



Canberra Yacht Club

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ACT

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Children & Little Tacker 2009-10 Sailing Courses Information Package



The Sailing School -

The Sailing School is a division of the Canberra Yacht Club. Our aim is to make sailing fun and enjoyable for all. We provide the level of instruction appropriate for your skill level and with the opportunity to progress and improve you ability.

Where To Come -

The sailing course lessons are conducted in the ground floor clubroom of the Canberra Yacht Club, located below the Canberra Southern Cross Yacht Club at Lotus Bay Yarralumla. The practical sessions are conducted from Lotus Bay, on Lake Burley Griffin.

Accreditation For Participants -

All students progress toward a Canberra Yacht Club Sailing Skills Level 1 to 5 accreditation. At the end of each course each student receives a Canberra Yacht Club Sailing School certificate stating the level attained.

Children & Little Tacker Sailing Courses Available

The Children's sailing courses are designed for children aged **9 to 18 years old**.

The Little Tacker's sailing courses are specifically designed for children aged **7 to 8 years**.

The courses are designed for beginners through to the experienced sailor, wishing to improve and build on existing skills.

- **Children's Sailing Courses** are conducted during the school holiday periods. They run for the full week - Monday to Friday, starting 9.00am concluding each day at 4.00pm.
- **Little Tacker's Sailing Courses** are also conducted during the school holiday periods. They run for the full week - Monday to Friday, 9.00am until **12.00pm**. Each Little Tacker's course consists of 15 hours of fun on the water, some basic sailing theory and practical sailing, with an instructor on board at all times.

Costs

A \$20 discount is given to all Canberra Southern Cross Club and Yacht Club Members on presentation of your current membership card. All prizes including GST.

	5 Day Course	5 Day Course Southern Cross Club Member	4 Day Course	4 Day Course Southern Cross Club Member
Full Day 9 years and above	\$310	\$290	\$290	\$270
Little tackers 7 to 8 Years old	\$250	\$230	\$230	\$220

Course Bookings -

The Canberra Yacht Club sailing courses are extremely popular, so to secure you place we require **the full payment two weeks** prior to the commencement of the course. You can book and pay on-line at the Canberra Yacht Club web site www.canberrayachtclub.com.au

Children's Introduction to Sailing Course Syllabus -

Personal Preparation

Water Safety
Personal Flotation Devices
Sun Protection
Cold Weather Protection
Marine Safety
Nautical Terminology
Person Overboard Procedure

Yacht Preparation

Rigging
Terminology
Points of Sail
Knots
Capsize Recovery
Helming Techniques
Sail Shape and Control

Things To Bring And Wear

Sailing is a water sport and sailors will always get wet. At the very least, they will get wet feet when launching the yachts, and at the worst they will get completely wet after a capsize. It is therefore essential to bring a complete change of clothes and a towel for a shower at the club after sailing.

For each practical session please provide the following:

- ◆ Sneakers and socks or aqua booties (they will get wet). Bring a dry set for land activities.
- ◆ Shorts and tracksuit trousers (jeans are not suitable).
- ◆ A wetsuit for sailing the dinghies (only if you own or can borrow one - no need to purchase).
- ◆ A long sleeve shirt for sun protection.
- ◆ A jumper (preferable woollen or polar fleece). If it's cold more than one may be needed.
- ◆ A nylon spray jacket or parka is very important for wind protection.
- ◆ A hat (A MUST).
- ◆ Sunscreen lotion (A MUST).
- ◆ Lunch, morning tea and afternoon tea - for full day courses. There is a fish and chip shop at the Canberra Southern Cross Club, please bring change.
- ◆ Something to drink.

The above items of clothing etc. should be brought each day. The items worn will depend on the weather. Don't worry about the clothes being new or fashionable. Most clothes worn by sports sailors are of the old and worn variety - they will get wet!

Additional Sailing School Courses Available

Introduction:

This year's Saturday Youth Sailing program at the Canberra Yacht Club is operating under a new 3 level system. This allows instructors to provide a better sailing education aimed at the correct level for the students. These classes will be known as Bronze, Silver and Gold. Throughout the season students may be moved from one class to another so that they are in the correct class for their abilities. The curriculum will be the same for each class, but the techniques and theory will be adapted to suit the class level. If you are unsure which class best suits your child, please contact the Sailing School Office on 6273 4777 for advice.

Bronze Saturday Morning Junior Sailing Program 9.30am to 11.30am

This course is aimed at students who have very little or no sailing experience. It will begin with the basics of sailing and it is hoped that by the end of the program students will be accredited with a Level One Certificate. Students who show an aptitude for sailing, may be moved into the Silver Program.

