



Cruising Yacht Club Hamilton Island Kids Discover Sailing Program 2019

LEARN TO SAIL INFORMATION SHEET

Cruising Yacht Club of Hamilton Island is providing **5 different programs** for sailors of all ages. **Tackers intro, 1, 2, 3 and Advanced sailing.**

- Emphasis on fun and safety.
- Teaching Children the joys of sailing and moving up through the ranks to racing.
- Parents are encouraged to help in any aspect of the day.
- CYCHI Volunteer Program helps to keep costs at a minimum.

The CYCHI is committed to nurture and advance the art of sailing, to this we are committed to our Kids Discover Sailing Program at all levels.

The opportunities that sailing skills will present to our participants in future years will be far reaching beyond the sport of club racing, as skills of seamanship, team work, concentration and tactics will see our graduates have opportunities in the marine industry as well as at the elite level of the sport.

The emphasis of the Tackers Program and the off-beach racing is **FUN & SAFE**, as well as group participation.

All members of your family are encouraged to take part or assist with on water or on shore organisation. This is a great family sport at a great family club.

Discover Sailing Program

The program is broken down into 3 stages, and it is important to you and your family that the program is followed so that we can develop all the students through the stages to ensure a consistent result.

Tackers Intro and Tacker 1 program

An introductory course for those who have never sailed before, kids sail in pairs until confident to sail alone, builds knowledge on tricks and techniques, begin to sail by yourself with lots of support from the instructors. **15 – 20 hrs.**

Tackers 2 & 3 program

Chance for the kids to sail boats on their own, teach more advanced skills to get the boat moving faster, enhanced their skills, playing more games, and basic racing ability so you can start to race at your local club. **15 – 20 hrs**

Advanced Racing

Advanced racing skills.

All students will receive a Tackers Kit at the start of the level and are assessed and awarded a Certificate of Completion to show they have the necessary skills to proceed to the next stage.

It is a requirement of the Cruising Yacht Club of Hamilton Island to be a Junior Sailing Member if the student is completing Tackers 1, 2, 3 & Advanced Sailing for insurance purposes.

What to bring:

Please ensure that all clothing is clearly labelled.

Lifejacket (provided by the club)

Hat

Sunglasses (with strings attached)

Sunscreen

Stinger suit (for use in stinger season)

Wet suit for warmth in winter – a stinger suit will suffice worn with warm jumper or spray jacket (please consider the wind chill factor)

Reef shoes, wetsuit boots or old runners

Change of clothes

Towel

Bottle of water

Parent and Guardian Assistance

Parents and Guardians are encouraged to assist each week throughout the program. Whilst we have several hard-working volunteers, any help you can provide is greatly appreciated. Whatever it may be, please volunteer your time and be part of the success of this program.

Parents and guardians can also help to:

Rig boats, hose down and de-rig boats.

Ensure the participants are wearing the right clothing and sun protection.

Act as Beach Monitors to help launch and retrieve boats and assist any participants who have come ashore.

Ensure that the participants sign in and out each day.

Please note:

The lesson is not finished until all boats have been hosed down, de-rigged and stored away. Boat care and maintenance is a part of the curriculum.

Please note the following:

A valid registration for the Kids Discover Sailing program is only constituted when the completed form is received by the club with the payments in full.

Personal information / health information on the enrolment form must be provided and is kept strictly confidential.

Daily signing **ON and OFF** by participants will be strictly monitored. Parents and guardians are requested to assist us with this matter by ensuring they adhere to the signing **in/out policy**.

To keep everyone safe please ensure that:

Every participant is sign in and out at each session,

The participants do not leave the club premises between sign in and sign out.

The participants are not to go swimming during the training session without the permission of their instructor.

The participants are not to go swimming during the training session due to ferry's going to and from the airport jetty.

Codes of Conduct:

Australian Sailing have provided Codes of Conduct to ensure that all members are aware of their rights and responsibilities.

Participants Code of Behaviour:

Play by the rules.

Never argue with an official. If you disagree, have your instructor approach the official between races or after the regattas.

Control your temper. Verbal abuse of officials and sledging other participants, deliberately distracting or provoking an opponent are not acceptable or permitted behaviours in any sport.

Work equally hard for yourself and/or your team. Your team's performance will benefit and so will you.

Be a good sport. Applaud all good performances whether they are by your team or the opposition.

Treat all participants in your sport as you like to be treated. Do not bully or take unfair advantage of another competitor.

Co-operate with your instructor, team mates and opponents. Without them there would be no competition.

Participate for your own enjoyment and benefit, not just to please parents and coaches.

Respect the rights, dignity and worth of all participants regardless of their gender, ability, cultural background or religion.

Instructors Code of Behaviour:

Remember that young people participate for pleasure and winning is only part of the fun.

Never ridicule or yell at a young player for making a mistake or not coming first.

Be reasonable in your demands on participant's time, energy and enthusiasm.

Operate within the rules and spirit of your sport and teach your participants to do the same.

Ensure that the time participants spend with you is a positive experience.

All young people are deserving of equal attention and opportunities.

Avoid over using the talented sailors; the just average need and deserve equal time.

Ensure that equipment and facilities meet safety standards and are appropriate to the age and ability of participants.

Display control, respect and professionalism to all involved with the sport.

This includes opponents, instructors, officials, administrators, the media, parents and spectators. Encourage participants to do the same.

Show concern and caution toward sick and injured participants. Follow the advice of a physician when determining whether an injured sailor is ready to recommence training or competition.

Obtain appropriate qualifications and keep up to date with the latest coaching practices and the principles of growth and development of young people.

Any physical contact with a young person should be appropriate to the situation and necessary for the participant's skill development.

Respect the rights, dignity and worth of all participants regardless of their gender, ability, cultural background or religion.

Parents Code of Behaviour:

Remember that children participate in sport for their enjoyment, not yours.

Encourage children to participate, do not force them.

Focus on the child's efforts and performance rather than winning or losing.

Encourage children always to participate according to the rules and to settle disagreements without resorting to hostility or violence.

Never ridicule or yell at a child for making a mistake or losing a race.

Remember that children learn best by example. Appreciate good and skilful performances by all participants.

Support all efforts to remove verbal and physical abuse from sporting activities.

Respect officials' decisions and teach children to do likewise.

Show appreciation for volunteer coaches, officials and administrators.

Without them, your child could not participate.

Respect the rights, dignity and worth of all participants regardless of their gender, ability, cultural background or religion.