

# **GREAT LAKES SINGLEHANDED SOCIETY**

## **2009**

### **Physical Condition of Skippers**

#### **Consideration of Your Physical Fitness for the Challenge**

The Rules and Conditions for the Lake Ontario 300 Solo Challenge specify 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 Solo Challenge. It is strongly recommended that you make the effort to know your own physical condition and consider the sensibility of your participation in the Solo 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, the Lake Ontario 300 Solo 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.

The GLSS Board of Directors