



## Intro to Junior Training Courses 2021

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 and footwear for use when on land. The club can provide a limited number of kags/spray tops or buoyancy aids to trainees in an emergency, but it is expected that the child will have their own.

**Lunch:** Please ensure you have plenty of lunch/water bottle as sailing is exhausting (low GI carbohydrates are recommended) and dehydrating.

**Times:** Each course runs as per the timings on the site. 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. As of now, it is unlikely that we will have use of the club facilities so it is expected that your child will have warm clothes to change into or 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 on the Sailing Passport or Checklick system** to achieve their level. Time on the water, and attention to instruction will achieve this at different rates depending on the trainees, their commitment and weather conditions. To this end, all Level 1 trainees must undergo a swimming test on the first day of the course; it is advised that Level 2 participants have been on the water a few times in advance of the sailing course and Levels 3 and 4 are required to have completed 8 and 12 races respectively in advance of the course.

All trainees will be talked through their targets and achievements to date each week during the Junior Training Course. We are extremely glad to welcome Ben Hutchinson as SI to GSC this year and look forward to his excellent tutelage for all our trainees in 2021.

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, subject to skill level and wind conditions, 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 for instruction in all areas of the syllabus and therefore skills acquisition.

It is GSC policy to only pass a trainee when they 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.

**Concerns:** Should your child have 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 to **Try Sailing** or for one of the **Adult Courses (see website)** throughout the summer or just for a natter in the pen after sailing on Wednesday evening, Saturday afternoon or Sunday morning. All of the above are subject to Covid restrictions.

**The courses** are open to members of GSC and non- members alike. Course and Membership applications are available from the website.

To save time, please ensure the email address section is complete. Courses may fill before the due date of March 31<sup>st</sup>. Membership queries should be addressed to [courses@gsc.ie](mailto:courses@gsc.ie) or Conor Duff Lennon.

Yours,

**Aileen Lennon**

**ISA Training Centre Principal**  
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