



You will find below details on what is required of the children **and** their parents while on the Junior Sailing Course at Greystones Sailing Club this summer.

Sailing Gear: All trainees must provide **their own wetsuit, dinghy boots, buoyancy aid (life jacket), waterproof spray top (kag)** and warm dry clothing for use when on land and bring plenty of lunch (low GI carbohydrates are recommended as sailing is exhausting). All possessions will be taken home each evening and sailing gear rinsed.

Times: Each course runs from **9.30am to 5pm Monday to Friday**. There will be days when weather conditions will prevent some or all trainees going on the water. This cannot be avoided and shore-based activities will be organised in lieu. All trainees are encouraged to use Club shower and changing facilities but should they feel uncomfortable, they may shower and change at home.

Medical issues or learning difficulties: It is imperative for the safety of your child, other trainees and instructors on the course that GSC is made aware of any issues your child may have. Any declaration will be treated in the strictest confidence and shared only on a 'need to know' basis.

Achievements: Emphasis in GSC is on **having FUN in a SAFE and learning environment**. The learning element refers to the attainment, at a consistent level, of **skills required in the ISA SBSS log book** to achieve their level. Time on the water and attention to instruction will achieve this at different rates depending on the trainees, their commitment, aspirations and of course weather conditions. All trainees will be talked through their targets and achievements to date each week during the Junior Training Course.

In all cases, **time on the water**, outside of course hours will certainly reinforce learning and speed up skills acquisition. Club boats are available to members for Club sailing on Wednesday evenings, Saturday afternoons and Sunday mornings when coaching may also be available.

On short courses or where trainees only attend a part of the course, weather conditions and time constraints may restrict the ability to instruct all areas of the syllabus and hence skills acquisition.

It is GSC policy, after years of experience, to ensure trainees are ready to move onto the next level, which will assume skills acquired in prior levels, demand more rigorous application of those skills **in more challenging conditions** and at level IV, in performance dinghies.

The ISA syllabus for the Small Boat Sailing Scheme (SBSS) is detailed from a link on our website.

Level 1 Start Sailing is open to members of GSC and non- members who are aged 10 years and over by March 1st 2017. Course and Membership applications are available from the website. All trainees must undergo a swimming test on the first day of the course. Participants who have already passed level 1 must progress onto **level 2**.

Level 2 Basic Skills & above : All participants at level 2 must join as Junior members (membership application on website) if they are not already family members and they wish to take part in the junior training course. It is advisable that all level 2 participants have been on the water a few times in advance of the sailing course. Achievement of skills by trainees will depend on the level of commitment of the trainee and time on the water building on what is learnt on the course.

Participants in level 2 upwards must have a designated place in a boat either:

- their own boat
- on the limited number of Club Picos available (level 2 only)
- in someone else's person dinghy (agreed in advance with the adult owners)

In the case of a two person boat a trainee may:

- share a boat with another member of their family
- be a joint owner of a boat with another member or
- use a borrowed boat for the duration of the course provided it is properly insured, agreed by the parents and is from the list of approved boats.

It may be possible to 'split' a boat across two levels. If you are unsure about which boat may be most suitable for your family, call me – **Paddy Barnwell** – training@gsc.ie.

Level 3 Improving skills: Anybody taking part in level 3 must complete 8 races during the 2017 season before the start of their sailing course.

Level 4 modules: Advanced Boat Handling, Go Racing 1, Go Racing 2, Kites & Wires 1, Kites & Wires 2 and Adventure 1:

Participants must complete 12 races during the 2017 season **before** the start of their sailing course. All participants' boats should be **appropriate to that level and the size of the sailor**. Check the list below for details. Level IV trainees will be expected to share their boats for these modules to ensure the syllabus is covered.

All participants of level 4 should carry a knife and whistle with them at all times.

Participants who wish to become instructors at GSC are expected to have passed more than one 'Level 4' module.

Presentation & Prize-giving - put it in your diary:

There will be an **inclusive** prize-giving and Certificate presentation session from 4:30pm on the last day of the course. All trainees, **regardless of attainment**, should attend this fun afternoon and parents and siblings are welcome to join us in the Clubhouse. This may run beyond 5pm

Concerns: Should your child be having any issues at all in anticipation of, or while on the course, please let us know as soon as you are made aware so that we may address their concerns early and ensure they are having fun.

Open for Coffee: To ensure you have the opportunity to meet other parents, see how the course is run and have a glimpse into what so exhausts your children, we will invite you to join us for coffee and a scone during the sailing course. You are also welcome in the Club, for one of our **Adult Courses** throughout the summer or just for a natter in the bar after sailing on Wednesday evening, Saturday afternoon or Sunday morning.

Notes to parents and children



Boats: The following is a list of approved boats for use at GSC training courses:

Dinghy	No. in the Club	Suitable For	No Crew	Crew weight.**
Laser Pico	15+	Levels 1 & 2	1 or 2	32kg +
Laser 4.7	Same hull, different rigs 20+ in total	All levels	1	45-65kg
Laser radial		All levels	1	-75kg
Laser full rig		All levels	1	65-85kg
RS Feva	20+	All levels	1 or 2	80-115kg
RS 200*	c. 20	Levels 3 & 4	2	115 – 145kg
RS400*	9	Levels 3 & 4	2	130kg+

* appropriate for few depending on skills and size

** source Yachts & Yachting Racing Classes Guide

Courses A, B&C have separate application forms, see website.

To save time, please ensure the **email address section** is complete and that you indicate what boat the child(ren) will use.

Courses may fill before the due date of March 31st. GSC cannot hold a place for your child without an application form accompanied by the appropriate declarations and deposits. All membership queries should be addressed to secretary@gsc.ie.

Yours,

Paddy Barnwell

ISA Training Centre

Principal

Training@gsc.ie

Info: Caroline Galligan - 087 353 8176