



*Mullingar Sailing Club*  
LOUGH OWEL  


## Shore Parent Duties

- Familiarise yourself with the radio and make sure you know how to use it. Ask for help from SI or Committee member if unsure.
- Ensure you have a charged mobile phone with you.
- Check that you know where the First Aid Kit is stored.
- Check that you know where emergency phone numbers are displayed on the wall near filing cabinet.
- Check that you know where participant contact numbers are stored.
- Keep gates to the club grounds closed but unlocked in case of needing access to emergency services.
- If unauthorised people access the club grounds during the Junior Course, ask them to leave and report to SI /Junior organiser.

### **When participants are on the water.**

- Pay attention to the radio and respond if there is a call to the Shore Parent.
- If a participant is returned to shore because they are cold/wet/ injured look after them as instructed by the Sailing Instructor. If injuries are minor use any relevant items from the First Aid kit. If participant is cold/ wet get them a hot drink and encourage changing clothes and warming up. If the injury is more serious, contact parents and medical services in consultation with SI. Fill out Accident Form in consultation with Instructor.

### **When participants having lunch.**

**Shore Parent time slots overlap for Lunch and there will be 2 parents covering lunchtime as the Instructors take a break and Shore Parents are responsible for participants. Participants of Junior Course are allowed in the water after they have eaten but must wear buoyancy aids at all times while in the water and on the shore.**

**Participants of Cara na Mara are not allowed in the water during lunchtime.**

- Set up tables and benches for lunch.
- Circulate among the participants and make sure that all are ok.
- Ensure that participants take all their own waste food / packaging home for disposal.
- Supervise and keep a close eye on participants while they are in the water. If there is any dangerous behaviour which would pose a risk of injury or drowning ask participants to stop immediately and report to instructors if it continues.
- Ensure that participants wear buoyancy aids at all times while in/on the water.
- Assist younger children getting on /off wetsuits/ buoyancy aids if necessary, but always with others present.