



# Personal Comfort and Safety

**Tips on staying warm, comfortable and feeling good**

# Introduction

**Sailing in UK and Northern European waters it is important to keep warm and dry.**

**This presentation gives hints and tips on the personal gear you need to do this.**



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# Why?

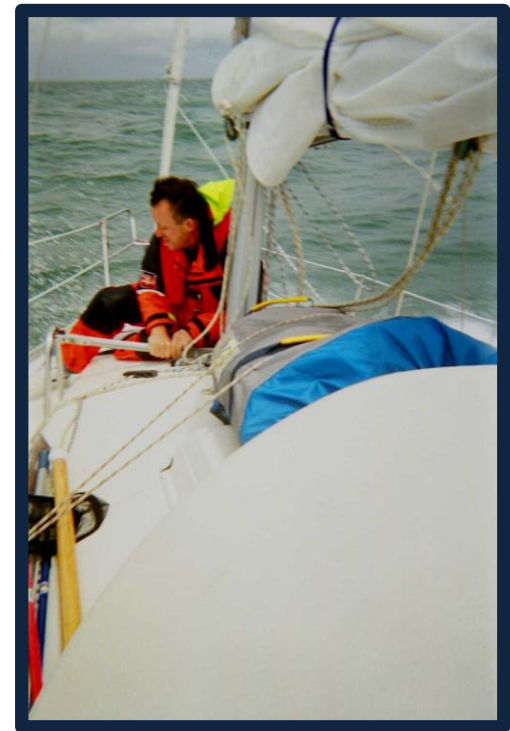
On land on a bright summers day when people are wearing shorts and 'T' shirts, a few miles offshore conditions will be very different.....

## SEA

- Warms slowly throughout the season
- UK waters are generally **ALWAYS** cold
- Coldest – spring to mid-summer
- Not so cold - late summer to mid-autumn

## WIND

- Picks up chill from water
- With motion of boat causes spray to come aboard



# Strategy

When you start feeling cold it can be difficult to get warm again by adding more layers

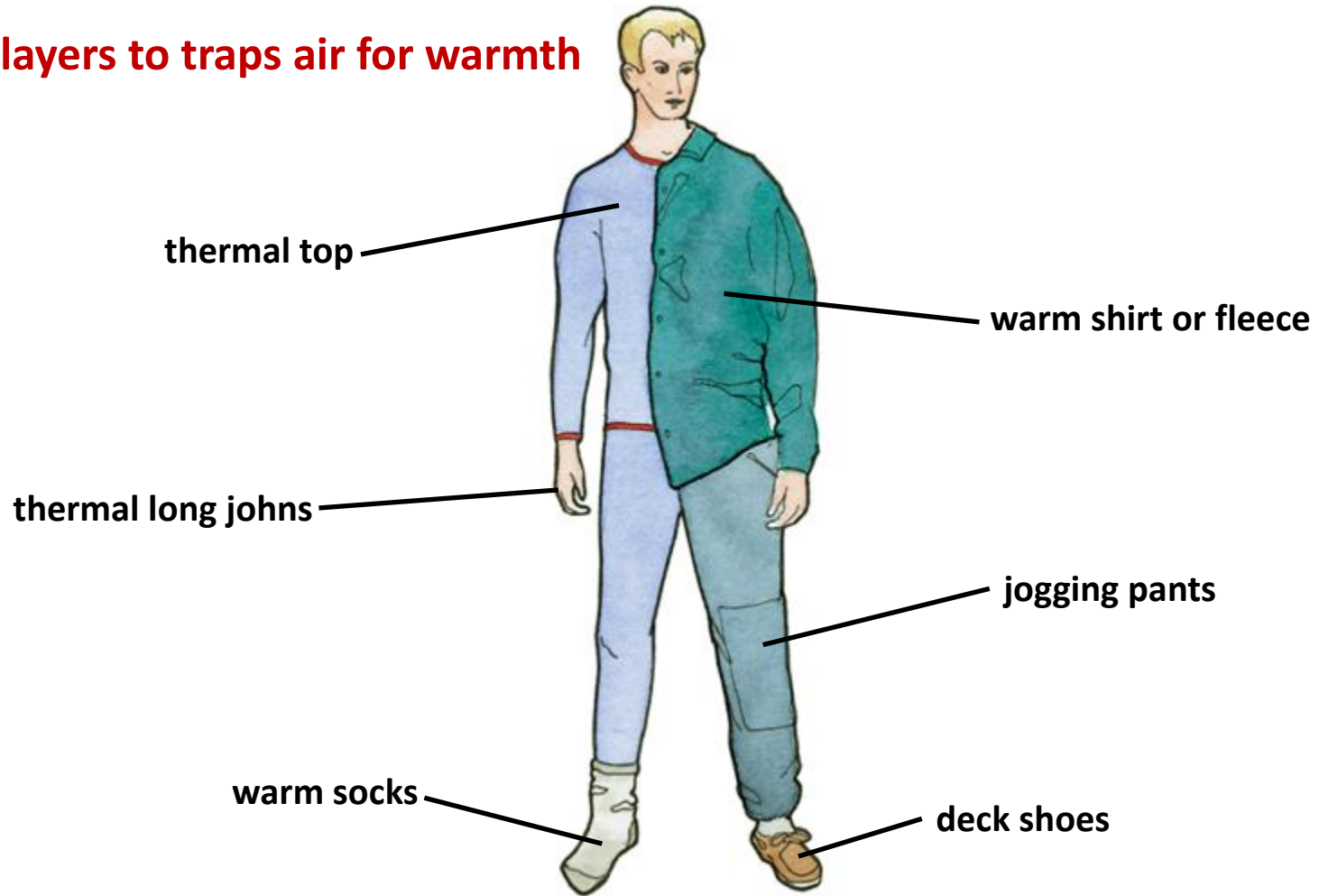
The strategy is to layer up **BEFORE** you feel cold as it easy to take layers off if you feel too hot

Waiting until you are cold before adding more clothes will not immediately make you feel warmer



# Clothing

Use layers to traps air for warmth



# Clothing

## Typical outerwear



# Seasickness

**Stay warm and dry**

## Mild

- Concentrate on horizon
- Give them something to do  
eg, steering

## Strong

- Get them down below
- In their berth, in sleeping bag,  
lying horizontal



**Symptoms of seasickness - Lethargic/disinterested/pale colour**

# Hypothermia

**Stay warm and dry**

eat and drink  
regularly



**Get person down  
below and into  
sleeping bag**

**Symptoms of hypothermia - Shivering/pale colour/irrational/disoriented**



# Summary

**Layer up before you feel cold, encourage your crew to do the same.....even if they think you are being 'over the top'**

**Encourage people to alert you to seasickness, many will not as they don't want to feel silly or weak**

**Take the initiative, if you think someone is feeling rough - don't delay, give them something to do or get them below in their sleeping bags**

**A good skipper looks after his/her crew.....a happy warm crew equals a happy ship**



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## Further Reading



We highly recommend  
**RYA Boat Safety Handbook (G103)**

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