

Whitefriars
Sailing Club



Whitefriars SC

Juniors

Whitefriars Sailing Club, Junior Group Handbook

Date: 4th Jan 2024



INTRODUCTION

Welcome

We are delighted that you have decided to join us for a sailing adventure. We have added some details into this handbook to help you navigate around our juniors community and to help answer any questions that you may have, especially if you are a family who are new to sailing.

As a member of the Junior group, you can book onto the regular junior sailing sessions as set out below.

- a. Organised Junior Group Sessions usually run once or twice a month from March – November (9.30am - 4.30pm). Our aim is to focus on the [RYA Youth Scheme stages 1 – 4](#) through a mix of formal and informal instruction, games and fun on the water.
- b. Once children have progressed through all four RYA youth training stages (which usually takes several seasons) they can progress to the Youth Development Squad (YDS), where more experienced young sailors can hone their skills and discover advanced sailing skills, such as racing, sailing with spinnakers and seamanship.
- c. For the 2023/24 season, each Junior training session will cost £17pp per day and can be booked via Sailing Club Manager - your membership portal.

Subject to the sailor achieving Stage 2 and suitable parental supervision, Junior group membership gives free access to the fleet of Junior boats outside of the organised activity times. So when you join Juniors you don't need to make an investment in a boat for your children to be able to sail at Whitefriars.

- a. Please note that it is the junior member's responsible adult who is accountable for any damage to the Junior boats or other members boats that occurs outside of organised training times.
- b. The Junior boats will be made available for our members to use within organised training, cruising or racing outside of the club. We currently do not have a booking system but require all users to email [**juniorbosun@whitefriarssc.org**](mailto:juniorbosun@whitefriarssc.org) once you have used a boat. This helps with our usage metrics and our boat maintenance log.

Keeping in touch

We will advertise our events and dates through our Facebook site, emails and our WSC members portal. Please email [**juniors@whitefriarssc.org**](mailto:juniors@whitefriarssc.org) with any queries that you have.

Snapshot of a typical Junior Saturday session

Saturday training sessions offer our sailors instruction within the RYA Youth Stages. Prompt arrival and help from our sailors parents, guardians et al to rig and launch the boats is essential for our sailors to maximise the benefits of the session.

These sessions provide opportunities to practise, complete remaining parts of a stage and begin the next stage under the excellent guidance of our instructors.

Children need to be dressed and ready to go for the start of any session and are expected to stay for the de-brief and to de-rig and pack away boats and equipment before leaving.

Children should bring a packed lunch, snacks and drinks with them to each session, although we will provide regular hot chocolate to keep them warm on chillier days.

An example of a Saturday session.

Time	What	Where	Who
0845	Instructors Briefing	Clubhouse, Blue Room	SI, DI, AI, Safety/PB drivers
0900-0930	Arrival – Register	Clubhouse, Galley table or picnic bench	All sailors arrive, sign the register and change into sailing gear.
0930	Session Brief	Clubhouse Picnic benches or Blue room	SI & DI brief to sailors
0935	Breakout into Groups AM Training	Club	Group DI/AI and sailors with assistance of the adults.
1200 - 1230	Lunch	Clubhouse	Sailing groups remain together for lunch.
1230 - 1500	Breakout into Groups PM Training	Club	Group DI/AI and sailors with assistance of the adults.
1400 – 1500	Racing	Lake	All that wish to race. This is an opportunity to learn from others and to consolidate the days training. Other training will continue for the sailors who do not wish to join in.
1500 – 1530	De-rig and store boats	Boat park	All sailors with help from adults.
1530 – 1550	Change and Tidy Clubhouse	Clubhouse	Sailors to change into dry clothing and tidy/clean the clubhouse.
1550– 1600	Session De-Brief	Picnic area	DI/AI to de-brief their groups, sign log books and provide feedback to parents.
1600	SI walkaround	Clubhouse /Boat Park	SI to check clubhouse/Boats before ending the Saturday session and sailors/Adults leave the club
1605 - 1615	SI – DI De-brief	Blue Room	Summary sheets to be handed into SI.

Arrival Time. Juniors are required to arrive around 15min before training sessions to allow time for the children’s parent/guardian to sign the register, provide any additional information to the Senior Instructor and for the sailor to be changed and ready to go.

Boats

Junior members are, where appropriate, required to rig and launch the boats on arrival, subject to the program type. The Boats are allocated to children by the Instructor on the day depending on a few considerations such as demand, session planned, weather.

