

BE PREPARED, STAY SAFE

Top Tips from the RNLI

Drawing on real-life rescue stories, this RNLI talk highlighted the most common causes of distress among leisure sailors and the lessons learnt from them. It offered practical, experience-led advice on preparation, onboard safety equipment, and key behaviours that reduced risk at sea. The session also explained what happened when the RNLI was called out and what crews could expect during an assistance or rescue, helping sailors stay confident, capable, and safe on the water.



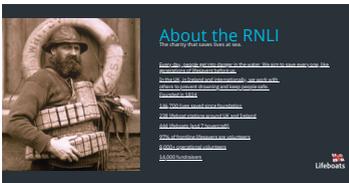
Lifeboats

Speaker: Iain Greig, RNLI Water Safety Advisor

A volunteer RNLI Water Safety Advisor at [Teddington Lifeboat Station](#), Iain is an MCA/RYA Yachtmaster Offshore with extensive cruising experience across the UK, Europe, the Mediterranean, the Caribbean, and the US East Coast. He recently completed a two-year liveaboard Atlantic and Caribbean circuit and is currently refitting his Rival 36, ahead of cruising Scotland's west coast. A CA member since 2018, Iain is most at home sailing, learning, and sharing knowledge about life afloat.



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