

Operating guideline: being coached by DinghyPerformance

DinghyPerformance and its team of coaches are committed to the safety of all trainee sailors, volunteers helping out and contracted coaches, and as a result the highest safety guidelines are adhered to at all times.

If common sense is our primary guideline, we are working in an increasingly regulated environment and as a result, we ensure we operate within Irish guidelines (we are based in Ireland) and are aware of any particular rules or law of other countries we visit.

Working with juniors

A large majority of the coaching and event support we deliver is towards juniors and youth sailors. We adhere to Sport Ireland Code of Ethics Good Practice for Children's Sport. However many of our coaches operate outside Ireland and will hold appropriate certifications from their home country.

Our coaches will hold the relevant qualification in their home country

Our coaches will have a form of emergency care (first aid) certification

Our coaches will be experienced and certified powerboat operators

Our coaches will ensure the coach boat is appropriate for the session (whether using their own or borrowing/renting from a third party)

Our coaches will be garda vetted if possible (mandatory for our Irish coaches)

Our coaches will have followed a safeguarding course if possible (mandatory for our Irish coaches)

Our sailors will ensure their gear is appropriate for the level of training received

Our sailors will ensure they follow their coach instructions and brief

Weather conditions guidelines at training

Common sense will apply to any decision whether to go training or not as it depends greatly on the level of the sailors, the boats sailed and the possibility of contingency plans in case of deteriorating weather. However we will apply the following guideline.

- No specific weather warning: Go training if appropriate
- Small craft warning: Experienced sailors go training / validate if appropriate to go training for less experienced sailors
- Gale warning: No training afloat unless proper shelter and a clear contingency plan in place to keep the session safe
- Storm warning (Yellow Orange, red): no training afloat, no exception

Our coaches will have weather forecast knowledge; access to appropriate weather information and each training session will be opened with a weather update to the sailors.

The decision whether to sail or not remains entirely to the coach in charge

Incident reports and protocols

Sailing is an activity with many hazards. Emergency care protocols are to be applied to any injury including head injuries. Any injury needs to be relayed to parents of junior sailor as early as possible and will also lead to an incident report.

Major gear failures requiring significant repair and/or the purchase of replacement equipment will also lead to an incident report

*Thomas Chaix
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