

Health and Safety

From the reading I do I have long known that keeping safe when an unexpected event occurs is helped by your mental preparation. By thinking through activities you take part in and asking what would I do if this happens can set up your first actions to keeping safe. The idea behind this mental activity is to pre-wire your brain so that if an unexpected event happens that threatens your safety, rather than wasting time dithering you immediately take action to ensure your safety. When it comes to sailing most of us have already put this brain pre-wiring idea into action. We all know what to do when it comes to the can-out so why not expand the plan to include some other events albeit less likely.

What actions would we take if a flash flood were to come down the Waimakariri River or there was an earthquake of sufficient magnitude to cause a tsunami while we were sailing. Both involve an abrupt change in water level passing through our sailing venue. Several longer standing members have had direct experience of a flash flood on the river and have said the wall of water was the initial issue then there was the debris, logs and rubbish, which made the river unusable for a while. Pointing the bow into the wall of water sounded like the best course of action. Communication now days means that we will likely have warning of any impending abrupt change in water level but this message will only come to those on shore. To communicate to the sailing fleet we should use multiple blasts on the starting horn and message via the support boats. The assembly point is the upper floor of our clubrooms.

Safe sailing.

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