

Great Lakes Singlehanded Society

Physical Condition of Skippers

Your Consideration of Your Physical Fitness

for the Lake Erie Solo Challenge

The rules and conditions for the Lake Erie Solo Challenge specifies minimum requirements for the yacht, its equipment and the sailing qualifications of the skipper as they apply to the issue of safety. However, there is a safety concern in terms of your personal physical condition where the rules have not established any minimum requirements.

Although physical fitness standards established for strenuous athletic or occupational activities could be adopted for this event, considerable medical and legal issues would have to be resolved before such standards could be accepted.

The only guideline that can be applied is to establish your responsibility to know your own physical limitations and any deficiencies in your physical condition and to use your own judgment in determining if you are physically able to take on this singlehanded challenge. It is strongly recommended that you take the effort to know your own physical condition and consider the sensibility of you participating in the singlehanded challenge if there are any doubts about your physical ability. It is suggested that you establish a daily physical exercise routine program to condition your body for this event. If you have not had a recent physical exam, it is a good idea to have one to be sure there are no hidden problems.

For many of us, a singlehanded challenge is an important goal in life yet surely not as important as life itself. Make the decision to be sure you are physically fit for the undertaking.

Great Lakes Singlehanded Society
Board of Directors