

## **Safety/Risk Management Topics**

### **Personal Fitness**

Physical fitness  
Swimming ability and comfort  
Mental and emotional fitness  
Fear control  
Sun protection  
Hydration  
Hyperthermia  
Other medical issues

### **Wind and Weather**

Wind Direction and Intensity  
Water Temperature  
Air Temperature  
Wind chill factor  
Lightning  
Off shore winds  
Currents  
Tide  
Weather Forecast

### **Spot - launching and landing**

PFD, Helmet, Impact vest  
Any regulated zones  
Wind direction  
Rigging space  
Docks  
On the water obstacles  
Emergency exits

### **Rules**

Safety/Emergency Plan  
Common sense rules  
Right of way rules

### **Equipment**

UJ connected and check  
Harness lines and harness  
Sail rips, board dings

### **Safety**

Update your emergency plan  
Reacting to an emergency  
Signals  
Fix it  
Reconnect your gear  
Towing  
Light wind self-rescue/paddle  
Derig full rig and paddle  
Scuttle rig and paddle  
Walk of the Conquered Hero  
Motor boat rescue  
Motor boat pickup  
Tether systems

## **Risk Management Topics:**

Emergency Plan  
First Aid  
Maintain of gear  
Maintain launch area  
Safety signs and marking  
Standard procedures  
Accountability  
Registration forms  
Liability forms