



Junior Sailing Course 2020

To book a place in the 2020 junior sailing course, please contact miriam@royalcork.com or 0214831023 and an application form will be sent to you for completion and payment will be made via the club office.

Terms and Conditions

Parents and Guardians

It is the responsibility of parents and guardians to ensure they have read fully the following information before booking a sailing course. Any further queries may be directed to miriam@royalcork.com or 021 4831023.

Information

The Royal Cork Yacht Club Improving Skills and Advanced Boat Handling Sailing Courses are Irish Sailing certified training courses run by Irish Sailing qualified Instructors who follow the relevant national syllabi which are the Small Boat Sailing Scheme (SBSS) Basis and Advanced Courses. The Alternative Start Sailing and Basic Skills Sailing Courses are run by the Royal Cork Yacht Club and delivered by Irish Sailing qualified Instructors. These are not Irish Sailing certified training courses. The traditional Irish Sailing Start Sailing and Basic Skills certified courses are not being run by the Royal Cork Yacht Club this July due to Covid-19 restrictions.

The Alternative Start Sailing and Basic Skills Sailing Courses being run by the Royal Cork Yacht Club this July may contain elements of the traditional Irish Sailing Start Sailing and Basic Skills certified courses. As outlined above these will **NOT** be Irish Sailing certified.

Checkclick

Irish Sailing training evaluation and certification is managed through 'Checkclick', an online 'passport' system. By booking on any Irish Sailing certified courses you agree to the Royal Cork sharing your details on the 'Checkclick' platform and with Irish Sailing.

Membership

Royal Cork junior sailing courses are open to club members only. Membership subscription must be paid in full prior to starting a sailing course.

Booking & Payment Method

A place on the sailing course is secured only on receipt of a completed application form and full payment.

NB: Please ensure to note of any medical/behavioral conditions, allergies including food allergies at the time of booking. Please note we require an emergency contact name and mobile number. A standing order payment option is available. Contact the Club Office on 021 4831023. Family membership with two or more children participating in a sailing course will receive a discount of 10% which will be applied to your account on completion of the sailing course.

Boat Insurance

All boats must be insured against third party risks for a minimum of €1,270,000. Please see the sailing course booking form for further details on boat insurance. All optimists on sailing courses are now required to have a 'Bumper' fitted to the boat.

Boat Owners

Please note that your child's boat may in the case of an emergency or if deemed necessary by the Instructor/Senior Instructor, be sailed by someone other than your child.

Information for Parents and Guardians

Sailing course start and finish times are outlined in the application form. Please ensure you drop off and collect your child on time.

It is not a requirement for parents to rig their child's boat. Your child will learn to do this with practice.

Changing rooms in the dinghy centre will not be available due to the Covid-19 restrictions. Please ensure your sailor arrives no earlier than 15 minutes before their start time suitably dressed for the weather conditions afloat.

The Royal Cork Yacht Club reserves the right to cancel a sailing course.

The Royal Cork Yacht Club does not hire/lease or loan club boats for use on the sailing courses.

Buoyancy Aids

All course participants must wear an approved personal buoyancy aid for the duration of the sailing course and will not be permitted to participate without one. Inflatable life jackets are not suitable for the junior sailing courses

Clothing Requirements

On the water: Wetsuit, booties, waterproof jacket, buoyancy aid, hat/sun block. Runners and Flipflops are deemed inappropriate for use while on the water.

On land: Please bring a change of clothes, fleece jacket and a towel in a waterproof bag or sailing bag.

Lunchtime & Packed Lunch

Children are not allowed off site during lunchtime. As there are only two courses (Improving Skills & Advanced Boat Handling) where lunchtimes will apply we would advise that the sailors bring their packed lunch and snacks in a waterproof bag/container for consuming afloat as lunches are likely to be had afloat. Your sailor

will also need to ensure they bring sufficient water in a re-usable bottle as single plastic use bottles are not permissible. The sailors will be responsible for their own food and drink on the water due to Covid-19 restrictions.

