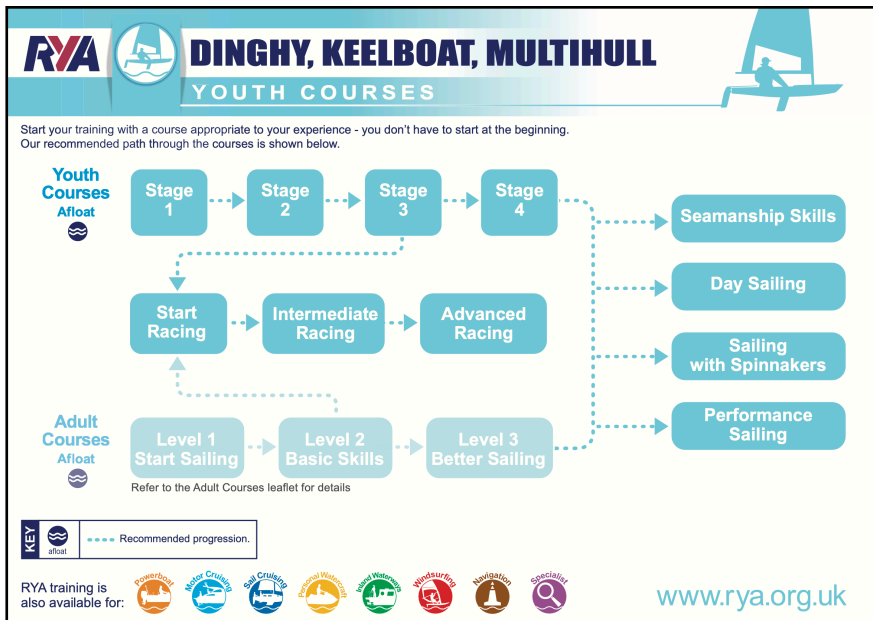




Congratulations, you are booked onto a sailing course at DYC/CHD we are really looking forward to getting out on the water with you.



RYA DINGHY, KEELBOAT & MULTIHULL YOUTH COURSES

Dinghies, multihulls and small keelboats provide an exciting and cost effective way for the whole family to get afloat. With courses preparing you for all varieties of sailing including the thrill of performance boats, racing and using spinnakers. Probably the quickest and easiest way to learn to sail. Many centres run introductory sessions to give you a taste of the sport first.

Course	Assumed knowledge	Course content	Ability after the course	Min duration
Stage 1	None	Launching and recovery, steering, parts of the boat, basic sailing	Able to steer and understand basic principles	2 days or an equivalent number of sessions
Stage 2	Basic knowledge and steering ability to Stage 1 standard	Basic sailing skills, ropework, collision avoidance	Able to tack and control boat speed, and understand basic principles	
Stage 3	Up to and including Stage 2 standard	Rigging, launching and recovery, sailing techniques, capsize recovery, sailing theory	Able to launch & sail a dinghy around a triangle in moderate conditions	
Stage 4	Up to and including Stage 3 standard	Launching and returning to a beach, jetty or mooring, and sailing a crewed dinghy around a triangle in moderate	Able to launch & sail a dinghy around a triangle in moderate conditions	

RYA advanced modules for youths and adults

Course	Assumed knowledge	Course content	Ability after the course	Min duration
Seamanship Skills	Sailing skills to Stage 4 standard	Launching and recovering the boat in different circumstances, stopping, reducing sail, recovering a man overboard, anchoring	Able to handle a wide range of situations afloat	2 days or an equivalent number of sessions
Day Sailing	Skills and background knowledge to at least Stage 4	Preparing and planning for a day cruise, pilottage and decision making including adverse conditions	Able to plan and execute a cruise, depending on conditions	
Sailing with Spinnakers	Sailing and background knowledge to Stage 4 standard	How to rig the boat, gybe and recover one type of spinnaker, either conventional or asymmetric. How to sail the best possible course downwind	Able to use a spinnaker either conventional or asymmetric	
Start, Intermediate and Advanced Racing	For Start Racing you need sailing and knowledge to at least Stage 3 standard	From fun racing to regattas – all you need to know to get off the start line and round the course	If you go all the way through to Advanced Racing you will have developed your techniques and skills to enable you to confidently take part in higher level competition	
Performance Sailing	Skills and background knowledge to at least Stage 4 standard	Coaching to improve your sailing, primarily in two person boats with spinnakers	Able to sail faster and more efficiently in all conditions	

Recommended books: Start Sailing Beginners Handbook, Dinghy Sailing Advanced Handbook, Go Sailing!

www.rya.org.uk

RYA Youth Sailing Courses

Course Information and Joining Instructions

Briefing: there will be a briefing for sailors and parents outside the clubhouse, at 9.30am on the first day, during where the instructors, safety boat crew, shore team will all be introduced, an overview of the course and it is a great opportunity to answer any questions that you may have.

The very important role of 'Dovey Base' will also be discussed where it is hoped that you parents and guardians will volunteer to cover to help the course run as efficiently as possible. Dovey Base is a shore role, where we ensure somebody is always within the clubhouse to deal with any situations that may arise, most likely toilets, suncream, and general supervision of a youngster if needs to come back to shore during a water session. This person will also be shown how to simply communicate with the instructors via VHF radio. No prior radio knowledge, usage or certificate needed.

