

# **Guideline for Sailing - Water Based Adventure Tourism Activities**

## ***For Registration with Sri Lanka Tourism Development Authority***

### **■ Introduction**

Sailing is considered as the most suitable sport for an Island nation. Sailing is closely related to our history and culture. History records that Prince Wijeya our ancestor landed in north western area in Sri Lanka in a boat, proving that sailing activities are closely connected to our Island inhabitanices.

Since our country is blessed with a number of waterways in addition to the surrounding sea improving and encouraging sailing would attract tourists to visit Sri Lanka making it an ideal tourist destination.

### **■ Basic operating procedure / Guideline**

#### **- Operations**

- a) A detailed weather check has to be conducted & displayed before commencing any activity.
- b) All activities must begin with a detailed safety briefing. The briefing must highlight the equipment used, do's and dont's, demarcation of the boundary for the activity, rescue and emergency procedures & current weather conditions.
- c) All participants must sign a liability waiver form prior to the commencement of the activity clearly highlighting the risk involvements.
- d) Participants with any medical condition making them unfit for participation in the activity must be informed prior to the commencement of the activity and not allowed to participate.
- e) Boat rentals should be done only to experienced independent paddlers who can paddle with a liability waiver signed.
- f) The minimum age for most paddle sports is 8 years of age. Depending on the ocean and wild water condition, and the type of boat, this limit should be 12 years of age. In this event, the parent or guardian must sign a liability waiver form, clearly highlighting the risk involved prior to the commencement of the activity.

#### **- Standard operating procedure (sop) and Instructions**

- a) All Operators must maintain and update a Standard Operating Procedure for their operations.

b) Besides covering the methodologies that are adopted by the operator of the activity, should covers assessing of members medical condition and experience, avoidance of injury, safety precautions, procedure for emergencies, casualty evacuation, incident and accident reporting, communication procedure assessment of weather condition and feedback mechanism.

c) The following must be included in the Standard Operation Products (SOP):

a. An Emergency Action Plan should be in possession and advance arrangements must be aware for medical help and evacuation assistance in case of an emergency.

b. Staff/ guides must be trained in all aspects of the Emergency Action Plan in every 03 months as a safety drill.

#### **- Inspection & maintenance procedures**

a) Inspections and maintenance require a sound knowledge of the system and equipment and therefore must be carried out by qualified personnel. Basic inspections must be carried out before every use and detailed inspections on regular basis in accordance with their operational procedures and risk assessments. Especially the drain plugs, hull damage, PFD straps, buckle and belts, paddle condition should be checked daily.

b) Communication devices must be always carried by Instructors and rescue boat.

#### **■ Minimum standards to recognition of operators**

The center must maintain, the minimum following documentation:

a) Details of all Instructors including copies of certifications, record of experience and feedback from clients.

b) Copies of all relevant approvals required for operations.

c) Copies of identification documents, emergency contact details of all participants & instructors.

d) Copy of standard operation procedures

#### **■ Mandatory equipment**

a) Standard boats for different class or category of boats for international competitions as per regulation (WS OR IODA). For recreational purposes, different type for children, beginners for flat water, and ocean applications.

b) Life jackets or Personal Floatation Devices (PFD's) meet the minimum buoyancy requirements for the activity,

c) If training in open waters, it should be ensured that boats for safety / rescue should be available in the immediate vicinity (within visual distance) for prompt deployment with personnel duly qualified to operate/ carry out rescue operations.

d) During cold weather operations wet suits and spray jackets are recommended.

## ■ **Safety and Risk management**

### **- Risk mitigation**

a) Lifeguards: No water sports activity should be conducted without the presence of instructors and life guards.

b) Alcohol/drugs during the activity and at least six hours prior to the activity is strictly prohibited.

c) Sign boards: with rules to be clearly displayed in prominent place.

d) No water sports activity should be conducted in the dark and preferably finish half an hour before dark.

### **- Safety Briefing**

a) A clearly documented safety briefing must be given including:

i. Equipment Safety Systems.

ii. Surrounding Environmental Awareness.

iii. Hazards at location.

iv. Minimum fitness requirement for the sport.

### **- Emergencies and Rescues**

a) Adequate first aid and basic medical equipment must be available with the operator.

b) Evacuation routes must be identified and known to participants, guides, and instructors.

c) A detailed and documented evacuation/ Emergency Action Plan must be available with the operator.

## ■ **General Information**

### **- Trained Manpower**

Personnel responsible for conducting different sailing lessons are certified Instructors with high level of skill in rescue and life saving techniques, powerboat handling and First Aid.

- **Guides/Instructors**

a) Instructors should hold the following minimum Qualification from a Recognized Yachting Association of Sri Lanka (YASL) or international body of water sports.

i. Optimist Class — Under 15 years

ii. Laser 4.7 Class - Under 19 years

iii. Laser Standard Class

iv. Laser Radial Class

v. Enterprise Class — Helm & Crew

vi. GP Class — Helm & Crew

b) National Technical Officer (NTO) or International Technical Officer (ITO) of the discipline should possess

a. A certificate from the operator that the individual "has experience of 2 years in assisting in the particular activity and is independently capable of teaching, assisting, leading trips and carrying out rescue operations".

b. A logbook/e-book containing authenticated records of lessons given.

c. A valid first aid/CPR certificate provided by a recognized and qualified provider.

d. A powerboat license certificate provided by a recognized and qualified provider.

e. An open water lifeguard certificate provided by a recognized and qualified provider.

- **Medical Concerns**

a) Instructor must ensure that the participant can swim at least 30 m comfortably.

b) Instructor must ensure that the participant is medically fit to learn or participate in the activity.

c) A signed declaration from the participant is essential if there is any suspicion of prior injuries or medical concerns.

d) Those with a weak heart condition, epilepsy, spinal issues, recent surgery, or any other medical condition of concern should not be taken for sailing.

e) Expecting mothers should avoid sailing sports.