



## LRYC ISA JUNIOR SAILING COURSE INFORMATION & CONDITIONS.

Our sailing courses are ISA certified run by ISA qualified Instructors who follow the relevant national syllabi, **ISA Cara na Mara** & the **ISA Small Boat Sailing Scheme (SBSS)**.

- 1. ISA Cara na Mara** The **ISA Cara na Mara** (Otters, Seals, Dolphins & Orcas) for ages 7-10 provides a child focused approach to the introduction of sailing for children. The Otters & Seals courses run for 10 half-days over the two weeks July 1 – July 12. Typical activities for Otters are: Describe where/when and why you must wear a buoyancy aid, tie a figure of 8 knot, identify which way the wind is blowing, assist with rigging a boat, steer a boat, identify one species of fresh water mammal, bird & fish, paddle a boat etc. Typical activities for Seals are: With your buoyancy aid on, be able to circle a capsized boat and hold on all the time, name the main parts of your boat, sail with crew, measure wave height, paddle a boat in a straight line, build an anemometer to measure wind speed, coil a rope etc. The Dolphins and Orcas courses run for 10 full days (Monday-Friday) from July 1 – July 12. Typical activities for Dolphins are: Describe the different points of sailing, tie a clove hitch and a bowline, throw a lifebuoy, care for someone who is cold, estimate the wind speed in knots, build a barometer, Rig your boat with assistance, secure boat to trolley and move it around, right a capsized boat etc. Typical activities for Orcas are: Rig your boat for the conditions, apply the '5 essentials' of sailing, right an inverted boat, recover a man overboard, tie a fisherman's bend, throw a line, obtain a weather forecast and predict weather in your area, row around a triangle and come alongside, identify and differentiate 3 mammals, birds, fish, and other invertebrates etc.
- 2. ISA Small Boat Sailing Scheme (SBSS)** The **ISA Small Boat Sailing Scheme (SBSS)** provides training for people using all types of small sailing boats. The following courses will run this summer for juniors aged 11-18 years. Start Sailing and Basic Skills for 2 weeks July 1<sup>st</sup> - 12<sup>th</sup>) and Improving Skills plus Kites & Wires, Go Racing, ABH or Adventure for 3 weeks (July 1<sup>st</sup> – 19<sup>th</sup>). In respect of the Level 4 courses being run this year, no decision has been made at this stage, please highlight your preference and the Club will come to a consensus on the basis of majority preference. **Start Sailing** By the end of this course sailors will be sailing in light wind conditions with assistance from their instructor. It is their first formal sailing course. **Basic Skills** By the end of this course sailors will be sailing on their own in light wind conditions without assistance from their instructor. This means that at the end of this course they will be capable of rigging, launching, sailing and recovering their boat in light conditions without any assistance. It is important that as well as having the skills, they understand the circumstances in which it would be safe to do this. **Improving Skills** To develop the skills and knowledge sailors need in order to set up and sail the boat more effectively and in moderate conditions. This course will also prepare them for the specialist courses ahead. **Go Racing** By the end of this course sailors will be prepared for all aspects of racing from a club to a national level. All sailors will also have participated in six club races as helm, six club races as crew and one inter club regatta. **Advanced Boat handling** To develop advanced boat handling, tuning skills and to prepare sailors to sail flat out in strong winds. *Please note that levels up to Improving Skills will be run for certain, In respect of GR1/2, Advanced Boat Handling & Kites & Wires, this decision will be made closer to the time and will be dependent on the numbers applying who applied for the specific courses.*

**CONDITIONS** The LRYC Junior Sailing Course (JSC) commences this year on Monday July 1<sup>st</sup>. Courses will run for 2 or 3 weeks finishing on Friday, July 12<sup>th</sup> & 19<sup>th</sup> 2019 respectively. The Committee reserves the right to decide not to proceed with the JSC. The Committee also reserves the right to decide which applicants will be accepted for the JSC, but in general the following criteria will apply: **1. Age Applicants for Cara na Mara must be over 7 by 1 July 2019.** Applicants for the Small Boat Sailing Scheme (SBSS) must be over 11 years of age by 1 July 2019. **2. Membership FIRST TIME APPLICANTS** for Cara na Mara and Start Sailing on the Small Boat Sailing Scheme (SBSS) are exempt from paying a membership fee but will be considered members of LRYC for the duration of the Junior Sailing Course.

