

SPRING JUNIOR TRAINING
COURSE
1st JUNE – 5th JUNE 2010



ROYAL HARWICH
YACHT CLUB

WOOLVERSTONE

ROYAL HARWICH YACHT CLUB with **SUFFOLK WATER SPORTS ASSOCIATION**

INFORMATION FOR PARENTS AND GUARDIANS

The Club will be used as a base with the sailing on areas of the River Orwell nearby and activities will be run in association with Suffolk Water Sports Association (Neptune centre). There will be 5 days tuition based on the RYA Scheme which allows sailors to progress at their own pace, gain confidence and build on past experience. Certificates are awarded for the successful completion of each stage of the scheme. Both instructors and training centres are carefully monitored by the RYA so that training is uniform and it should be possible to progress through a consistent scheme even if transferring to different centres. Optimists, Toppers, Wayfarers and other dinghies will be used.

WHO: These are non-residential day courses for children from age 9 to 17 years. There may be the possibility to include those outside this age range after an assessment. The programme aims to cater for:-

1. Complete beginners and those with limited experience in dinghies or yachts.
2. Those who want to undertake specific training to RYA Youth Stage One, Two, Three and Four and to more advanced stages.

Courses are open to members of the Royal Harwich Yacht Club (RHYC) and Suffolk Water Sports Association (SWSA).

HELP REQUIRED It is **crucial** to the running of the event that we have **enough helpers**. The need for parents, grandparents and others to support this activity has not diminished and is *vital* to ensure the Course goes ahead. It is taken into account when allocating places on the course. Please return the PARENTAL HELP form indicating when you are available with your child's application form

- Foremost the children need help and support and adequate back-up on the shore and at the water's edge for launching and recovery of boats

There may be opportunities for qualified or experienced people to help with a range of teaching and support duties, and in looking after the occasional cold or tired child or with the registration of participants.

FOOD and DRINK Each child must have all necessary food and drink for the day. The Club's caterer will serve hot food and drink every day.

REGISTRATION The first session will run from 9:30a.m. to 4:30p.m. Times for subsequent sessions will vary with the tides so **check** before leaving the previous evening. Please be dressed ready to sail before the session starts.

Parents are responsible for registering their child each morning and signing off each afternoon to indicate that they have taken responsibility for their child whether on or leaving the premises.

Further information overleaf.

FURTHER INFORMATION

CLOTHING It is most important that each child feels warm and comfortable, and is protected from the wind and sun in their sailing gear. It can be quite cold on or near the water and **more** clothes are required than on land. Cold heads, hands and feet are bad news!. *A cold or sunburnt child is an unhappy child!* Do not spend a lot on equipping your child until you know exactly what he/she needs.

Children must have:-

- a change of clothing and a towel ;
- a wind-proof coat and over-trousers, plenty of extra clothing, a wet or dry suit if possible;

Please note. A wet suit alone is not usually sufficient in May.

Your child still needs plenty of woollies and wind-proofing as well on top.

- hats and gloves; rubber gloves over woolly ones are quite suitable or very cheap thin gardening gloves;
- footwear that can get wet. Old trainers, wetsuit boots, or socks covered by polythene bags inside trainers;
- sun protection cream; glasses with straps.

LOG BOOK Please bring your child's log book. New sailors will be supplied with a log book.

Children must at all times

- **wear approved buoyancy aids (50 newtons)** (yacht lifejackets are not suitable – a few buoyancy aids are available to borrow)
 - **obey the instructions of the group leaders on and off the water**
 - **not play or swim in the water unless under strict supervision while training is taking place**
- and take care to avoid danger to themselves and others with the boats.**

The organisers reserve the right to withdraw a child from the training programme if instructions are consistently disobeyed.

NOTICE TO STUDENTS AND PARENTS

WEIL'S DISEASE

Weil's Disease is caused by an organism which is present in many rivers, lakes and estuaries. There is a very small chance of catching the disease whilst taking part in water-based outdoor activities. It responds well to early treatment. Left untreated, it has occasionally proved fatal. The early symptoms of the disease are similar to influenza and include headache, temperature and joint or muscle pains. If you or your child fall ill with these symptoms within weeks of taking part in water activities, you should see your doctor immediately.

Sensible precautions should be taken to minimise the risk.
GPs have been notified of the possibility of diagnosis.

For more information contact the County Outdoor Education Organiser.

(Telephone: 01473 584 622).