



**H.R.S.C.**



**CADET SAILING  
2009**



## HRSC CADET SAILING 2009

### *INFORMATION FOR CADETS AND PARENTS / CARERS* GENERAL

HRSC is a members club and relies on the support of its members to enable the running of events. Throughout our events the safety and welfare of the participants is always a high priority.

Numbers may be limited during a session dependant on sailing conditions and availability of equipment and personnel.

Bad behaviour will not be tolerated at any cadet activity.

### **CADET SAILING DAYS**

What happens where.....

- **IN THE CLUB HOUSE** - Signing in and out of cadets. Put your name down to help, in the various sections, see the notices around the club house. Refreshments.
- **ON THE BEACH/DINGHY PARK** lifting of Oppies off the rack, collecting sails, rudders and centre plates from Pegs Shed, Rigging, launching, ensuring that boats are looked after *and everything is put back in its place afterwards*. No **SWIMMING OR PADDLING** in the launching area - i.e. off the slip way or little beach.
- **ON THE WATER** - Manning safety boats, and providing rescue boat cover. Setting basic courses for the older cadets. Children having lots of fun!

### Cadet sessions – Procedures

- 1 Sign in your child/children and collect coloured bands.
- 2 Make sure each child is wearing the correct clothing and has necessary safety equipment.
- 3 Help assemble the dinghies in the dinghy park.
- 4 Attend the briefing.
- 5 Remain in close proximity to the sailing activity – hopefully being an active participant on the beach, sailing or on the water.
- 6 After Sailing help and organise cadets and parents in the clear up.
- 7 Remind your child to return their coloured band and sign out.
- 8 Enjoy the BBQ and club facilities.

### **HRSC CADET PROCEDURES**

The sessions are for members of the club. A maximum of two sessions can be attended by non-members before they will be asked to join HRSC either as cadets or part of a family membership.

#### **1 Signing In**

There is no charge for club members but non-members will be charged £5 per session. We have helmets and buoyancy aids for hire at £1 each. Each cadet must be signed in for EVERY SESSION by a responsible adult. Dependent on their age, sailing experience, RYA qualification and confidence, cadets will be put into groups. Each will be issued with a coloured wrist band denoting their group. See band definitions on pages 7,8 and 9.

#### **2 Requirements for cadets**

Children taking part must be reasonably confident on and in the water and be able to swim 25m in a lifejacket or buoyancy aid. Parents will be asked to sign a form to this effect, prior to

## HAMBLE RIVER SAILING CLUB - CADET SECTION

children being allowed on the water. Correct clothing is WET SUITS, SPRAY JACKET/TROUSERS during the months April to June. All children must have some sort of footwear on and Sunscreen (sunny days).

### **3 Dinghies and equipment and setting up**

Oppies are situated at the top end of the dinghy park on a rack - these need to be lifted down and using a trolley found in "Peg's Shed" (please ask if you do not know where this is!) taken to the beach area adjacent to the public slip way. Sails, rudders and centre boards are again found in Peg's Shed. These are then rigged on the beach. (Don't worry you will soon learn how to rig an Oppie!)

We have 5 Picos that are situated further down the dinghy park and sails are in Peg's Shed. The older cadets will help you.

### **4 The Briefing**

This is usually held in the club just before we go on the water listen out for this a time will be given. Sometimes to save time the briefing is held on the beach.

### **5 PARENTS**

Be on the beach area /water and responsible for your child/children at all times.

### **6 Clear up**

All are expected to help in some way with the setting up and cleaning of boats and putting them away properly, after each session. Please wash any mud off the sails and boats and inform the office of any breakages. Failure to do this may spoil the next session.

### **7 Return your band and sign out.**

This is back in the club where you signed in!

## **8 Club facilities**

Often there is a simple BBQ and the bar is open so please stay and get to know everyone.

## **SAFETY BOATS**

All safety boat drivers will have a minimum of an RYA Powerboat 2 level. There will always be 2 people in the safety boat - the second does not need to have the qualifications. We have a total of 4 safety boats that we can use but we need volunteers to man these. H.R.S.C. is qualified to run RIB courses at Powerboat levels 1, 2 and Safety Boat. Cadet parents and helpers are encouraged to take these courses. Please ask for more details via the club secretary. Contact details on back cover.

Anyone wilfully damaging or misusing boats or club property or disobeying safety rules or instructions may be excluded from future events.

## **STAY SAFE ON LAND AND WATER**

- BUOYANCY AIDS even for toddlers running around.
- COLOURED BANDS
- WARM CLOTHING
- HELMETS - OR KEEP YOUR HEAD BELOW THE BOOM!
- HANDS INSIDE YOUR BOAT - Not on the edge.
- No SWIMMING OR PADDLING in the launching area - i.e. off the slip way or little beach.
- AVOID COLLISIONS- keep a look out for other boats.
- AVOID CAPSIZING - but in the event of capsizing always stay with your boat, do not attempt to swim away.

