



**13** If you get into trouble, raise the alarm sooner rather than later, and stay with your board.



**14** Before you take to the water, take time to think safety. Always consider other water users.

## ADDITIONAL INFORMATION

Further advice on safety and training is available from:

### ISA

Irish Sailing Association  
3 Park Road  
Dun Laoghaire  
Co. Dublin  
Tel: (01) 2800239

### WHO WE ARE:

**Department of the Marine**  
Leeson Lane  
Dublin 2  
Tel: (01) 6785444

### IMES

Irish Marine Emergency Service  
Department of the Marine  
Leeson Lane  
Dublin 2  
Tel: (01) 6785444  
Emergency Tel: Ring 999 and ask for Marine Emergency.

### National Safety Council

4 Northbrook Road  
Ranelagh  
Dublin 6  
Tel: (01) 4963422

### ISA

Irish Sailing Association  
3 Park Road  
Dun Laoghaire  
Co. Dublin  
Tel: (01) 2800239

### RNLI

Royal National Lifeboat Institution  
15 Windsor Terrace  
Dun Laoghaire  
Co. Dublin  
Tel: (01) 2845050  
or alternatively contact:-  
**RNLI**  
Royal National Lifeboat Institution  
West Quay Road  
Poole  
Dorset BH15 1HZ  
Tel: 0044 1202 663173

### WHAT WE DO:

We are the Government Department responsible for the safety of life at sea and the prevention of pollution from ships.

We are the Division/Service of the Department of the Marine responsible for search and rescue, intervention in shipwreck and casualty and response to pollution at sea. We provide commercial marine communications and maintain 50 coastal rescue stations manned by volunteers available to respond to marine emergencies.

We as a statutory body have a responsibility to promote through education a nationwide water safety awareness.

We are the governing body representing sailing and windsurfing in Ireland. We can advise on all aspects of boating safety. We have a network of clubs and recognised teaching establishments that operate training courses for all types of leisure craft.

We exist to preserve life from disaster at sea. This is achieved by providing a fleet of lifeboats, with 24 hour cover, and crewed by well-trained volunteers. In addition, we work with other national organisations to promote sea safety. We are funded entirely by voluntary contributions.

## SAFE WINDSURFING



# SAFETY ON THE WATER



Irish Marine Emergency Service  
Slánuí Roitín na Mara



# FOREWORD

## FOREWORD

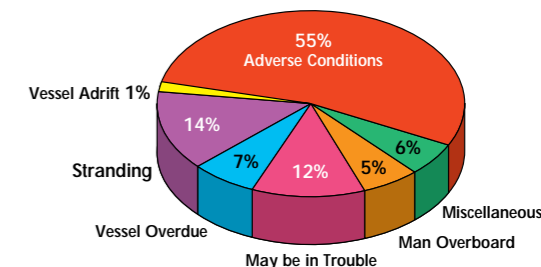
This leaflet has been produced by the Marine Safety Working Group which has representatives from the following Government Departments and National Institutions:

Department of the Marine  
Department of Education  
Department of the Environment  
Department of Enterprise and Employment  
Department of Arts, Culture and the Gaeltacht  
Irish Marine Emergency Service  
National Safety Council  
Royal National Lifeboat Institution  
Irish Sailing Association.

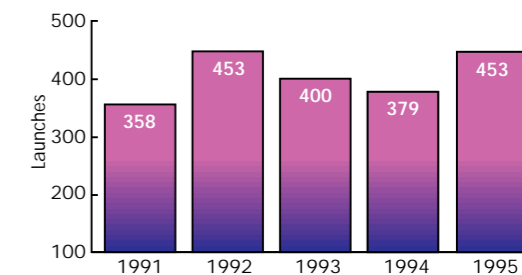
It provides useful basic safety guidelines and information you should be aware of before going afloat.

Unless you are experienced, we urge you to obtain additional information as detailed in this booklet.

Further copies are available from any of the organisations/agencies mentioned above.



### All RNLI services to windsurfers 1996



All launches to windsurfers (Based on RNLI statistics)



**1** Learn how to swim.



**4** Wear a suitable buoyancy aid.



**7** Never take to the water alone. Always sail with a friend.



**10** Put reflective tape on the top and bottom of your board to aid detection.



**2** Get proper training.



**5** Check and heed the local weather forecast. Avoid strong tides, offshore winds and poor visibility. Make enquiries locally.



**8** Advise someone ashore of the details of your planned trip, including times of departure and return.



**11** Dress for survival. Wear suitable highly-visible warm protective clothing marked with reflective tape.



**3** Check that your equipment is seaworthy and suitable. Get a second opinion.



**6** Keep an eye on the weather. Return to base in good time and well before daylight fades.



**9** Make sure you are capable of sailing in the prevailing wind conditions. Beware of fatigue.



**12** Carry mini-flares, a strobe light and a whistle. Know how to use them.