**ALL OTHER APPLICANTS** must be fully subscribed Cadet/Family members. Where an applicant is not already a member, they must complete a membership form (see <http://www.lryc.ie/membership/> for information and application form) and have it signed by a proposer and seconder. The membership form should be attached to the Junior Sailing Summer Course application form together with a separate cheque for the subscription fee.

### 3. Boats

**Cara na Mara: Otters & Seals** do NOT need a boat or a place in one. **Dolphins & Orcas** must have a boat or a place in a boat with a sailor of the same level. **SBSS** : All participants on the SBSS up to and including Go Racing 1/ABH/Adventure1 must have a boat or a place in a boat with a sailor of the same level. The Club has some Optimists for rent. These are available on a first come, first served basis. All boats must pass a safety check on the first day of the JSC. Children whose boats do not pass the safety check will not be permitted to participate in the JSC until all the faults are rectified to the satisfaction of the Senior Instructor.

**Pico and Feva Rental.** There are a limited number of Club Picos and Fevas available to rent. Picos are available to participants doing Cara na Mara Dolphins & Orcas and participants on SBSS – Start Sailing and Basic Skills. Fevas are available to sailors in Improving Skills. Rental boats will be checked out at 6pm on the Sunday prior to the commencement of the rental period. They must be checked back in at the completion of this rental period. Sailors checking in and out boats must be accompanied by a parent or guardian. Renters are then fully responsible for the maintenance of these boats for the duration of the JSC. Application forms for all club boat rentals can be found on our online JSC Application Form.

4. **LRYC Berthing** The families of children participating in the LRYC JSC who wish to berth their boats in LRYC for the duration their child is on the JSC, must be Family Members. There is a weekly berthing charge of €35 per boat and a weekly charge of €15 for electricity. Our berthing form can be found on our online JSC Application Form. ***The only people exempt from these charges are those boat owners who have paid 'Season Fees'.***
5. **Information for Parents/Guardians** It is expected that a parent or guardian of each child participating in the JSC will attend the Club at 9.30 am on Monday July 1<sup>st</sup>, the commencement date of the JSC. We will welcome the opportunity to meet parents, especially those of first time participants. This meeting will be attended by the Junior Organisers, our Commodore and our Senior Instructor. It will give everyone the opportunity to meet and get answers to all those last minute questions.
6. **Parental Assistance – Shore Duty** As usual, we need Parental Assistance for shore duty. All parents who have a child participating in the JSC must be available for at least 1 slot as a Shore Parent during the weeks your child is attending the JSC. If you have 2 children on the JSC, 2 slots. A slot is measured as being on shore **EITHER** from 9am until after the lunch break, **OR** from the beginning of the lunch break until approx. 4.30pm. This ensures that there will be, at all times, an adult on shore for the three weeks of the JSC. This on-shore presence means that any child having an accident, either trivial or not so trivial, may be brought to a doctor for assessment and receive appropriate and immediate care. This is as we would wish all our children to be cared for, but is only possible through this type of organisation. The shore parent also has a tendency to inhibit the excesses of children's behaviour, especially at lunchtimes when Instructors themselves require a break from their role as teachers and

supervisors of sailing activities. A rota of Shore Parents will be planned and drawn up. The rota will be posted on the Clubhouse window on the first day of the JSC, July 1<sup>st</sup> so parents can see where/when they have been rostered. In the event of a time not suiting, a person can arrange a swap on their own initiative with someone else but it is essential the slot is covered. **Please inform LRYC Organisers of any changes.** We are asking parents to indicate on the Application form, days or dates that **DO** suit them. Slots on the rota will be allocated according to the number of children each parent has attending a JSC. **Everyone's lives are busy and we know this may be awkward and more onerous to some than others, but there is no alternative and we would appreciate your cooperation on this matter.**

## 7. Sailing Requirements for Levels

In order to achieve an Irish Sailing Association Certificate in Improving Skills and Adventure 1 the following is required to be carried out and signed off by a race officer in the sailor's logbook or online passport system:

- **Improving Skills:** Total of eight races, including a minimum of five races as helm (3rd on A SOD does not count).

