



Learn to Sail program

Registration 2015/16

Participant details

Name _____

Address: _____

Date of birth: _____ Age: _____

Phone number: _____ (h) _____ (mb)

Email: _____

Swimming ability: non-swimmer < 25 m 50 m > 50 m

Previous sailing experience: nil some lots

Details of previous sailing experience: _____

ALLERGIES / MEDICAL CONDITIONS / DISABILITIES

Letting us know about these concerns will not prevent people from participating, rather they will allow us to plan lessons and safety procedures accordingly

Parent/caregiver details (if participant is a junior member)

Name: _____

Address: _____

Phone number: _____ (h) _____ (mb)

Email: _____

EMERGENCY CONTACT INFORMATION

Name	Phone number (1)	Phone number (2)

Office Use Only Swimming ability verified 50m support self w/o PFD 15 mins
Participant a CRSC sailing member yes no
YA Number (via Silver Card Checker YNSW)

Learn to Sail program 2015

Start Sailing JUNIOR FLEET

Session day: Saturday
 Session time: 11.30am – 2:00pm
 Start date: 10 October 2015
 Session dates: 10 October
 17 October
 24 October
 31 October
 7 November (TBA)
 14 November
 28 November
 12 December



Open Bic

ARRIVE & GET READY	BRIEFING & ON-WATER	DE-BRIEF & PACK UP
11:30 AM – 11:50 PM	11:50 – 1:30 PM	1:30 – 2:00 PM

See attached for more information about the type of things participants will learn.

Cost per program <i>Special rates for families</i>	If you are new to sailing			Previous sailing club member		
	Junior	Senior	Family	Junior	Senior	Family
CRSC membership *	\$75	\$150	\$150	\$75	\$150	\$150
Yachting Australia registration **	free for 1 st year	free for 1 st year	free for 1 st year	\$50	\$50	\$150
Boat hire for program duration	\$50	\$50	\$50 per person	\$50	\$50	\$50 per person
Training by qualified sailing instructor	free	free	free	free	free	free
TOTAL	\$125	\$125	<i>self-add</i>	\$175	\$250	<i>self-add</i>

* Membership is required to participate in the program. Family membership rate = \$150.
[Download](http://www.crsc.yachting.org.au) a membership form from the Club's website – www.crsc.yachting.org.au

** Yachting Australia registration includes personal and accident insurance cover and is capped at \$150 per family.

About the Clarence River Sailing Club Learn to Sail program



- ▶ The *Learn to Sail* program is only available to Club members.
- ▶ The program follows a lesson format which is structured to build participant confidence and ability – students will never be pushed into a situation for which they are not ready, but regular attendance is a must!
- ▶ The aim is to build student skill so they can participate in racing at Club level.
- ▶ Students will be permitted to race when they have achieved Basic Skills 2 level and can demonstrate knowledge of the rules of sailing.
- ▶ Training is conducted by Yachting Australia accredited instructors.

See attached for more information about the type of things participants will learn.

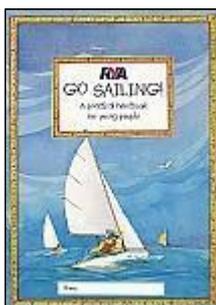
Basic Requirements

- ▶ Participants need to be prepared to get wet!
- ▶ Board shorts and rash shirts are ideal, a wetsuit for colder days.
- ▶ Sunscreen, drink bottle and a hat (preferably one that won't blow away) are required.
- ▶ **Footwear that can get wet such as wet shoes or soft soled joggers are essential as fresh water stonefish (bullroak) are found in the Clarence River.**
- ▶ **Participants need to be able to swim 50 metres and must be confident in deep water.**
- ▶ **Each participant will be required to provide and wear a personal floatation device** (Type 2 PFD must comply with Australian Standard AS1499). Yachting Australia special regulations suggest children under the age of 12 years should wear PFD Type 1 (AS1512) rather than PFD Type 2 or PFD Type 3 to ensure correct flotation.
- ▶ Parent assistance is required to unrig the boats at the end of each training session.

Session details

- ▶ Sessions commence sharply at the advertised start time.
- ▶ Participants are to be dressed ready for sailing at briefing start time including the wearing of an approved Type 2 personal floatation device (PFD), footwear and sunscreen.

