

12 Safety Tips

- 1. Watch the weather.** Listen to the forecast, watch the sky. Anvil shaped cumulus clouds and darkened sky can turn into a thunderstorm quickly. Watch for lightning and thunder.
- 2. Sail with a buddy.** Make sure other people know where you are. Especially when the weather is uncertain.
- 3. PDF (Personal Flotation Device).** What is it worth? It could be worth your life! While only \$25 or less in the store, it would cost you \$250 for a fine, if sailing without. It also helps you to get on board fast, when you're in the water. I find it keeps me warm as well.
- 4. Whistle (Foxx whistle is pea-less, it does not stick when wet).** What is it worth? It could be worth your life! While only \$5 in the store, it would cost you \$120 for a fine, if sailing without.
- 5. Suit.** Wet suit, steamer, dry suit, all to prevent hypothermia on the water. Try to keep out of cold water and sit on the board, when disabled.
- 6. Foot protection.** Boots, slippers protect your feet from rocks and sharp objects, keep them warm in cold weather and keep you from slipping on the deck.
- 7. Gloves.** Keeps your hands warm in cold weather and prevent blisters in warm weather.
- 8. Sun protection.** Use Sun block, a hat, and Polaroid sun glasses. A long sleeved lycra body shirt is great for a tropical sun. The reflection of the sun on the water gives double exposure. Water droplets may act like lenses causing burns.
- 9. Detached mast.** Stay with the board. Your board will keep you afloat. It would get blown away quickly. Your rig will sink but stay in one place.
- 10. SOS Signal.** While on Board, raise your stretched arms to shoulder height, then move them to waist height. Keep moving them up and down, to attract help.
- 11. Self rescue.** When the wind dies you can drive your board by pumping (Holding the mast still and moving the backhand in and out) or propelling press down each rail alternating. When otherwise disabled, you can lie down on your board and paddle with your arms. If the wind is light, you can put the rig on the back of the board. If the wind is strong, you may have to de-rig tying down everything.
- 12. Car topping.** Make sure you use strong 1 inch Dacron straps with metal clamps, designed for surfboards. Don't use ropes - they slide - or plastic clamps - they break -. There is a 2,000 pound windforce on the board when you drive. Don't forget to twist the straps twice to keep them from humming at high speed (over 80 kph)

Have a safe trip, keeping Safety First!

For a complete listing of safety tips, see page 4 in the TWC Windsurfing Manual available from twc@duyck.ca or juri1@rogers.com

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