Please would all parents complete the self disclosure questionnaire to allow DYC/CHD to comply with the RYA'S safeguarding policies. This should be handed in at the first day's briefing.

https://www.doveyyachtclub.org.uk/tiny_mce/plugins/jsplus_file_manager/alphamanager/uploads//2023/policies/Volunteer_Self_disclosure_form_2.pdf

At the end of the second day of the course, at 16:30 approximately, sailing certificates will be presented and you will be given a brief talk about how DYC/CHD can support you or your child with their future sailing.

Meals: No food or drink is provided, please ensure that you or your sailor brings sufficient food and drink each day; e.g. mid-morning snack, lunch, mid-afternoon snack, and sufficient drinks to cover shore breaks and whilst sailing. Sailors get very hungry and need lots of healthy, slow release energy foods to keep them going, please ensure that you/they have had a hearty breakfast (i.e. porridge) before they arrive. Hot water will be available on site for drinks and soups (please bring your own) and cups will also be available on site.

Medical: All sailors are required to complete a medical questionnaire which you have all done. If anything has changed and importantly if any of your household has developed covid symptoms please let us know. It is important that participants and/or parents/guardians let us know before the course starts if they or their child has any medical conditions we should be aware of and also if they have concerns about us administering first aid and/or taking their child to hospital, if necessary.

This information will be kept confidential, however it will be made available to the instructors, safety boat crews, coach, shore parents and anyone else concerned with the health and welfare of a child.

It is our normal requirement that one parent/guardian for each child/siblings stay at DYC/CHD whilst their child is with us. We can talk this through when we meet on the first morning of the course and in what circumstances this may be amended or if there are any queries.

Venue: The training will take place at Dovey Yacht Club/ Clwb Hwyllo Dyfi. Should the weather be unfavourable for sailing the coaches will provide shore-based instruction.

Kit List

Boat and Equipment: Boats will be allocated by the instructor. Each sailor will be shown how to rig, care for and de-rig their allocated boat. They will be responsible for putting their boat and all equipment away at the end of the day. Parents of young sailors can help here, washing down and putting away.

Sailing Clothes (to be brought each day, in a sturdy plastic bag): For beginners courses all the necessary equipment i.e. wet suit, buoyancy aid, and waterproof top can be borrowed from DYC/CHD. By all means bring your own if you have them. Appropriate footwear (i.e. sailing boots, old trainers that you don't mind getting wet, or strong beach shoes).

In addition you should bring:

- Swimming costume/ swim shorts
- Wetsuit and buoyancy aid, if not using one provided by DYC/CHD
- Thermals to be worn under the wet suit for extra warmth
- Waterproof top / spray top
- Warm hat and/or Sun hat and sun cream
- Large strong plastic bag for wet clothes (a strong dustbin bag is ideal)
- Large towel and shower kit
- 20p coins for the shower

Labelling all items of clothing and equipment, with sailor's name, ensures that 'lost property', which has been found, has a chance of getting returned to its owner promptly.

Please ensure that children do NOT bring money (apart from shower money, 20p), mobile phones, music players, etc, as we cannot accept any liability if anything goes missing.

Parents

Parents or guardians are entirely responsible throughout the training for themselves, their children and their boats on land. DYC/CHD will look after the welfare and safety of participants on the water. For various reasons it may be necessary to bring a participant back to the shore early and parents or allocated guardians must remain available at all times during the day.

Photography

We may use still and video cameras to assist with the coaching. DYC/CHD recognises the need to ensure the safety and welfare of children and young people taking part in boating. They might be shown on the Yacht Club web site as a record of achievement. Please let us know if you are unhappy with this.

DYC/CHD will take all steps to ensure that images are used solely for the purposes for which they are intended. If you become aware that images are being used inappropriately you should inform DYC/CHD's Designated safeguarding officers (DSOs) club official or the person in charge of the activity.

https://www.doveyyachtclub.org.uk/tinymce/plugins/jsplus_file_manager/alphamanager/uploads//2023/policies/Policies/Photography_Policy_29_March_2023.pdf

Risk Statement

It must be recognised that sailing is by its nature an unpredictable activity and therefore inherently involves an element of risk. By taking part in the above course you i.e the sailor agree and acknowledge that:

- 1) You are aware of the inherent element of risk in the sport and you accept responsibility for exposing yourself to such inherent risk whilst taking part in the training course.
- 2) You will comply at all times with the instructions of the trainer, particularly with regards to handling of boats, wearing of buoyancy aids and the wearing of suitable clothing for the conditions.
- 3) You accept any responsibility for injury, damage or loss to the extent caused by your own negligence.
- 4) You will not participate in the course whilst under the influence of alcohol or drugs.
- 5) You have satisfied yourself as to your suitability/eligibility for the course you are attending.

Parental consent and understanding for under eighteens will be assumed as part of the confirmed booking.

Cancellation

Please note that normally a minimum of 4 people are required in order to make courses viable.

If you cancel your course booking within one week of the course DYC/CHD is not obliged to refund the course fee.

If you decide to withdraw from the course after it has started, there will be no refund of the course fee.

Misconduct

You understand that the course organisers may exclude anyone from the training course and evict anyone from DYC/CHD premises who refuses to comply with these terms and conditions or who misconducts themselves in any way or who causes damage or annoyance to other persons.

Data Protection

The information given by you when booking this course will be used by DYC/CHD to allow us to process your registration and attendance whilst you are at DYC/CHD. We will also include your name and address on our DYC/CHD mailing list.

Course enquiries

If you have enquiries please send get in touch:

sailing@doveyyachtclub.org.uk

Kate Stevens/Chief Sailing Instructor: 07984622401

Club Website: <https://www.doveyyachtclub.org.uk/>

Club Policies and guidance: <https://www.doveyyachtclub.org.uk/policies>