



Scammonden Water Sailing Club Training Centre Junior Training Sessions – Information for Parents & Guardians

Your child will be looked after and trained by qualified RYA dinghy instructors. You will be pleased to know that all our instructors have been provided with safeguarding training for working with children and that we have an active child protection policy in place.

Our fleet of training boats includes the Wayfarer, a large and stable boat which we use for basic training, the Topper, a single handed dinghy suitable for older children and adults, and the RS Tera, a smaller but lively single handed boat, ideal for beginners. In 2019 we added a fleet of Laser Picos, which are both single or double handed boats suitable for older children or adults with a crew.

We try to encourage children to use the single handed boats as soon as possible, as young people tend to pick up the basic skills very quickly and are soon adding to their boat handling skills by competing with each other in our fun races and sailing games.

There are a few things that you will need to be aware of in order that your child gets maximum enjoyment out of the sessions:

- Sailing can be a cold and wet activity at times and we would ask parents to ensure that your child is properly equipped in warm outdoor clothing, either sailing/waterproof clothes or old clothing such as jeans or track suit bottoms, a tee-shirt and a warm long sleeved top with an old pair of trainers. A hat, waterproof top and over-trousers are strongly recommended. We prefer children to wear several layers of clothing, rather than one heavy garment, since layers can be added or removed depending on changes in conditions. A full change of dry clothing will be needed along with a towel.

The sun does occasionally shine at Scammonden, but even when it doesn't it can still cause sunburn in late spring and summer when out on the water. Please provide your child with sun cream or sun block of at least factor 15 protection. A close fitting sun hat (a baseball cap is ideal) is strongly recommended in hot weather. A short cord (an old shoelace is ideal) attached to the hat will prevent it being lost in the event of a capsized.

We have plenty of water for sailing at Scammonden, but dehydration can be a problem when working hard outdoors, so please provide your child with a bottle of drinking water that they can take down to the training area. Our clubhouse provides water, soft drinks and snacks when they are not sailing.

We would prefer your child to leave any prescription spectacles safely ashore, but if your child needs to wear prescription spectacles when sailing, please remember that they are easily knocked off and lost overboard. A safety band (available from most opticians, sailing and outdoor shops) fastened to the side arms and looped round the back of the head will significantly improve security, but is not infallible.

We will provide your child with a well-fitting EC approved buoyancy aid, which they will wear at all times on the water, or near the water's edge. The buoyancy aid is not a lifejacket, but will support your child perfectly well in the water, even if they cannot swim.

For the initial training sessions, we would not recommend that you invest in any specialist sailing clothing. However, we are currently unable to provide wetsuits for children, so they may get a little wet and cold in the event of a capsized.

We would remind parents that sailing does carry a moderate level of risk, in common with most outdoor sporting activities. Through the strict enforcement of safety procedures, serious



accidents during dinghy sailing are very rare, but minor bumps and scrapes are not uncommon. All our instructors are fully qualified in first aid and we are fully equipped to deal with most accidents and emergencies.

If your child does get bitten by the sailing bug and wishes to continue sailing with us, we would strongly recommend you consider purchasing a junior wetsuit from a reputable dealer, to enhance their confidence and enjoyment. If you do need to obtain a wetsuit for your child, please visit a specialist sailing outlet where it can be tried on and fitted by an expert. Our instructors will be happy to recommend a local specialist if asked.

Parents are actively encouraged to stay at the club with their children during training sessions and for children under the age of 14 our child protection policy requires that they are accompanied by a parent or adult family member whenever they are at the sailing club. Our clubhouse provides an excellent indoor panoramic seating area where you can watch the activities on the water. Hot drinks and snacks are always available from the galley and the club lounge bar is usually open most afternoons on sailing days.

Please feel free to walk around the dinghy park and talk to our club members who will usually be more than pleased to show you their boats and answer any questions you may have.

Finally, we follow strict RYA training procedures and your child will learn the proven 'RYA Method' of sailing. Successful completion of a sailing course entitles your child to receive a recognised certificate in one of the RYA Level Schemes.

Please read carefully the Junior Training Application Form and Permissions Slip supplied with this information sheet. We occasionally take digital pictures of us as part of our training activities and we would be grateful if you could indicate on the permissions slip if you would like to place any restrictions on how any images of your child are used.

Charges for training vary considerably depending on the type and duration of course your child is enrolled upon. We will advise you on this when you make your booking. We will also advise if a packed lunch is required.

Covid 19

IMPORTANT: Please do not attend any course at the Club if you, or anyone you have come into contact with in the last 10 days who have symptoms suggestive of Covid-19 such as a new continuous cough, fever or loss of taste or smell or if you have come into contact with someone with coronavirus or coronavirus symptoms.

Full details on how to find us are on our website <http://www.scamondensailing.com>

If you require further information, or have any queries, please do not hesitate to contact the Training Centre Principal, Mr Ian Turrell, T: 07795807265, or email ian_turrell@hotmail.co.uk