- **Go Racing:** All sailors should have participated in six club races as helm, six club races as crew and one inter club regatta. For the 2019 JSC, the above logbook requirements should have taken place between September 2017 and September 2018. ISA Certificates (through online passport system) in these levels will not be issued without the above logbook/passport requirements. The use of the new SI online Passport system is in use since 2017 so please find your login's or talk with the Senior Instructor if in doubt.

8. **Buoyancy Aids** All applicants must be in possession of an adequate personal buoyancy aid. Buoyancy aids will be inspected on the first day of the JSC and no person will be allowed to take part without an approved buoyancy aid. Inflatable life jackets are not suitable for the JSC.
9. **Boat Insurance** All boats must be insured against third party risks for a minimum of €1,270,000.
10. **Boat Equipment** All boats must be equipped with oars or paddles of a functional design and a 3-metre painter (rope for towing).
11. **Committee Rights** The Committee reserves the right to: **(a)** Limit the number of trainees, **(b)** Reject unsuitable applicants, **(c)** Suspend trainees if found unsuitable for any reason and **(d)** Cancel the JSC, or any part thereof, without warning, at their sole discretion.
12. **Allocation of Places** In the event of a JSC being over-booked, preference will be given to the following: (a) Children of members, (b) Children who have previously attended a JSC at LRYC and (c) Children of nonmembers.
13. **Behaviour** LRYC ascribes to the "Code of Ethics and Good Practice for Children's Sport" issued by the Irish Sports Council. This is designed to protect children from bullying or abuse. Our Child Liaison Officer for the JSC 2019 is Clodagh Flannery who is available to discuss any concerns in either of these two areas. The Club has a Code of Conduct which is in the 2019 Sailing Programme. We expect this to be observed.
14. **Passing Sailing Levels** Please note, for both yourselves and your children that the JSC is primarily about children enjoying themselves through the medium of water and sailing, and acquiring a skill that they will have throughout life. It is **not important** to pass a new Level every year. For Improving Skills, most children would be advised to consider this Level a two-year project. This allows children to be more relaxed and to enjoy the sailing and instruction, and the JSC itself, and thus minimises the fear of failing. Most children spending two years achieving a Level will have spent more time in the boat, be more comfortable and in control of the boat and better able to cope with the increased demands of the next and more advanced Level. It is hoped that the JSC will form just part of the sailing activities your children will participate in at LRYC and that they will be on the water at many other times. Please consult the Annual Sailing Programme for all Junior Events.

- 15. Wednesday Night Sailing** Junior sailing will also be held on each Wednesday evening during the JSC and it is strongly encouraged that the children will participate. **Please read 8. Sailing Requirements for Levels.** The bar will be open and the gas BBQ available in the hope that parents/guardians will visit, use the facilities, meet other parents and members, and avail of a lovely atmosphere at the Club. **Please note parental/guardian supervision is required (at all times) for your children using LRYC Club facilities outside of the Junior Sailing Course hours.**
- 16. Progress reports.** Progress reports will be issued to all participants mid-way through the JSC. These should be signed by a Parent or Guardian and returned to the relevant Instructor.
- 17. Text Messaging.** We propose to use group text messaging to contact parents/guardians during the JSC.
- 18. Care of boats and boat parts.** There has been a high incidence, in the past, of boat parts going missing during the JSC. All removable items should be clearly marked, where possible, with the boat name and number. It is also recommended that sailors should be provided with a kit bag so that they can take home bungs, ties, shackles, sheets etc. each evening. Parents need to impress on the children the importance of respecting other peoples' valuable property and of taking responsibility for their own expensive equipment. This also applies where sailors are hiring Club Picos and Fevas.
- 19. Care of personal belongings.** All personal belongings must be clearly marked with the sailor's name and must be removed each evening from the Club. Anything remaining in the Club at the end of a day's session is not the responsibility of the Club. The children's belongings are the Parents' responsibility. Any item remaining in the Club at the end of the JSC will be sent directly to St.Vincent de Paul.
- 20. Clothes and other items required. On the water:** Wetsuit. Waterproof jacket or cag. Bootees. Hat. Sun block. **On land:** Warm dry clothing. Towel. Sailors should also bring a packed lunch including a mid-morning snack. If children need hot water at lunchtime they must ask the parent on duty. Children are not allowed in the kitchen for safety reasons.
- 21. Mobile Phone Policy for Instructors & Sailors** Mobile phones cannot be used by Instructors/Sailors in the changing rooms.
- 22. Club Boundaries.** Sailors are not permitted to leave the Club during JSC hours unless written permission is given by parents/guardians to the Senior Instructor. This includes lunch breaks.

