

	Do ...
Do	Read the guidance
	Take extra care
	Be considerate
	Remember distancing
	Keep OD/Imogen informed if retiring e.t.c.
	Consider your ability v conditions
	Carry a tow rope
	Carry a whistle
	Make yourself seen by OD/team (sail past)
	Have means of shore contact
	Wear sailing gloves if possible
	Offer safe assistance on slipway to ease log-jams

	Don't ...
Don't	Take unnecessary risks
	Use the changing rooms
	Use the wrong toilets
	Park your boat where it will restrict walkway
	Go afloat if conditions are marginal for your skill
	Take a long time washing off your boat
	Sail to the limits of visibility from OD/team
	Gather in groups ashore
	Hold the other handle of trolley (unless family)