

# SOLWAY YACHT CLUB

## CADET WEEK

### 2024



**Sunday 20th to Thursday 25th July 2024**

### Frequently Asked Questions (FAQs)

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#### 1. What is Cadet Week?

Cadet Week can best be described as a sailing and social festival for youngsters.

The Solway Yacht Club (SYC) has run a special week for cadets for as long as anyone can remember. Cadets have come from the local towns and villages but there has always been a large contingent from further afield. People have come from across Scotland, from the rest of the UK and even from abroad.

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#### 2. What water activities are there?

There are four groups:-

- **Les Képis Rouges** (RYA Training - a beginners group)
  - **Les Képis Blancs** (an intermediate group)
  - **Les Képis Bleus** (a novice racers group)
  - **Racing Group Képis Noirs** ( an experienced racing regatta)
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#### 3. How do I know what's going on?

Pretty much all the activities and times are published in the 'One Stop Programme'. This will be emailed out to all entrants but paper copies will be posted all over the clubhouse and some hard copies made available to take away at the Briefing.

The '**One Stop Programme**' applies to all groups apart from Start Times. The RYA group have slightly later Turn up and Start Times but these will be detailed at the Briefing.

**The Briefing is on Saturday 20<sup>th</sup> July at 18:00 in the clubhouse.** The Briefing is **VERY** important as it will cover all the groups. Please make every effort to attend.

The social events will be explained and catering options explained. Individual briefings for the groups will follow immediately.

The following day, Sunday, an early arrival is essential. **All groups, other than The RYA training group (Les Képis Rouges) should arrive no later than 09.00. The RYA training group ( Képis Rouges) will be meeting at 0930**

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#### 4. What will the racing group do?

This group will go racing every day. Full details of the schedule will be outlined at the briefing but details are also shown in the Notice of Race on the club website. The Sailing Instructions will be available at the briefing.

The racing area is the estuary of the River Urr stretching from south of the club's pontoons out to the water to the south of Rough Island. There is a path leading from the village out towards the

beach near the north end of the island. Spectators can view from there or from the hill above where there are well kept paths.

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## 5. What are the Képis Blancs?

SYC introduced this group to provide a bridge between the formal RYA courses and going racing. Experienced coaches will develop skills already gained and seek to enable the participants to move on into their chosen post-training activity. The main purpose is to allow for an easy path into racing but, if that is not the choice, more general skills will also be taught.

There will be no formal qualifications awarded but there will be an opportunity to learn from some acknowledged experts.

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## 6. What are the Képis Bleus?

The Képis Bleus are natural progression from the Képis Blancs and will allow those who would like to race to be coached in the skills required. They will be an integral part of the racing fleet but differentiated in that they will receive dedicated coaching to build skills and confidence. We will also recognise their beginners at prize giving by peeling out their results accordingly. Like the Képis Blancs, no formal qualifications will be awarded.

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## 7. What are the Képis Rouges?

The Képis Rouge are the RYA beginners course.

The training will be under the management of an RYA Senior Instructor, who will be working with other RYA Senior Instructors and Dinghy Instructors as well as Assistant Instructors, experienced helpers and safety boat crews.

The training will follow the RYA Youth Sailing Scheme syllabus and trainees will be aiming at the levels of qualification offered by the RYA. The RYA website has more details at: <http://www.rya.org.uk/coursestraining/courses/dinghymultikeel/Pages/youthbeginners.aspx> .

Trainees will start at Stage 1 and will progress to Stages 2 and 3 depending on progress. Those who already hold qualifications will be assessed and, after some revision, may move onto the next level. Those who gained qualifications in previous years but have not sailed since may require considerable revision. The course is aimed particularly at Stages 1 to 3. Progress beyond that will not normally be possible.

The training will occupy Monday to Friday with Friday being a bit more relaxed depending on progress. Progress depends on the skills learned but may also depend on wind and sea conditions. The Urr is tidal and can be affected by weather far out to sea. However, the area we use is well sheltered so we hope not to be delayed by bad conditions.

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## 8. What clothing or equipment do we need?

Participants are encouraged to use their own boats where possible. However, priority will be given to supplying boats for the RYA training group and for the Képis Blancs. All other groups are required to source their own boats.

Racing boats should be of a class recognised under the RYA Portsmouth scheme.

No fancy clothing is required but we recommend:-

- A wetsuit - ideal but not entirely essential. Cheap ones may be found at Argos, Aldi, Decathlon and other places.
- Dinghy boots or old trainers do fine for footwear.

- Sailing Gloves are good but cheap gardening gloves do just as well ( top racers use gardening gloves!)
- A waterproof top and bottoms - these are essential. Even if it's not raining, sailors get wet and, even with a wetsuit, will get chilled without something wind and water resistant.
- A woolly hat or cap - lot of heat can be lost via the head and a cap is an important sun block.
- Sunscreen - a high factor sunscreen is important 30 (UVA) and 4 stars.

There are showers but you'll need shower gel and a towel.

Do not go on the water with expensive jewellery or watches; they don't float.

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## 9. How does safety figure?

**Safety is at the top of the agenda always.**

Instructors, coaches and safety crews will make it not too heavy but sometimes activities may be cut short or abandoned if safety would be compromised. You **MUST** do what the instructors and coaches say.

Buoyancy aid or lifejacket (as appropriate) are compulsory and **MUST** be worn on or near the water. **ALWAYS.**

There will be a detailed safety briefing at the start of the courses.

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## 10. Who else can get involved?

The smooth running of **the event cannot happen without the active involvement of volunteers and helpers and we count parents, guardians and other family members in this.** You are warmly encouraged to pitch in and help. You can indicate your willingness on the entry system Webcollect or simply sign up at the Briefing on Sunday evening. Volunteer helpers who are not already SYC members need to enrol as Temporary Members to ensure they are fully covered by SYC insurance; please make sure you have signed the simple form.

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SYC 15/5/24