

# REQUIREMENTS

For  
Junior Sailing Course  
CYBC 2010



Welcome to CYBC Junior Sailing course 2010. We are looking forward to having even more young people learn to sail with us than ever before! Our mission is for trainees to have fun learning to sail, and for them to meet and make friends with a group of people over the 5 weeks of the Junior Sailing Course. There are a number of requirements which participants, and parents of participants, need to fulfil in order for the course to operate safely and effectively:

## **1. Boats and 'boat places':**

It is not necessary to have a boat to participate in the course but it is necessary to secure a 'boat-place'. A limited number of club boats are available. Having a boat place at the appropriate level is a prerequisite to your child participating fully in the sailing course. Those parents who are looking to buy a boat should look at the club notice board or websites such as [www.apolloduck.ie](http://www.apolloduck.ie).

## **2. Boat insurance:**

All boats must have insurance before being brought onto club property. Boat declaration forms may be obtained from the club or downloaded from the club website ([www.cybc.ie](http://www.cybc.ie))

## **3. Parents Participation:**

The course is open to children whose parents/guardians have or obtain family membership of CYBC. There is a discount scheme in place for new family members of 75% for 1<sup>st</sup> year; 50% for 2<sup>nd</sup> year.

Parent's participation is a requirement for the safe running of the sailing course. The course cannot be run without the active participation of the parents. A rota will be drawn up to cover the duration of the course with two parents being assigned to each day.

There are two primary tasks for the parents:-

- Road Crossing: The Clontarf road presents a particularly dangerous crossing for the children. It is imperative that an adult is available to supervise all road-crossings. There will be children as young as 10 years crossing the road at least twice during the day and more, if gear is forgotten etc.
- Kitchen duties which are as follows:

- i. Make hot drinks, soup and hot chocolate available to the trainees after they come off the water. Instructions as to where food, pots etc are stored will be pinned in the kitchen.
- ii. Ensure the trainees tidy up the kitchen and clean up the eating area when lunch is finished and that the kitchen is left clean and ready for the next day.
- iii. Ensure the keys to the presses are returned to their designated spot.

The date and time of your duty, along with the full COURSE PROGRAMME 2010, will be sent to you when registration has closed. Parents/Guardian will be advised by the senior instructor on times for lunch and expected times of return from sailing,. The senior instructor will coordinate times for road crossing with parent/guardian on duty.

The Senior Instructor may be contacted on the Junior Sailing phone: 087-2660412

If parent/guardian is not available for their assigned day, it is their responsibility to arrange a substitute or swap with another parent/guardian.

#### **4. Safety:**

Safety is the priority and is everyone's responsibility. For safety, participants must stay within club property whilst not on the water. If you wish to allow your child to leave the club premises, a permission note must be completed. The Permission form is included with this pack. We would advise parents/guardians to familiarise themselves guidelines on safety in sport to be found at the ISA (Irish Sailing Association – [www.sailing.ie](http://www.sailing.ie)) and the Irish Sports Council websites.

#### **5. Communications:**

Contacting the course organisers may be done as follows:

1. email to [junsailcybc@yahoo.ie](mailto:junsailcybc@yahoo.ie)
2. leaving a message on the Junior Sailing Mobile: 087-2660412
3. leaving a message at the club 8332691
4. Posting letter to 'Junior Section' C/o CYBC

#### **6. Work Party:**

A work party is scheduled for the **Thursday 24<sup>th</sup> of June at 18:30** to prepare the shed and club area for the junior course. Your participation would be greatly appreciated. The more that turn up the shorter and easier the job will be.

## **7. Guidelines for trainees:**

We want trainees to have an enjoyable summer by having fun learning to sail well. The course begins on the **Monday 28<sup>th</sup> of June at 9:00.**

There are a number of points you need to pay attention to.

### **1. Safety:**

Safety is the most important point to keep in mind.

A Safety training document will be provided that each trainee will have to read, sign and return.

### **2. Swimming Assessment:**

For new trainees there will be a swimming assessment (be able swim 25m) at the start of the course.

### **3. Equipment and clothing Care:**

Each trainee should have all their clothing and sailing equipment **marked with their name and telephone number.** Trainees are responsible for the care and safe keeping of their own equipment.

Personal Equipment Required:

1. Wet suit
2. Buoyancy aid
3. Suitable footwear (runners, footwear with a hard sole)
4. Kag or windbreaker
5. Towel
6. Change of Clothes

Other items that will be needed :

- Suncream
- Sunglasses(UV)
- A mug for a hot drink
- Lunch each day
- A notebook, pen/pencil

### **4. Cleaning duties:**

At the end of each day the dressing-rooms, shed area and boat park must be tidied. A trainee's rota will be drawn up for tidy-up at the end of each session. Trainees will be required to clean and tidy up on the rota and will be supervised by the parent of the day.

### **5. Behaviour**

Trainees will be expected to adhere to the code of conduct and behave in a respectful manner to other trainees, instructors, club property and equipment of the club.

Trainees must follow instructions from Instructors and Parent/Guardian of the Day.

**Have Fun**

**&  
Safe Sailing!**

**I have read and understood the above document and agree to it's procedures:**

<b>Parent's signature</b>		<b>Date</b>
<b>Trainee's signature</b>		

**Now please complete the following documents:**

- 1. BOAT DECLARATION FORM**
- 2. APPLICATION FORM**
- 3. PERMISSION FORM(if required)**