Our sailors will need parent/Guardian help with rigging and launching boats. There are experienced parents and instructors at the club who can assist, so please ask if you are unsure what to do. It is not the responsibility of the instructor or coach to rig, launch, recover, de-rig and pack away the

equipment. To maximise the day, we need to work together. As you arrive please ask the instructors which boats need to be launched.

The training team will bring the sailors together for a briefing, before the on-shore and on-water activity begins. As a parent you are welcome to attend the briefing to understand what is planned for the day. The briefing time and content can vary depending on the group, the conditions on the day, and what the sailors are learning and practicing.

Once on the water parents can stay on the shore or wait at the clubhouse. Our sailors are supervised by instructors on the water and on the beach, however the sailor's responsible adult needs to remain on site during the session. If you have any questions while your child is on the water, you can approach any instructor. Parent sailing opportunities will be provided when resources allow.

At the end of the day or session, the boats are packed away before the sailors get changed. Once changed the clubhouse and grounds are cleaned before the instructor provides a de-brief to the groups.

Junior days

- Our Junior events are broken down into 4 four themes which are:
- Saturday training days – Run throughout the season aligned to RYA Youth stages
- Clinics – Additional small group training days, to provide instructor led support to sailors who may have missed some parts of the RYA stage training.
- Racing Cup/Regattas – These days are focused on a Juniors cup or racing our neighbouring clubs.
- Social or Fun days – Days such as prize-giving, days out, camping etc

What to Bring;

- Sunscreen (It is the parent/guardian's responsibility to ensure the sailor is "sun-creamed up").
- Towel
- Wet Bag
- Dry change of clothes
- Water bottle / Lunch / snack
- Footwear
- Hat
- Shorts
- Shirt
- Warm top and light wind jacket

Optional;

- Sailing Gloves
- Rash Shirts
- Polarised Sunglasses
- Sailing Spray Jacket
- Footwear: Sailing Boots

- Long Wetsuit or long wetsuit pants
- Short Wetsuit for summer
- Thermals
- Hats or Beanie

Some general advice and recommendations

- wetsuit one-piece 3mm;
- Shoes (preferably ankle high for warmth and comfort when using boat's ankle straps).
- Shortie wetsuit for the warmer months.
- Spray top for wet and windy days to reduce windchill.
- A helmet for use whilst sailing. A loan helmet can be signed out for the first few sessions

The most important thing is..... A Smile and willingness to explore sailing



Instructors

Juniors will have the following RYA qualified volunteers present at the club on training days:

- RYA Safety Boat driver** - provides the skills required when acting as an escort craft, safety boat or coach boat for a fleet of dinghies, windsurfers or canoes, or for racing or training activities. It includes rescue techniques and a range of knowledge, competencies and techniques for ensuring people are safe and the towing and recovery of different types of craft. This qualification is held by the Senior Instructor and others. At least 1 RYA safety boat driver will be present on all training days.
 - (1) All our Dinghy Instructors are also Power Boat L2 with Whitefriars Safety Boat qualified.
- RYA Senior Instructor** – oversees the management and safety of the session. They help to maintain standards and support other instructors to run safe and effective sessions. Trained to Organise and manage RYA National Sailing Scheme and Youth Sailing Scheme sailing courses, Organise and control group sailing tuition of all ages and abilities. A Senior Instructors core role is: Supervising, direction and assisting a team of Dinghy Instructors and Assistant Instructors.
- RYA Dinghy Instructor** – Provides training in RYA Sailing Scheme Levels 1, 2 and 3, Day Sailing, Seamanship Skills and Sailing with Spinnakers (if suitably experienced and approved by the Principal or Chief Instructor) and Youth Sailing Scheme Stages 1, 2, 3 and 4. Trained in a variety of teaching techniques afloat and ashore.
 - (1) All Dinghy Instructors are qualified first aiders, Power Boat Level 2 and RYA Safe and Fun certification (Safeguarding).

- d. **RYA Assistant Instructor** - Qualified to aid instruction up to Sailing Scheme Level 2 or Youth Sailing Scheme Stage 3 under the supervision of a Senior Instructor.

First Aid

All our SI and DIs are first aid trained in line with the RYA requirements. Whilst AI's are not required to hold a suitable first aid qualification they are encouraged to complete the course. First aid equipment and an Auto External Defibrillator (AED) are in the main clubhouse, with additional first kits on all safety boats. Juniors provides the relevant First aid course to our volunteer instructors free of charge and to our parents/guardians at a heavily subsidised rate. Please contact Juniors or Tony Jackson to discuss further.

