

# SOLWAY YACHT CLUB

## CADET WEEK

### 2025

Monday 21<sup>st</sup> Saturday 26th July 2025

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 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 beginner's 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?

All the activities on and off the water, 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.

**The Briefing is on Monday 21st 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 and catering options are explained. Individual briefings for the groups will follow immediately.

The following day, Tuesday, an early arrival is essential. **All groups should arrive no later than 08.00.**

We will be happy to answer any questions that arise during the week. You can also get in touch beforehand if you have any worries or queries that we can help with.

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#### **4. What are the Képis Rouges?**

The Képis Rouge are the RYA beginner's course.

The training will be under the management of an RYA Senior Instructor, who will be working with other RYA 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. Please see course content in Appendix 1 below. The RYA website has more details at: [Courses](#) .

Please also refer to the attached [pathway information](#).

The training will occupy Tuesday to Saturday, with Saturday 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.

By the end of their second year in Képis Rouge they should have achieved all 3 stages. Stage 3 needs to be achieved before progression to Képis Blancs.

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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 seamanship 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, with an introduction into double handers where appropriate.

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 these 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 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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## 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 (Képis Rouges) and for the Képis Blancs. All other groups are required to source their own boats (Képis Bleu and Képis Noir).

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

You will be expected to supply your own clothing including: -

- A **buoyancy aid** – these can be purchased from places like sports direct, Decathlon, Amazon to name but a few
- A **wetsuit** - 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.
- **Sunscreen** - a high factor sunscreen is important 30 (UVA) and 4 stars.
- You will be supplied with a cap with your groups colour
- There are showers but you'll need, **shampoo, shower gel and a towel**

**Do not go on the water with any jewellery 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 are the leaders and instructors?

The head of the club is the Commodore, Scott McColm.

In charge of all the week's activities, other than the formal RYA training is Cadet Officer, Joanne Harris. She will be in Kippford much of the time, her contact number is 07514892091 for any

queries or questions during the week.

The RYA Training Centre Principal/Training Officer is Emma McRobert and Course Leader for the RYA Training is James Bishop, who is a qualified RYA Senior Instructor.

We have several very experienced instructors and a few who have not long qualified. All have had previous experience and have sailed at SYC for some time. We have several young instructors with the intention of investing for the future. Our club will depend on these enthusiastic young people as time rolls on. We have a great mix of age, experience and youthful vigour.

All instructors hold relevant qualifications from the RYA, powerboat driving qualifications and first aid certificates. The club is a Recognised Training Centre certified by the RYA and subject to stringent annual inspection. We pride ourselves in always passing inspection with no significant criticism.

The club has a policy of encouraging its young sailors along the difficult road to becoming qualified instructors. During the week, some instruction may be given by trainee Assistant Instructors, who are very good sailors. They will be mentored by our Senior Instructor and will always be under the close supervision of a qualified instructor. We also are lucky to have some mature sailors with great experience who act as Assistant Instructors. There is always a qualified instructor in charge of a group.

Everyone involved with the training is PVG checked.

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## **11. 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 Monday 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.

We cannot wait to welcome you and your cadets to Solway Yacht Club, for which we hope will be a wonderful week on and off the water. Wishing for sunshine and fair winds.

## Appendix 1

<b>Stage 1</b>	
Understand personal safety – clothing	
Can put on a personal buoyancy aid	
Has knowledge of wind direction	
Understands local hazards	
Can assist rigging a dinghy	
Can launch a boat & get underway	
Can be a responsive crew under instruction (Mirrors)	
Understands the effect of basic boat controls	
Understands principles of stopping	
Understands principles of controlling speed	
Understands principles of stopping, controlling speed and getting out of irons	
Name basic parts of a boat	
Can steer on a reach and go about	
Can paddle or row	
Can call for assistance	
Understands how to help those in distress	
Understands local hazards	
Confident in the water	
Capsize: knows the importance of staying with the boat	
Understands how to prepare for a tow	
Can steer when sailing & being towed	

Can secure a boat to a trolley	
Can assist with recovery & stowage	

<b>Stage 2</b>	
Can choose and correctly adjust a buoyancy aid	
Understands what to wear and why	
Understands wind direction & ways of finding	
Can put a boat head to wind for rigging	
Can rig a dinghy without assistance	
Can to manoeuvre a trolley (including overhead cables)	
Understands windward, leeward and gybe	
Launch & recover in offshore wind	
Can control speed & stop by lying-to	
Understands No Go Zone	
Can get out of irons	
Can go about (close reach to close reach)	
Can crew effectively (Mirrors)	
Can sail a shallow triangle under supervision with gybe	
Understands 5 essentials	
Understands returning to shore - offshore wind	
Can right a capsized dinghy	
Scooped up during capsize (double hander)	
Knowledge of Port / Starboard rule	

Knowledge: spars & rigging, parts of a sail, sail controls & foils, offshore & onshore winds, telling someone ashore, danger of man-made hazards e.g. power lines, weirs etc..

Ropework: Round turn & two half hitches & reef knot

<b>Stage 3</b>	
Understand personal safety equipment	
Understands boat buoyancy	
Understands basic safety equipment; anchor, paddle	
Knows how to obtain a weather forecast	
Understands the Beaufort Scale	
Knows when to reef ashore	
Can rig, launch & recover in an onshore wind	
Can demonstrate the 5 essentials – basic principals	
Can sail all points of sailing on triangular course	
Sailing/Tacking upwind and gybing from a training run	
Coming alongside moored boat	
Prepare for/take up a tow.	
Picking up a mooring	
Understands a race course, starting and basic rules (port/starboard, windward & coming from clear astern)	
Understands how to recover a MOB	
Demonstrate righting a capsized dinghy	
Can store a dinghy ashore	

Knowledge: How a sail works, basic terminology (windward, leeward, bear away, luff up), communication aboard, lee shore danger & sailing in close company, coastal sailing, personal safety, hypothermia & importance of First Aid.

Ropework: Bowline, clove hitch & rolling hitch