## **SOME USEFUL SIGNALS THAT WE USE**

Continuous horn or whistle = EVERYONE BACK TO SHORE.

Hand on head pointing to person = COME TO ME

Both hands pointing = GO ASHORE

Wave hands above head = TROUBLE ON THE WATER

## **Check list**

### **What does your child need to go sailing!**

- LIFEJACKETS or Buoyancy Aids (correctly fitted) to be worn all the time OUTSIDE of clothing. If you are not wearing a buoyancy aid at the briefing then you cannot sail. The club has a very limited number of buoyancy aids available which may be hired, but it will be the responsibility of the parent / carer to ensure these are properly looked after and returned after use
- Wet suits and wind tops are advisable especially before the end of June or in cold conditions.
- Sandals, shoes or wet boots which will get wet / muddy - no bare feet.
- Sailing gloves are useful.
- Helmets are recommended for very young and inexperienced Cadets. A limited number are available to hire from the club. Hat and sun cream will be needed in hot weather
- Shower facilities are available in the club - bring a towel.
- Complete change of dry clothes.

**Parents/Carers may need:**

- Lifejacket or buoyancy aid if helping on safety boats or on the water.
- Sandals, shoes or boots which will get wet and muddy to help with launching etc.

**RYA TRAINING**

H.R.S.C. is an approved RYA Training Centre. We run the **Youth Sailing Scheme courses**. The course schedule for the year will be announced early in the season and posted on the Club web site. Courses are run for H.R.S.C members only. Our training activities are generously supported by the Flagstaff Trust. Depending on demand, subsidised courses may be run at outside centres such as SWAC.

H.R.S.C. is also qualified to run **RIB courses** at Powerboat levels 1, 2 and Safety Boat. Cadet parents and helpers are encouraged to take these courses.

**First Aid Courses** are also available at H.R.S.C.

If you are interested in any of these courses please contact the club.

**OTHER INFORMATION**

- Details of the 2009 Sailing Programme are posted on the club notice board and on the club web-site : "[hambleriversc.org.uk](http://hambleriversc.org.uk)"
- The club has a Child Protection Policy available on request.
- A Risk Assessment has been carried out on HRSC Cadet Sailing. This document will be continuously appraised for elements not catered for that come to notice.

**Please check the web site especially if weather conditions are looking unsuitable 2 hours before we meet. This could save you a journey!**

### WHITE BAND

- No Sailing Experience
- Confident in the water wearing a buoyancy aid
- May sail with yellow band or above

### RED BAND

- Able to sail a boat on a reach
- Able to tack
- Able to bring a boat back to the shore
- RYA Level 1
- May sail with another red band

### YELLOW BAND

- Able to sail up wind and around a triangular course
- Able to rig a boat
- Knows what to do in the event of a capsize
- Aware of wind and tide direction
- RYA level 2
- May sail with red or white band

## Red Bands

An introduction to the basis of dinghy sailing, designed to give candidates confidence afloat and the ability to help rig and sail a boat.

### Ashore

**Wind awareness** - are aware of the importance of wind strength and direction. Knows about weather forecasts.

**Safety** – Able to choose a buoyancy aid of correct size and put it on.

**Parts of the boat** – knows the major items – hull, sails, sheets, mast, boom, rudder, tiller and centreboard.

**Rigging** – understands how to rig an oppie. Can cleat a halyard Tie a reef knot and figure of eight knot.

**Launch and recovery** – Understand how to launch a dinghy from a trolley and recover it when coming ashore, allowing for other boats etc.

**Capsize** – knows the basic (land based) way to right a capsized boat and the importance of staying with the boat.

### Afloat

Has practical understanding of the following

**Steering** – can steer in light winds

**Reaching** – sailing with the wind abeam

**Tacking** – turning through the wind

**Gybing** – stern of the boat moves across the wind and mainsail swings from one side to the other.

**Stopping** – luffing, with sails flapping (no go zone).

**Coming ashore** – raising centreboard and rudder, turning into wind to stop.

## Yellow Band

Sail upwind and tack competently, stopping and coming alongside. Able to right a capsized boat.

### Ashore

**Wind awareness** – knows which way the wind is blowing and how to observe from watching boats, clouds, waves, smoke and yacht windex.

**Clothing** – Can choose the correct clothing for the conditions

**Parts of the Boat** –the painter, toe straps, kicking strap, control lines, outhaul, uphaul and downhaul etc.

**Rigging** – Can rig an Oppie and a Pico. Can tie reef knot, figure of eight, bowline, round turn and two half hitches and clove hitch. Knows how to reef a Pico by rolling the sail.