## Code of Conduct for Young People

Lough Ree Yacht Club wishes to provide the best possible environment for all young people involved in the sport. Young people deserve to be given enjoyable, safe sporting opportunities, free of abuse of any kind. These participants have rights, which must be respected, and responsibilities that they must accept. Young people should be encouraged to realise that they have responsibilities to treat other participants and sports leaders with fairness and respect.

### Young sailors are entitled to:

◆ Be safe and to feel safe ◆ Be listened to ◆ Be believed ◆ Be treated with dignity, sensitivity and respect ◆ Have a voice in the club ◆ Participate on an equal basis ◆ Have fun and enjoy sport ◆ Experience competition at a level at which they feel comfortable ◆ Make complaints and have them dealt with ◆ Get help against bullies ◆ Say No ◆ To protect their own bodies ◆ Confidentiality

### Young sailors should always:

◆ Treat Sports Leaders with respect, (e.g. instructors, club officials etc.,) ◆ Play fairly at all times, do their best ◆ Respect other members, even when things go wrong ◆ Respect opponents, be gracious in defeat ◆ Behave in a manner that avoids bringing the sport of sailing into disrepute ◆ Talk to the Child Liaison Officer if they have any problems (Clodagh Flannery 087-30 90 811)

### **Young sailors should never:**

◆ Cheat ◆ Use violence or physical contact that is not allowed within the rules ◆ Shout or argue with officials, instructors or other sailors ◆ Harm other sailors or their property ◆ Bully or use bullying tactics to isolate another sailor ◆ Use unfair or bullying tactics to gain advantage ◆ Take banned substances ◆ Keep secrets, especially if they have been caused harm ◆ Tell lies about adults / young people ◆ Spread rumours In the event of a breach of the Code of Conduct, the Club's protocol is a verbal warning to child and parent, written warning or suspension from the JSC, whichever the Club deems appropriate.

### **Guidelines for Parents**

#### **Lough Ree Yacht Club believes that parents should:**

- Be a role model for your child and maintain the highest standards of conduct when interacting with children, other parents, with officials and organisers
- Always behave responsibly and do not seek to unfairly affect the sailor or race
- Never intentionally expose any young participant to embarrassment or disparagement by the use of flippant or sarcastic remarks
- Always recognise the value and importance of the volunteers who provide sporting/recreational opportunities for your child. Do not publicly question the judgement or honesty of instructors, officials or organisers. Instead use the appropriate procedures.
- Encourage your child to play by the rules. Teach your child that honest endeavour is as important as winning and do all you can to encourage good sportsmanship.
- Set a good example by applauding good play on both sides. Encourage mutual respect for sailors
- Parents should support all efforts to remove abusive behaviour and bullying behaviour in all its forms.

#### **Parents Code of Conduct:**

1. I will respect the rules and procedures set down in LRYC Code of Ethics for Children in Sport.
2. I will respect my child's fellow sailors, instructors, officials, judges and parents, as well as those from opposing teams. I will encourage my child to treat others with respect.
3. I will give encouragement and applaud only positive accomplishments whether from my child, his/her sailing companions, their opponents or the officials.
4. I will respect my child's instructors and support his/her efforts
5. I will respect the officials and their authority during sessions and events
6. I will never demonstrate threatening or abusive behaviour or use foul language.