

A man in a white shirt and dark shorts is sailing a small white dinghy on a body of water. He is wearing a red life vest and sunglasses. The dinghy has a tall white mast and a white sail. The background shows a blue sky with some clouds and a green shoreline with trees and buildings. The image is framed by a green curved banner at the top.

Chapter 4 Sailing Dinghies

4.1 Training

It is recommended that dinghy sailors undertake appropriate training, including in capsizing and recovery techniques. A number of training schemes and approved courses are available and information may be obtained directly from course providers (see Appendix 9 for details of course providers).

4.2 Safety Recommendations

If you are dinghy sailing, you should adhere to the following practices:

1. Always wear a suitable PFD/lifejacket when sailing. Buoyancy provided by a wet suit or dry suit is not sufficient (see Part A of this Code for statutory requirements).
2. Wear suitable clothes, wetsuits or drysuits, particularly if there is potential to capsize.
3. Your dinghy should have an effective means of bailing water.
4. Carry a paddle on board.
5. Carry a towing painter on board.
6. The crew in the dinghy should be familiar with capsizing recovery techniques and towing techniques.
7. Ensure that the dinghy has sufficient buoyancy. Check all buoyancy tanks and plugs prior to departure.
8. Always ensure that a designated person ashore is aware of departure and return times and have a procedure in place to raise the alarm if necessary. Membership of a club will generally offer this facility in addition to providing safety boats for members engaged in club activities.
9. Check weather and sea conditions prior to departure.



10. Avoid main shipping lanes (see Appendix 3).
11. Sail in company for safety.
12. Be aware of your own personal capabilities in handling a boat under various weather conditions.
13. If your dinghy is operating in a remote area, carry additional safety equipment, i.e. a hand-held VHF radio and additional pyrotechnics (parachute rocket red flares and hand-held flares).

4.3 National Association

The Irish Sailing Association is the national governing body for sailing in Ireland and can be contacted at:

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