Club Sailing

Racing: There is racing on Sundays throughout the year. From March to December there are three races a day starting at 11am. The first race of the day is a pursuit race where the slowest boats start first with everyone else having to catch them. This is followed by two handicap races in the afternoon. In January and February, for those hardy enough, there are two handicap races starting at 11am. During the summer months there is also racing on a Wednesday evening starting at 6.30pm in March, April and September, for the rest of the summer racing starts at 7pm.

- a. Prior to all racing a course is displayed on the board in the clubhouse or on the Black Pig (Committee Boat). Everyone needs to sign on prior to the race, the sheet will be located below the course board in the club house. If you're not sure then just ask someone to help.

All racing is open to everyone, on Cup days there are prizes for the top 3, juniors and novices.

Cruising: The lake is open to cruising throughout the year. If racing is going ahead just check where the racers are going and try to keep clear of the course. It is also good if you let the Race Officer know that you are going afloat. On racing, training and Sailability days there are safety boats on the water just in case. Prior to going afloat make sure you are competent in the weather conditions for the day.

Club Training

Whitefriars Sailing Club (WSC) is a Royal Yachting Association (RYA) Recognised Training Centre where we offer a range of RYA courses for both dinghy sailing and powerboating, as well as an accredited first aid course. The courses are aimed at WSC members and its affiliated groups, but we open certain training dates to non-members on application.

The RYA courses offer structured learning programs run in an informative, enjoyable and safe manner by instructors who are also WSC members. The Club also offers instructor-led informal training for club members on most Saturdays from mid-March throughout the season. If you are interested in learning to sail or helm a powerboat, please email the WSC Training team training@whitefriarssc.org and arrange to visit our friendly sailing club in the Cotswold Water Park.

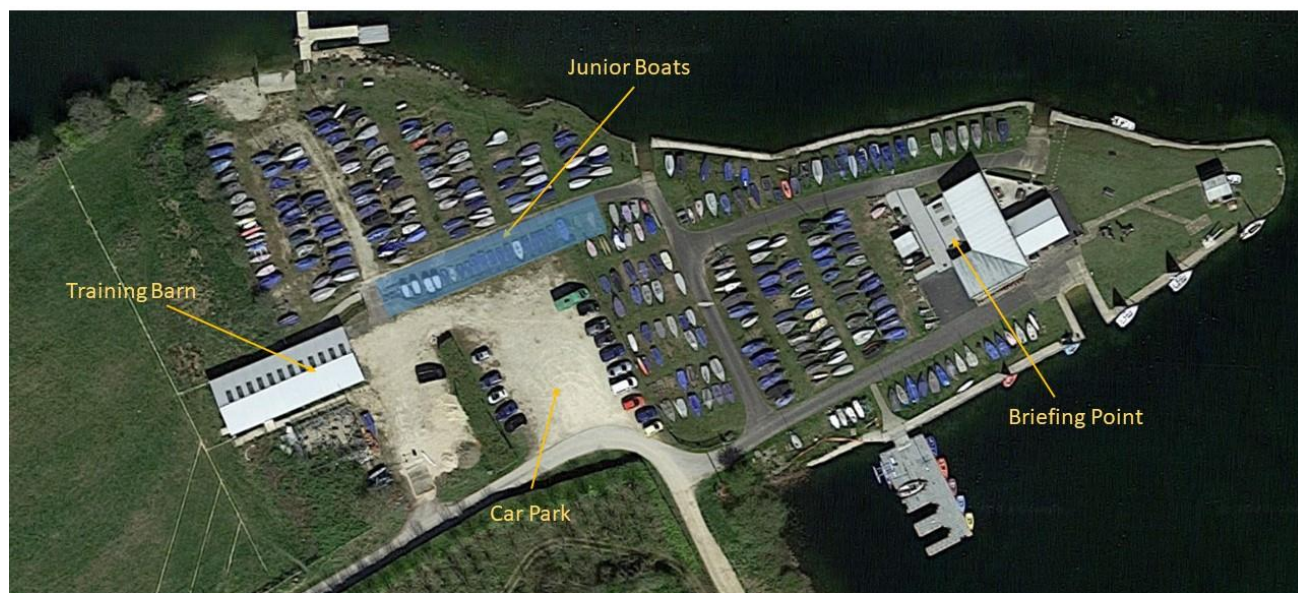
Dinghy sailing is a very easy sport to enter and can cater for a wide age range and even if you are less able-bodied, we are able to offer sailing instruction with our Sailability Group.

Don't worry about not having a boat to start with, as we have a fleet of training dinghies ready for you to learn.

