

## Inclusion Training

### Brief description of activity

Following the success of last season's inclusion training "Try Sailing" courses with Lakers, the BSC Instructor team have put together a regular sailing programme for Lakers members called "Lakers at Sea". This programme will run almost every second Tuesday evening from June to the beginning of September. In addition to this, more introductory "Try Sailing" courses will be run for Lakers members over the course of the summer season.

### Risks involved, and steps taken to minimise risks.

Most of the risks associated with this activity are covered under the "Training - Junior and Adult" section. Please refer to this, as appropriate. Additional risks, associated specifically with "Lakers at Sea", are dealt with below.

**Risk:** Difficulty in delivering sessions or getting information across to trainees.

**How we will minimise this risk:** Instructor: Trainee ratios will be increased for the purposes of the course. In some cases, there will be a 2:1 Instructor: Trainee ratio. Ratios will be decided by the Senior Instructor.

**Risk:** Sailing with physical disabilities

**How we will minimise this risk:** Additional attention will be given to trainees with physical disabilities. This may involve, but is not exclusive to, allocating trainees to a boat that will better suit their needs or having a higher Instructor: Trainee ratio.

**Risk:** Difficulty boarding a boat

**How we will minimise this risk:** In some cases, trainees may find it challenging to board a dinghy from the beach. In some cases, it may be preferable to board their dinghy from the pontoon on the north pier that is easily accessible to all.

**Risk:** Difficulty in communication

**How we will minimise this risk:** In some cases, it may be difficult to communicate between Instructor and Trainee. All Instructors and Trainees will have been briefed on various hand signals to communicate what is happening or how they are feeling, as appropriate. E.g. "head into the harbour", "I'm not feeling well", etc.