Silver A Saturday Afternoon Youth Sailing Academy 12 noon to 2 pm

This course is aimed at students who have some sailing experience. A Level One Certificate is a prerequisite for this course. Students within this group who are showing a higher level of skill may be moved to the Gold Program, while students who are struggling may be moved to the Bronze Program. It is hoped that students who complete this Program will be awarded a Level Two (or higher) certificate

Silver B Saturday Afternoon Youth Sailing Academy 2.30pm to 5 pm

This course is aimed at students who have some sailing experience. A Level One Certificate is a prerequisite for this course. Students within this group who are showing a higher level of skill may be moved to the Gold Program, while students who are struggling may be moved to the Bronze Program. It is hoped that students who complete this Program will be awarded a Level Two (or higher) certificate

Gold Wednesday Afternoon Youth Sailing Academy 4 pm to 7.30 pm

This Program is aimed at students who have significant sailing experience. This may include those who have participated in afternoon sessions of previous Saturday courses or who hold a Level 2 Certificate. This program is aimed at being a feeder for the Optimist or Youth Racing Squads. Students whose skills are not at a high enough standard will be moved into the Silver Program. The Gold program will involve advanced manoeuvres and be more structured around the skills required for racing and will include Wednesday evening Canberra Yacht Club Twilight racing.



Canberra Yacht Club Sailing School

**CHILDREN'S & LITTLE TACKER
SCHOOL HOLIDAY SAILING COURSES
2009/10**

MONDAY TO FRIDAY 9AM – 4PM

Course Number	Dates
October Holidays	
Kids # 1	28th September – 2nd October
Kids # 2 4 day	6th October -9th October
Christmas Holidays	
Kids # 3	14th December – 18th December
Kids # 4 4 day	21st December – 24th December
Kids # 5	4th January – 8th January
Kids # 6	11th January – 15th January
Kids # 7	18th January – 22nd January
Kids # 8 3 day	27th January – 29th January
April Holidays	
Kids # 9	12th April – 16th April
Kids # 10	19th April - 23rd April

APPLICATION FORM FOR 2009/10
CHILDREN INTRODUCTORY SAILING COURSES

Course number K#..... Dates from:

PARTICIPANT DETAILS

Surname..... Given Names.....

Preferred Name.....

Date of Birth (...../...../.....) Age..... M/F

Address.....

Postcode.....

Phone AH: (.....)..... Phone BH: (.....)..... Mobile:

E-Mail Address.....

Are you members of the Canberra Southern Cross Club Y / N membership number.....

Is the participant a Little Tacker Y/N

Emergency Contact Name :..... Relationship :

Emergency Contact Phone number.....

Details of any relevant condition which may affect ability to participate (e.g. medical or physical?) YES / NO

If YES, please give details.....

Can the participant swim 25 metres with clothes on? YES / NO

Has the participant attended a relevant sailing course before? YES / NO

If YES, please give details :.....

THANKYOU

Office Use Paid \$.....

Receipt Number.....

Date.....

PARTICIPANT INDEMNITY FORM

Student's Name.....

Iam aware that during the training course I have chosen
(*self - over 18 or Parent/Guardian - under 18*)
for myself or ward (delete category not applicable) to participate in under the arrangements of
ACT SAILING INCORPORATED trading as CANBERRA YACHT CLUB certain hazards may
occur associated with sailing and boat rigging generally. In consideration of the right to
participate in such instruction or other activities associated with the course arranged by ACT
SAILING INCORPORATED trading as CANBERRA YACHT CLUB their associates or agents
I have and do hereby assume all the above risks and will hold ACT SAILING
INCORPORTATED trading as CANBERRA YACHT CLUB their associates and agents free of
any liability action, debt claims or demands which I now have or may arise as a result or in
connection with the participation in this course of instruction. The terms hereof shall also serve
as a release of the ACT SAILING INCORPORATED trading as CANBERRA YACHT CLUB
from risk and assumption of risk by my heir's executors or administrators for all members of my
family including minors. Should any successful claim be brought for
myself/son/daughter/defector/spouse against ACT SAILING INCORPORATED trading as
CANBERRA YACHT CLUB I agree to indemnify ACT SAILING INCORPORATED trading
as CANBERRA YACHT CLUB its associates and agents and will meet the total costs resultant
from such action.

The terms of this agreement that exclude or limit the Clubs liability shall apply only to the extent
permitted by law.

SIGNED.....Date.....

Name in block letters.....

Address.....

NOTIFY IN CASE OF EMERGENCY

Name.....Relationship.....

Address.....

Phone AH : (.....)..... Phone BH : (.....)..... Mobile :