have a bowline at the end and no other knots between the mast step and its end.
3. Mast must be securely tied in
4. Two suitable bailers must be provided and securely tied in
5. The strop (below boom) must be tightened sufficiently so that the gap between Strop and Boom is less than 10 cm
6. A snap shackle or similar device, which cannot get caught on the sailors clothing or life jacket, must be used to connect the mainsheet block to the strop. A simple carbine is not permitted
7. Toe straps must be adequately secured
8. Dagger board must be securely tied in
9. Paddle must be provided and securely tied in
10. Life jacket must be worn and fully secured.
11. Dry suit, if worn, must be in good condition and zip fully closed
12. Sailors must have a **Whistle**.
13. Sun protection is necessary in sunny weather. Parents/guardians must note that the sun is much stronger on the water because of reflection etc
14. Bootees with open lacing or similar closures that can get caught on fittings etc are not permitted.