

## Safety and Sailing for Youth

1. When boarding, let the captain know you wish to come aboard he will give you permission
  - a. Keep your weight low
  - b. Move away from the boarding area and take a seat making room for others to board
2. Stow personal items below
  - a. Protect your Cell phone
3. Personal Flotation Devices
  - a. Very few people drown who wear life jackets; it is the most important thing to do to assure your safety.
  - b. Wear at all time on board
  - c. Zip all zippers and clip all clips and keep them fastened.
  - d. By law children 12 and younger must wear them while underway in Arizona
4. The captain is in charge – take directions from him/her
  - a. If you don't know how to do something, ask
5. Fire extinguishers location- captain will show you
6. Man overboard procedures – captain will cover with you
7. Climbing on the deck, handholds and lifelines
  - a. Stay low
  - b. Use the handrails, lifelines, etc.
8. Help out the captain by watching out for other boats, submerged objects and other things in the water
9. Stay seated when the boat is underway especially when tacking
10. Have Fun!