Lunches do not apply to any of the other courses as they are half day sessions. For the “Alternative Start Sailing & Basic Skills” courses, your sailor is advised to bring adequate snacks and water with them, again in waterproof bags/containers, noting single plastic use bottles are not permissible.

Mobile Phone Policy

Royal Cork Yacht Club operates a ‘No Mobile Phone’ policy while on Junior Sailing Courses. Course participants are required to keep their mobile phones in their gear bag in the changing room. Should they need to use their phone they may ask the permission of their instructors.

Swimming Assessment

All children participating in junior sailing courses are assessed for their water confidence through fun & structured games on the water regardless of whether they can swim or not. This water confidence assessment is carried out on the first day of the sailing course. This is to ensure they have confidence in their buoyancy aid should they enter the water accidentally or during capsize drills. Children are encouraged to A. Thread water. B. Hold their face under water. C. Swim 25 yards WITH a buoyancy aid, wearing their wetsuits and booties.

Behavior & Code of Conduct

The Royal Cork Yacht Club ascribes to the “Code of Ethics and Good Practice for Children’s Sport” issued by Sport Ireland. This is designed to protect children from bullying or abuse and to allow them to pursue their sport or hobby in a comfortable and safe environment. Our Child Liaison Officer is Dr Larrie Martin who is available to discuss any concerns in this area.

Passing Sailing Levels on Irish Sailing Certified Courses

The junior sailing courses are primarily about children enjoying themselves through the medium of water and sailing and at the same time acquiring a skill that they will have throughout life. It is not a requirement to pass a new Level every year. It is perfectly acceptable to do the same level two years in a row. However, if your child is keen to move on through the courses then it is strongly recommended the child participates regularly in fleet racing and activities in order to 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. Courses are designed to be taught over a specific time period and full attendance is required in order to achieve the level. Junior Sailing courses form just part of the sailing activities in the club and it is hoped that children having completed their sailing course will participate in club sailing and racing activities and therefore become more confident and competent on the water. Junior fleet racing takes place on Tuesday and Wednesday evenings and Saturday afternoons throughout the summer and children are strongly encouraged to participate.

Mid - course Debrief

A mid - course debrief is held with each course participant mid - way through the course. The course debrief is aimed at encouraging and praising the participants efforts thus far on the course and ensuring they are aware of any elements of the course yet to be achieved.

Brief overview of each course

The “Alternative Start Sailing Session”

This session is not Irish Sailing certified. Unfortunately, due to Covid-19 restrictions it is not feasible to run the traditional Irish Sailing certified Start Sailing course at this time. We will keep the Government/Irish Sailing guidance under review for any opportunity to run an Irish Sailing Start Sailing course at a later date should the Government/Irish Sailing guidelines permit this.

The “Alternative Start Sailing Session” is a Royal Cork Yacht Club run, Irish Sailing qualified instructor led, sailing course for sailors in the Start Sailing space. Due to the Covid-19 restrictions in place it is only possible to run short sessions for these sailors.

Sailors are to be a minimum age of 9 by the 1st of July 2020 and have completed a minimum of the “Taste of Sailing” course and be comfortable in a boat on their own.

The Session/Course will be over 2 weeks on a Monday to Friday basis commencing the 20th of July and finishing on the 31st of July 2020.

Sessions are run in both the mornings and afternoons. A sailor can only sign up for a morning or an afternoon session. Morning sessions start at 9.00 and finish at 12.30. Afternoon sessions start at 13.30 and finish at 17.00.

All sailors will require their own boat. There will be no sharing of boats.

The sessions may include elements from the syllabus of the Irish Sailing Start Sailing course together with other material.

Sailors will be in groups of 3 sailors to 1 instructor.

A Covid-19 Health Declaration (attached) is to be signed and all conditions to be adhered to. This will have to be signed and produced at the start of the course.

The “Alternative Basic Skills Sailing Session”

This session is not Irish Sailing certified. Unfortunately, due to Covid-19 restrictions it is not feasible to run the traditional Irish Sailing certified Basic Skills Sailing course at this time. We will keep the Government/Irish Sailing guidance under review for any opportunity to run an Irish Sailing Basic Skills course at a later date should the Government/Irish Sailing guidelines permit this.