Once you've learnt to sail you can focus your activities by taking part in club racing or through one of our groups: Juniors, Women on Water and Sailability – check their pages to see what they have planned. The Club also has hire boats available once you have demonstrated your new skills.

Useful Information

[Site map.](#)



Types of Boats

We provide an array of dinghies for our sailors to develop and progress their skills in. Our group has Fleet “Captains”, who provide training on the class of boat both internally and externally to the club and opportunities for area or national participation in class events such as training, cruising or racing. The dinghies include:

Optimist & Alpha



The Optimist is a small, single-handed sailing dinghy sailed by children up to the age of 15. It was designed in 1947 by Clark Mills of Florida.

It is one of the most popular sailing dinghies in the world, with over 150,000 boats officially registered with the class and many more built but never registered. It is sailed in over 120 countries and it is the only single hander approved by the International Sailing Federation exclusively for sailors

under 16. At the Beijing Olympics, 85% of medal winning skippers were former Optimist dinghy sailors.

RS TERA



Fast and exciting 21st century single-hander that looks cool and makes sailing addictive. From entry level to international competition the RS Tera gets kids hooked on sailing, which is exactly what we want. It's packed with features that make sailing safe and easy. It comes up dry from a capsize. It's quick and simple to rig by youngsters.

RS QUBA



The RS Quba is a suitable dinghy for introducing newcomers to the sport of sailing. The shallow cockpit is spacious but is also light enough to be handled by children. The RS Quba is quick to rig, easy to carry on the roof-rack and demands virtually no maintenance.

RS ZEST



A compact boat that delivers more crew space and practical, Class leading space for two sailors, yet small enough for convenient single-handing.

RS FEVA



The world's leading double handed dinghy for youngsters and parent / child teams. An International Class with events around the globe, the RS Feva is fast-growing in most developed sailing nations and expanding into others every year. Chosen by families, clubs and National Authorities to build the pathway to a lifetime in sailing. Exciting performance is the secret behind the success. Modern styling and practical features make it irresistible.

Laser



The Laser is a class of single-handed, one-design sailing dinghies using a common hull design with three interchangeable rigs of different sail areas, appropriate to a given combination of wind strength and crew weight.

Sailing Terms

Aft - The back of a ship. If something is located aft, it is at the back of the sailboat. The aft is also known as the stern.

Bow - The front of the ship is called the bow. Knowing the location of the bow is important for defining two of the other most common sailing terms: port (left of the bow) and starboard (right of the bow).

Port - Port is always the left-hand side of the boat when you are facing the bow. Because “right” and “left” can become confusing sailing terms when used out in the open waters, port is used to define the left-hand side of the boat as it relates to the bow, or front.

Starboard - Starboard is always the right-hand side of the boat when you are facing the bow. Because “right” and “left” can become confusing sailing terms when used out in the open waters, starboard is used to define the right-hand side of the boat as it relates to the bow, or front.

Leeward - Also known as lee, leeward is the direction opposite to the way the wind is currently blowing (windward).

Windward - The direction from which the wind is currently blowing. Windward is the opposite of leeward. Sailboats tend to move with the wind, making the windward direction an important sailing term to know.

Boom - The boom is the horizontal pole, which extends from the bottom of the mast. Adjusting the boom towards the direction of the wind is how the sailboat can harness wind power in order to move forward or backwards.

Rudder - Located beneath the boat, the rudder is a flat piece of wood, fiberglass, or metal that is used to steer the ship. Larger sailboats control the rudder via a wheel, while smaller sailboats will have a steering mechanism directly aft (the tiller).

Tacking - The opposite of gybing, this basic sailing manoeuvre refers to turning the bow of the boat through the wind so that the wind changes from one side of the boat to the other side. The boom of a boat will always shift from one side to the other when performing a tack or a gybe.

Gybing - The opposite of tacking, this basic sailing manoeuvre refers to turning the stern of the boat through the wind so that the wind changes from one side of the boat to the other side. The boom of a boat will always shift from one side to the other when performing a tack or a gybe.

Basic Sailing Rules for Beginners

1. Port keeps clear of starboard.
2. Windward keeps clear of leeward
3. The boat astern keeps clear of the boat ahead.
4. A boat Tacking, or Gybing keeps clear of one that is not.
5. Avoid collisions. Racing Rules are defensive to prevent collisions not offensive racing tactics.
6. If you gain right of way or change course, give the other boat time to keep clear.
7. The inside boat(s) at three hull lengths from the mark is entitled to room to round the mark.
8. A boat that is backing up or not racing keeps clear.
9. If you have infringed a rule, take a penalty
10. It is better to give way than to spend hours in a protest room.