



## Cadet Week 1 2024

29<sup>th</sup> July – 2<sup>nd</sup> August 2024 | 9.30am to 3.30pm

<p><b>Course Information &amp; Course Briefings</b></p>	<p>Thank you for booking on to Cadet Week 1! We look forward to welcoming you to NBYC on Monday 29<sup>th</sup> July for the first day of the course. There will be a <b>whole course briefing</b> in the Clubhouse at <b>9.30am</b> where you will be introduced to your instructor.</p> <p>There will be a briefing for parents/responsible adults immediately after Monday's course briefing, which will be finished no later than 10am.</p> <p><b>It has been brilliant to see lots of you on the water so far this season. Our cadet weeks are an opportunity to improve confidence on the water, progress skills and work towards signing off the next stage in your log book. We do not guarantee that your child will complete a full stage during this week.</b></p> <p>The group locations for the week are below. After the first day of the course, please go straight to these areas every morning.</p> <table border="1" data-bbox="264 913 1273 1317"> <thead> <tr> <th>Group</th> <th>Base</th> </tr> </thead> <tbody> <tr> <td>Water Rats</td> <td>Clubhouse</td> </tr> <tr> <td>Stage 1</td> <td>North Lawn Marquee</td> </tr> <tr> <td>Stage 2</td> <td>North Lawn Marquee</td> </tr> <tr> <td>Stage 3</td> <td>South Lawn Marquee</td> </tr> <tr> <td>Stage 4</td> <td>South Lawn Marquee</td> </tr> <tr> <td>Seamanship &amp; Fun in Dinghies</td> <td>Bar</td> </tr> <tr> <td>Start Racing</td> <td>Cadet Shed Gazebo</td> </tr> <tr> <td>Combined Club &amp; Regional Racing</td> <td>Hugh Ferrier Training Centre</td> </tr> </tbody> </table> <p>Our instructors will be keeping a close eye on the weather during the course. While we will make every effort to get you on the water, if the weather is not looking favourable for safe sailing, your instructor will cover land-based theory and activities with you. In the event that the weather is not suitable for outdoor learning, and we are forced to cancel a day of the course, you will be advised the night before.</p> <p>There will be an <b>end of course prizegiving</b> for all students and parents at <b>3pm on Friday 2<sup>nd</sup> August.</b></p>	Group	Base	Water Rats	Clubhouse	Stage 1	North Lawn Marquee	Stage 2	North Lawn Marquee	Stage 3	South Lawn Marquee	Stage 4	South Lawn Marquee	Seamanship & Fun in Dinghies	Bar	Start Racing	Cadet Shed Gazebo	Combined Club & Regional Racing	Hugh Ferrier Training Centre
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<p><b>Location</b></p>	<p>Norfolk Broads Yacht Club The Avenue Wroxham NR12 8TS</p>																		
<p><b>Loco Parentis</b></p>	<p>Children aged 8 and over are not required to have a guardian on site during the course. Those aged 7 will require a guardian to remain on site. All parents will be required to sign your child in/out each day. If you are not able to collect your child, we will ask you to nominate in advance who will be collecting them in loco parentis.</p>																		

<b>Boats &amp; Boat Hire</b>	<p>Unless you are participating in Stage 4, each sailor needs their own boat for the week.</p> <p>If you have hired an NBYC boat for the week you will be allocated your boat on the Monday morning. Please go to the office, prior to the course briefing, to arrange your boat hire. Please note that for those of you who have hired a Topper, a deposit is required for the boat for the week. It is preferable if this is a cash deposit, please.</p> <p>If you have hired a boat from somebody else, please make sure you know where the boat is and have checked it over prior to the course briefing on Monday morning.</p> <p>If you would like to sail a boat that is not a Topper or an Oppie, please contact the training team to discuss this (<a href="mailto:training@nbyc.co.uk">training@nbyc.co.uk</a>).</p>
<b>Racing Groups</b>	<p>If you are in one of the racing groups, please email a copy of the most recently signed section of your logbook to <a href="mailto:chiefinstructor@nbyc.co.uk">chiefinstructor@nbyc.co.uk</a>. This helps our instructor team to plan the week to best utilise your time on the water.</p>
<b>Meals</b>	<p>Lunch is served each day in the Clubhouse. The menu is below, as part of the order you will have already selected your food, this is just a reminder.</p> <p><b>Monday</b> Sausage and mash with peas OR Veggie sausage and mash with peas</p> <p><b>Tuesday</b> Tomato and herb pasta bake OR Three cheese pasta bake</p> <p><b>Wednesday</b> Jacket potato with chilli OR Jacket potato with cheese and beans</p> <p><b>Thursday</b> Lasagne with garlic bread OR Vegetarian lasagne with garlic bread</p> <p><b>Friday</b> Scampi, chips and peas OR Quorn bites, chips and peas</p> <p>If you have not selected food with your order, please make sure you bring a packed lunch. Adults or siblings may also book food for the week in advance, please go back to WebCollect, you will find the information in the calendar date 29<sup>th</sup> July as Cadet Week 1 Extra Meals. All food must be prebooked a week in advance, please note that we cannot guarantee that there will be food available to purchase on the day. The galley will be open to purchase snacks and warm drinks for the duration of the course, and fresh fruit is available free of charge for sailors.</p> <p><b>Please note that this is a NUT FREE WEEK. Please do NOT send food or snacks on to site that include nuts.</b></p>
<b>Facilities</b>	<p>The WiFi access is NBYC Guest, password is NBYCguest2023</p> <p>Warm changing room with drying areas, sockets, lockers, hairdryers and toilets.</p> <p>The gate code for access to the site will be #1358. This code is the same as the one needed to access the toilets and changing rooms.</p> <p>There is ample parking on site.</p>

<p><b>Kit List</b></p>	<p>It is always colder on the water. Even if the weather is good, please make sure you are going to be warm.</p> <p><b>Suggestions</b>  Wearing clothing you can easily move around in and bring spare dry clothes each day. Wet suits are strongly recommended with windproof top and trousers over if necessary. Hat and gloves, sunglasses and sun cream – pack for every eventuality! Please ensure you are wearing sun cream each morning before you arrive.  If you have a watch, make sure it is waterproof or leave it on dry land, just in case!  Please remember to bring lots of warm layers with you – either for layering up on the water, or for when you get back on to land.</p> <p><b>Essentials</b>  If you have long hair wear it tied back or make sure you bring a hair band for your time on the water  You must wear a personal buoyancy (50n min) which fits correctly. NOT the self-inflating type for students. Please note that if your personal buoyancy is not suitable (either in fit or style), you will either be asked to find alternative suitable buoyancy before going on the water.  Closed toe shoes must be worn at all times (on land as well as water).  Sailors in the racing groups will need to have a waterproof racing watch.</p> <p>If you have any queries in relation to the suggested kit list, please do not hesitate to get in touch.</p>
<p><b>A gentle reminder</b></p>	<p>If you are bringing siblings with you who are not on the course, please make sure they wear personal buoyancy on site at all times. If they do not own one, please ask as we may have spares available.</p> <p>Dogs are not permitted on site unless accompanying you to and from your boat, and if so they must be on a lead.</p>
<p><b>Finally...</b></p>	<p>This is a fun week where you will learn lots and make friends along the way...enjoy it. We cannot wait to see you all!</p>