The “Alternative Basic Skills Sailing Session” is a Royal Cork Yacht Club run, Irish Sailing qualified instructor led, sailing course for sailors in the Basic Skills Sailing space. Due to the Covid-19 restrictions in place it is only possible to run short sessions for these sailors.

Sailors are to be a minimum age of 9 by the 1st of July 2020 and have completed a minimum of the “Start Sailing” course and be comfortable in a boat on their own.

The Session/Course will be over 2 weeks on a Monday to Friday basis commencing the 20th of July and finishing on the 31st of July 2020.

Sessions are run in both the mornings and afternoons. A sailor can only sign up for a morning or an afternoon session. Morning sessions start at 9.00 and finish at 12.30. Afternoon sessions start at 13.30 and finish at 17.00.

All sailors will require their own boat. There will be no sharing of boats.

The sessions may include elements from the syllabus of the Irish Sailing Basic Skills sailing course together with other material.

Sailors will be in groups of 6 sailors to 1 instructor.

A Covid-19 Health Declaration (attached) is to be signed and all conditions to be adhered to. This will have to be signed and produced at the start of the course.

Improving Skills (Level 3)

This is an Irish Sailing certified course delivered by Irish Sailing qualified instructors.

The syllabus is [here](#)

The Course will be over 2 weeks on a Monday to Friday basis commencing the 20th of July and finishing on the 31st of July 2020.

Sessions are full day sessions starting at 9.00 and finishing at 16.30 with lunches on the water.

Sailors are to have completed a minimum of the “Basic Skills” course, be experienced (including capsizing) and be comfortable in a boat on their own. It is recommended that course participants are regularly sailing in club racing activities to practice their skills prior to doing Improving Skills.

All sailors will require their own boat. There will be no sharing of boats.

Sailors will be in groups of 6 sailors to 1 instructor.

A Covid-19 Health Declaration (attached) is to be signed and all conditions to be adhered to. This will have to be signed and produced at the start of the course.

Advanced Boat Handling (Level 4)

This is an Irish Sailing certified course delivered by Irish Sailing qualified instructors.

The syllabus is [here](#)

The Course will be over 1 week on a Monday to Friday basis commencing the 27th of July and finishing on the 31st of July 2020.

Sessions are full day sessions starting at 9.00 and finishing at 16.30 with lunches on the water.

Sailors are to have completed a minimum of the “Improving Skills” course and be experienced (including capsizing). It is recommended that course participants are regularly sailing in club racing activities to practice their skills prior to doing Advanced Boat Handling.

All sailors will require their own boat. There will be no sharing of boats.

Sailors will be in groups of 6 sailors to 1 instructor.

A Covid-19 Health Declaration (attached) is to be signed and all conditions to be adhered to. This will have to be signed and produced at the start of the course.

Conclusion

Please ensure you have read and understand all of the information above before booking a junior sailing course. Queries to miriam@royalcork.com or 021 4831023



Pre-course health declaration

If you answer **Yes** to any of the questions below, you are strongly advised to follow the medical advice you have received or seek medical advice before attending the course:

- Do you have symptoms of cough, fever, high temperature $>37.5^{\circ}\text{C}$, sore throat, runny nose, breathlessness or flu like symptoms now or in the past 14 days?

Yes / No

- Have you been diagnosed with confirmed or suspected COVID-19 infection in the last 14 days?

Yes / No,

- Are you a close contact of a person who is a confirmed or suspected case of COVID-19 in the past 14 days (i.e. less than 2m for more than 15 minutes accumulative in 1 day)?

Yes / No,

- Have you been advised by a doctor to self-isolate at this time?

Yes / No,

- Have you been advised by a doctor to cocoon at this time?

Yes / No.

If at any point during the course the above symptoms should arise you must stop attending and inform the course organiser.

Please sign this form to confirm that the details above are true to the best of your knowledge, that you or your guardian confirm that you understand the risks involved in participation, are participating on a voluntary basis and that you may opt-out at any time.

Signed _____ **Date** _____

○ Covid 19 Health Declaration Form - Signed

I have read and agree to the Terms and Conditions

Signature _____