



## Gairloch Boat Club



### Safety briefing on Traumatic Brain Injury (TBI) and the use of helmets in sailing.

Following a recent sailing event, it was flagged up that most of the competitors taking part were not wearing a helmet. An unrelated incident that weekend, where a sailor was concussed following a head injury whilst on his yacht arriving at Gairloch, highlighted the potential risks and has provoked discussion about the use of helmets.

On researching the topic, advice was sought from a medical professional, the RYA and helmet manufacturers.

As awareness of concussion in sport continues to be raised, part of the focus should be on education.

Individuals, clubs and events should know how to recognise the signs and courses of action to take in the event of any sort of head injury.

Therefore GBC Trustees would like to make members aware of:

- the possibility of traumatic brain injury (TBI) while sailing (especially during racing events)
- types of brain injury, effects, symptoms and first aid treatment.

We will strive to educate members about how to mitigate TBI by wearing a helmet and other means. At present, club policy is to give club members the information required to make their own judgement on helmet wearing at certain events such as regattas and training courses

Online resources are as follows

Brain Injuries:

<https://www.headway.org.uk/about-brain-injury/individuals/types-of-brain-injury/traumatic-brain-injury/>

Helmet wearing:

<https://www.rya.org.uk/knowledge/safety/look-after-yourself/sailing-helmets>

(One of our club members has offered to update the RYA advice on helmets, which they are considering)

First aid help with head injuries:

<https://www.sja.org.uk/get-advice/first-aid-advice/head-injuries/adult-head-injury/>