



Bough Beech Sailing Week 2018
Joining Instructions



Monday 20th – Friday 24th August 2018

Contact: Richard Meakin

Telephone: 01883 715 496 (evening)

Mobile: 0798 489 1986 (reasonable hours)

Email: richardm_training@hotmail.co.uk

Bough Beech Sailing Club is very fortunate to have a group of qualified RYA Dinghy Instructors, and they will be providing the majority of the tuition, under the direction and supervision of one of the Club's RYA Senior Instructors. Please remember that all Instructors at BBSC are volunteers who give their time freely.

Safety, as always, will be paramount, and safety boats will be on the water at all times

When should I arrive?

Please arrive at the Club from 0930 on Monday so that we can organise groups, allocate boats, and brief you on the week. A formal briefing will take place at (or shortly after) 1015 in front of the Clubhouse.

From Tuesday to Friday please arrive from 1000. We want to get on the water for as long as possible each day, so please be prompt!

Days finish at approximately 1600, and there will be no adult supervision after the end of the afternoon session.

Participants are responsible for their allocated boat, and will only be dismissed at the end of each day once it has been de-rigged to the Instructor's satisfaction. Any damage must be reported to the Instructor at the earliest opportunity: sailing is much easier when the boat functions correctly!

During Friday afternoon all participants will be expected to assist Instructors and helpers in cleaning their boats and tidying them away: help from parents is particularly welcome. At approximately 1630, there will be a debriefing and presentation to participants, and all parents and friends are encouraged to attend.

What is included?

The course fee includes all tuition, use of a Club boat if you do not have your own, lunch and a snack each day. Participants will need to bring a named water bottle to take sailing with them: this will be their own responsibility for the week.

Snacks and cakes will be available to buy at the end of the day, so parents may wish to provide participants with a small amount of money for these.

Personal Kit List

Wetsuit (if you own one) or

Suitable clothing for sailing (you **will** get wet)

Sailing boots or suitable wet shoes (**suitable footwear must be worn at all times, NOT flip-flops or Crocs**)

Water bottle (named)

Suitable buoyancy aid (if you own one)

Sun cream is essential: at least factor 30 is advised. The Club cannot provide this, the participant **must** provide their own

Hat and sunglasses

Logbook, if you have one. Bring it on the first day, so that we can see what you have been doing. If you haven't been issued with a log book before, we will provide one at the end of the week

Check in and check out

Everyone attending Sailing Week must register in the morning and deregister before going home. This is vital for us to ensure that all those who have attended have been collected by a responsible adult. If for any reason you are unable to do so, please immediately call either the Clubhouse on 01892 870538 or Richard Meakin on 0798 489 1986. If another party is authorised to drop off or collect your young person, please inform us of their identity in the morning at check in.

Tuition Groups

Groups have been allocated initially on the basis of the information you have provided on the application form, sailing experience, and/or our prior knowledge of the participants' ability. During the first day the Instructors will assess the participants' ability, and the group allocations may be adjusted accordingly. Continuous assessment throughout the week ensures that participants maintain good progress. RYA certificates will be awarded where appropriate, but it should be stressed that this is not a primary aim of the week.

Thursday evening

The Club's Thursday evening series concludes this week, with a bring-your own barbecue after sailing. Participants and their families are encouraged to sail in the evening.

Blue Green Algae

During the warmer weather, algal blooms can occasionally appear on the water, turning the water green and precipitating a heavy green scum along the shoreline. The water in the lake is safe, but if algae is ingested it may potentially cause a number of conditions, including nausea, and gastroenteritis. To this end paddling in the lake and swimming, unless associated with a capsized boat is not permitted. The Club's recommended actions are:

Discourage young people from playing at the water's edge

Do not deliberately enter the water unless part of launch and recovery or normal sailing activity

If 'contaminated', rinse off your clothes before entering the Club House and changing rooms

Wash hands **thoroughly** before eating or handling food

Housekeeping

All participants will be briefed on these upon arrival on the first morning, and parents are advised to stay and listen. Participants must obey the Instructors, the Safety Boat crews and Club officials at all times. This is vitally important for their safety and we would be grateful if parents would reinforce this with their young people.

Buoyancy aids must be worn at all times on and close to the water and on the pontoon.

All participants are reminded to ensure their own buoyancy aid fits properly. To check, lift the buoyancy aid at the shoulders: if you are able to pull it up, it is too loose and will not be effective in the water if they capsize. Buoyancy aids must be worn outside all other clothes.

Participants may be issued with safety helmets, and these must be worn if directed by an instructor and returned at the end of each day.

It is essential that young people are well behaved at all times. Persistent or gross bad behaviour, on or off the water, may result in a participant being removed from the course. Any such decision will be final and in such a case no rebate of fees can be claimed.

Lunches will be staggered to ensure minimum waiting time. When Instructors ask their group to go into the clubhouse to eat, they must do so immediately and in an orderly fashion. After they have finished eating they are expected to clear their plates and utensils to the area provided.

At all times the designated 'in bounds' area of the Club's grounds is between the Clubhouse and the lake, the fence beside the slipway, and the fence to the north of the Clubhouse. Participants are not to go into the boat park unless permitted by their Instructor.

Camping

As mentioned on the form, there is limited camping available on the foreshore in front of the Clubhouse should you wish. Please note that the Clubhouse will be locked overnight, though there is a WC at the rear of the building that is open 24hrs. An adult must stay with their young person at all times when camping: our responsibility for your child ends at close of sailing.

Richard Meakin

Commodore Bough Beech Sailing Club