**Points of Sailing** – knows the basic theory of how sails work, sailing upwind and downwind and the no-go zone. Understands windward and leeward

**Rules of the Road** – knows the basic rules – port/starboard, sail/power, overtaking boat.

### **Afloat**

**Launch and recovery** – Can launch an Oppie and a Pico and set sail safely in moderate conditions with physical assistance if needed. Can come ashore and get the boat safely on its trolley.

**Tide** – aware of which way the tide is flowing and state of the tide.

**Reach-to-reach sailing** – can sail reach-to-reach and tack competently, without getting into irons.

**Windward sailing** – can make ground to windward and understand about sail trim.

**Paddling and rowing** – can paddle or row a dinghy around a short triangular course

**Capsizing** – Can capsize an Oppie or a Pico, right the boat and stay with the boat.

**Manoeuvring** – Can bring the boat to a stop and lie into wind with the sails flapping. Can come alongside a moored boat by luffing into the wind.

## HAMBLE RIVER SAILING CLUB - CADET SECTION

### Cadet Sailing Days and Events:

These dates may change, for up to date information please see the Cadet Section of the Hamble River Sailing Club website: <http://www.hamblerversc.org.uk/cadets.asp>

**Sat 2 May 09 @ 1000**  
Cadet Boat Preparation

**Sat 9 May 09**  
Hamble River Raid

**Sat 9 May 09 @ 1050**  
Cadet Sailing

**Sat 23 May 09 @ 0830**  
Cadet Camp

**Sun 24 May 09**  
RYA Junior Dinghy Stage 1/2

**Sun 24 May 09**  
Cadet camp

**Mon 25 May 09**  
RYA Junior Dinghy Stage 1/2

**Mon 25 May 09**  
Cadet Camp

**Tue 26 May 09**  
SWAC Junior Dinghy Week

**Wed 27 May 09**  
SWAC Junior Dinghy Week

**Thu 28 May 09**  
SWAC Junior Dinghy Week

**Fri 29 May 09**  
SWAC Junior Dinghy Week

**Sat 6 Jun 09**  
Harbour Master Pursuit Race

**Sat 13 Jun 09**  
Firefly Open Meeting

**Sun 14 Jun 09**  
Firefly Open Meeting

**Fri 19 Jun 09 @ 1830**  
Cadet Sailing

**Sat 27 Jun 09**  
Come & Get Wet

**Sat 11 Jul 09 @ 1130**  
Pirate picnic

**Fri 17 Jul 09**  
RHCC regatta

**Fri 17 Jul 09**  
Cadet sailing

**Tue 21 Jul 09**  
RYA Junior dinghy stage 2/3

**Wed 22 Jul 09**  
RYA Junior dinghy stage 2/3

**Thu 23 Jul 09**  
RYA Junior dinghy stage 2/3

**Fri 24 Jul 09**  
RYA Junior dinghy stage 2/3

**Sat 25 Jul 09 @ 1315**  
Cadet sailing - Baby Bob's

**Tue 28 Jul 09**  
SWAC Junior dinghy week

**Wed 29 Jul 09**  
SWAC Junior dinghy week

**Thu 30 Jul 09**  
SWAC Junior dinghy week

**Fri 31 Jul 09**  
SWAC Junior dinghy week

**Fri 31 Jul 09 @ 1800**  
Cadet sailing

**Thu 6 Aug 09**  
RYA Junior dinghy stage 2/3

**Fri 7 Aug 09**  
RYA Junior dinghy stage 2/3

**Sat 8 Aug 09**  
RYA Junior dinghy stage 2/3

**Sat 8 Aug 09 @ 1215**  
Cadet sailing - Uncle Bob's

**Sun 9 Aug 09**  
RYA Junior dinghy stage 2/3

**Sat 15 Aug 09**  
Firefly Nationals - HRSC

## HAMBLE RIVER SAILING CLUB - CADET SECTION

**Sun 16 Aug 09**

Firefly Nationals - HRSC

**Mon 17 Aug 09**

Firefly Nationals - HRSC

**Tue 18 Aug 09**

Firefly Nationals - HRSC

**Wed 19 Aug 09**

Firefly Nationals - HRSC - no Weds racing

**Thu 20 Aug 09**

Firefly Nationals - HRSC

**Fri 21 Aug 09**

Firefly Nationals - HRSC

**Sat 29 Aug 09**

Bursledon Regatta

**Sun 30 Aug 09**

Bursledon Regatta

**Mon 31 Aug 09**

RYA Start Racing course

**Tue 1 Sep 09**

RYA Start Racing course

**Sat 5 Sep 09 @ 1030**

Children in Need event

**Sat 12 Sep 09 @ 1530**

Cadet sailing

**Sat 19 Sep 09 @ 1100**

Cadet sailing

**Sun 20 Sep 09**

Club championships

**Sat 26 Sep 09 @ 1500**

Cadet sailing