



Warwickshire Scouts Dinghy Sailing, May to September 2020

Warwickshire Scouts have a small Scout Sailing Centre to be based at Draycote Water Sailing Club (DWSC). This is intended to be a mainly Scout / Explorer activity – Dinghy Sailing is VERY weather dependent. There is a much higher chance that we will have to cancel due to bad weather with the younger members

Each boat will be skippered by an experienced sailor who has or is supervised by a leader with a Scout Dinghy Sailing Permit.

Dinghy sailing can be a wet activity so you will need the following:

- T –Shirt / Polo shirt etc
- Thin fleece or Jumper – two if it looks cold (hoodies aren't good – they soak up loads of water)
- Trousers (thin joggers/activity trousers/ leggings are good – jeans of course aren't). Shorts if it's really warm.
 - If you have a wetsuit instead of all the above - fine
- Swimming costume to wear underneath.
- Waterproof top – Even if you have a wetsuit
- Waterproof trousers (essential if you don't have a wetsuit – still a good idea if you do)
- Sun hat and Sun cream (in case it's hot)
- Warm Hat (in case it's not)
- Light footwear that will get wet (Trainers aren't ideal as they take a long time to dry – canvas pumps are good, Crocs and sandals are fine so long as they have strap around the heel to keep them on – no flip flops).
 - If you have “wet boots” they are obviously ideal.
- Towel
- Dry clothes to arrive / go home in

There are changing rooms to use before / after sailing – but please bring a bag that's big enough to put your dry clothes in so they don't end up scattered all over the changing room.

The changing rooms are used by other people, who may not all be as honest as you, so don't leave valuables in the changing room. There are lockers we can secure valuables in.

Any questions – please ask your Scout / Explorer Leader, who can in turn ask me. Come along – try something new and have fun.

Martin Scurrah County Advisor for Water Activities

I have noted the arrangements and give permission for _____ to take part in a Dinghy Sailing Session at Draycote Water Sailing Club on _____ (date).

He / she can swim 50m in light clothing, wearing buoyancy aid (please tick)

I have read the information about Leptospirosis / Weil's disease & Bluegreen Algae on page 2.

I give permission for photographs to be taken, which may be used to publicise Scout Activities

He / she has no medical conditions which may impact their ability to take part in the activity (if he / she has, please give details on the back of the slip).

During the event, I can be contact on _____ (Tel / Mob)

Signed _____ Parent / Guardian

GDPR - This information is required so that I can ensure the activity is safe for all participants, taking into account any medical conditions, and so that I am able to contact you in the event of an emergency. I will keep the completed slip in a secure place for 4 weeks following the event (in case there are medical complications which come to light after the event) and then it will be shredded.



Warwickshire County Scout Council

County Commissioner: *Nigel Hailey*

County Secretary: *Fiona Mitchell*

Founder *Robert Baden-Powell OM*

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Leptospirosis / Weil's Disease

Weil's Disease is a bacterial infection carried in rats' urine which contaminates water and wet river banks. The bacteria does not survive for long in dry conditions. It can be a serious illness requiring hospital treatment, and can lead to kidney or liver failure. **Weil's Disease is a notifiable illness.** The bacteria are absorbed through the skin or mucous membranes of the mouth and eyes. It gets into the blood stream very easily if you have a minor cut on your skin or feet, if you become immersed. If you feel ill after boating - particularly in stagnant water or pools - or have any of the following symptoms, call your doctor promptly. The most common early symptoms are high temperature, an influenza-type illness and muscle pains. **Tell your doctor that you have been undertaking water activities and where and ask if you can have a blood test for Weil's Disease.**

There is a specialist reference laboratory for Leptospirosis in the UK, which can be consulted by doctors.

Prevention measures are largely common sense:

- Cover all cuts and abrasions with waterproof plasters.
- Always wear footwear to avoid cutting the feet.
- Avoid capsizing drill or rolling practice in suspected waters.
- Where possible shower soon after the activity
- If in doubt contact your doctor as soon as possible.

Blue-green algae

Certain species of the blue-green algae can produce toxins which, upon contact, may cause a number of conditions such as dermatitis, asthma, eye irritation, rashes, blistering of the skin around the mouth and nose, nausea, gastroenteritis, muscle cramps, headaches and pneumonia in some people. These organisms can undergo a very rapid population increase in favourable conditions (i.e. prolonged, warm, still weather and high levels of nutrients in the water such as nitrogen runoff from fertilisers used on adjacent land) and therefore, produce very high levels of toxin quite suddenly. This is sometimes, but not always, associated with the production of a scum at the surface of the water.

Situations where recreational water users are at most risk from toxins are:

- Ingestion of scum on water including drinking raw water or inadequately treated water.
- Skin contact with scum or water or raw water.

Those most at risk from blue green algae are, in order of risk:

- 1 Children playing at the water's edge.
- 2 Swimmers.
- 3 Board Sailors.
- 4 Paddling (Canoeists & Kayaks).
- 5 Dinghy sailors.
- 6 People engaged in non-capsizing type sailing or motor cruising.

Extract from Scout Factsheet FS120629 – Water Safety (Waterborne diseases & Immersion)



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