

2025 Sail East at Bay Wind Regatta

Safety Instructions for Coaches

1. Coaches will play the “Safety Boat” role at Bay Wind this year, in addition to their normal coaching duties.
2. Competitors should pass between the Seagull station at the end of the SMSC breakwater and the closest mooring buoy.
3. If boats are being towed in from the race course, please ensure that only one string of boats passes in front of the Seagulls at a time.
4. Please go slowly when towing boats past the Seagulls.
5. If sails are down, please call out sail numbers as you pass the Seagulls.
6. Please let the Seagulls know when sailors will be returning from competition at the end of each day so the Seagull team can be fully staffed.

Emergency Operations:

Please report any accidents or injuries, however minor, to the SMSC Safety Coordinator so that appropriate action can be taken. Michelle Currie, located in the SMSC Club House, is the duty Safety Coordinator.

For minor injuries, Michelle is a registered nurse and has a first aid kit and supplies on hand and will work from an area in the Club House designated as our safety/comfort centre. There is an AED in the main lobby that Michelle is trained to use.

For land-based emergencies: In the event of any serious emergency Dial 911 on your phone

The address is St. Margaret Sailing Club, 5 Foxberry Hill Lane, Glen Haven, B3Z 2W2
Tel: 902-823-1089

For water-based emergencies:

- Immediately advise the course Race Officer of the situation by means of VHF radio.
- The Race Committee will coordinate communication with the Safety Coordinator.
- Bring the injured person to the SMSC “T-Dock” and stay with them until help arrives.

Radio Channels:

SMSC Club house and Safety Operations: VHF Channel 68	Alpha Course: VHF Channel 71
Bravo Course: VHF Channel 72	Green Course: VHF Channel 69