ARRIVE & GET READY	BRIEFING & ON-WATER	AFTER SESSION
<p>Pre-session requirements:</p> <ul style="list-style-type: none"> <input type="checkbox"/> look up weather forecast before arriving <input type="checkbox"/> dress in sailing gear <input type="checkbox"/> put on a PFD <input type="checkbox"/> rig boat 	<p>During session:</p> <ul style="list-style-type: none"> <input type="checkbox"/> attend briefing <input type="checkbox"/> listen to the instructor <input type="checkbox"/> stay together as a group <input type="checkbox"/> act safely <input type="checkbox"/> respect the boats 	<p>Post-session requirements:</p> <ul style="list-style-type: none"> <input type="checkbox"/> attend de-brief <input type="checkbox"/> boat removed from water, de-rigged, washed, dried and returned to shed with foil covers attached



Resources to help you

Available from the Yachting Australia online shop, these are useful resources you may like to purchase to help you in your journey of learning to sail. *Go Sailing* designed for 7-11 year olds (\$19.95), *Start Sailing Right* for older learners (\$29.95).

<http://shop.yachting.org.au/#>

Learn to tie useful sailing knots at

www.animatedknots.com/indexboating.php

Start Sailing 1

Overview: This course is designed to provide a safe and enjoyable introduction to Dinghy sailing for complete beginners. The course includes an introduction to fundamental boat handling skills and essential safety knowledge.

Length: 12 hours (approximate)

Outcomes: This will allow participants the freedom of sailing dinghies with the guidance of a Yachting Australia Dinghy Instructor.

Pre-requisites: Water confident, 8 years old.

SYLLABUS:

1. Prepare and Plan

- Select clothing and safety equipment suitable to the conditions
- Group and individual safety practices demonstrated
- Sailing stretches

2. Rigging

- Correct positioning of the boat relative to wind direction
- Identify parts of the boat, rigging and sails
- Rig boat with assistance

3. Rope work

- Figure of eight
- Round turn and two half hitches

4. Sailing Techniques and Manoeuvres

- Steering and crewing in light winds under supervision
- Sail a reaching course in light winds
- Primary boat controls and basic heave-to

5. Rescue Procedures and Drills

- Capsize Recovery Drill
- Towing

6. Launching and Recovery

- Leaving and returning to a beach / launching facility
- Demonstrate care of boats when launching

7. Sailing Theory and Background

- Observation of basic rules
 - ▶ Avoiding Collisions
 - ▶ Power and sail meeting
 - ▶ Exceptions - commercial vessels

8. Winds, tides and currents

- Wind direction and relative strength
- Environmental wind indicators

Start Sailing 2

Overview This course is designed to consolidate the experiences and knowledge gained in the Start Sailing 1 course and to introduce skills and knowledge that will enable the successful participant to safely and competently sail a small boat in controlled conditions (light winds, enclosed waters) without guidance.

Length: 12 hours (approximate)

Outcomes: This course introduces skills and knowledge that will enable the participant to safely sail a small boat in light winds without guidance

Pre-requisites: Water confident, 8 years old. A basic understanding of dinghy sailing - likely to have completed Start Sailing 1

SYLLABUS:

1. Rigging

- Boat rigged independently

2. Rope work

- Reef knot
- Bowline

3. Sailing Techniques and Manoeuvres

- Basic crewing and helming methods for a triangle course
- Basic crewing/helming methods for tacking
- Basic crewing/ helming methods for gybing

4. Rescue Procedures and Drills

- Capsize Recovery Drill
- Crew Recovery Drill

5. Launching and Recovery

- Care of equipment on and off the water
- Bring a boat alongside a moored or anchored structure with minimal assistance

6. Sailing Background and Theory

- Observations of right-way-rules including:
 - ▶ Port / Starboard
 - ▶ Windward / leeward
 - ▶ Overtaking Vessels
 - ▶ Keep to the right in channels

7. Meteorology

- Identify building storm clouds

8. Winds, tides and currents

- Identify gusts and lulls
- Use a tide table
- Identify time between tides
- Identify local tidal flow