



Downs Sailing Club

Club Protective Helmet Policy

Individual members of Downs Sailing Club or visiting sailors from other clubs may choose to use helmets for themselves and their children when taking part in Club activity.

The Downs SC Training Principal and the Training team have reviewed the evidence for and against the use of helmets. The Club will not be conducting training in boats and/or weather where the use of helmets would be advisable. This is based on current opinion nationally and internationally including reviewing advice from the Royal Yachting Association (RYA). However should a parent wish their child to use a helmet it must be suitable for the task, fitted and maintained by the parent. There are individual circumstances where for health or other reasons this is a sensible choice. If this is the case we request that parents discuss this with the instructor involved before taking part in any activity.

The reasoning behind this policy is that sailing, as with other sports, carries a risk of accidents and injury, clearly it is important to recognise and minimise these. Helmets may reduce some risk but minor head injuries with cuts and bruises will still occur. In addition there are concerns that part of the training in sailing includes awareness of wind direction and position of the boom. The concerns are that by wearing helmets early in ones sailing development this awareness may be impaired and potentially expose people to much more serious injury when out in bigger boats and stronger winds. There are also potential risks of entrapment and risk taking behaviour by the enforced wearing of helmets.

Approved by the Executive Committee 7/5/19