



Cadet Sailing

A guide to helping out at Cadet sailing sessions (Friday evenings, FSC Youth Regatta etc.)



Our Cadet sailing sessions rely on as much help as possible from everyone involved. The following is a guide to what you can do to help them to run smoothly and successfully:

1. LAUNCHING AND RECOVERING BOATS:

If your children are sailing, you will need to help them launch and recover their boat on the beach. This enables cadets and instructors to get on and off the water as quickly as possible. Please ensure that you have suitable clothing and **be prepared to get wet!**

LAUNCHING:

- Bring the boat and trolley into the water and ensure you hold the bow directly **into** the wind (so the boom is over the centre of the boat) and allow the dinghy to ride freely in the waves, with the sails flapping.
- Always stand on the windward side (*the side the wind is coming from*) of the boat.
- Float the boat off the trolley or follow any specific instructions the helm might give as to how to lift their boat off the trolley and launch it.
- Trolleys should be taken back up the beach and far enough up not to get caught by a rising tide.

RECOVERY:

- All trolleys have the owner's name and/or sail number on a tag at the front.
- Ensure trolleys are taken to the edge of the water, with the front facing **into** the wind.
- Float the dinghy onto the trolley and secure it with the rope then pull/ push it onto the beach or ramp, always standing on the **windward** side of the boat.
- Follow any specific instructions for that session regarding the order of recovery of the powerboats (RIBS) and dinghies. Dinghies may need to stay on the beach until all safety boats have been taken up the ramp.
- In some conditions recovery on the beach will be organised with only one boat arriving at a time to lift the dinghy out of the sea and place it onto its trolley on the beach or ramp.
- ***Please be mindful of congestion and public access on the promenade when manoeuvring boats to and from the beach from the club.***

2. RIGGING/ DERIGGING/ STORING OF CLUB DINGHIES:

Cadets are responsible for the following when using a club dinghy:

- Take off covers and store in a safe place whilst the boat is being used.
- Take boat onto the promenade before rigging.
- Ensure boat is head to wind before rigging/ derigging.
- After use wash the boat down.
- Return all equipment to stores, if appropriate.
- Secure cover to the boat and ensure it is in a safe spot in Blakes Road site.
- Report any issues with the boat to the Senior Instructor so that they can be dealt with promptly.

3. LAUNCHING AND RECOVERING POWERBOATS

- Cadets are expected to help launch and recover the powerboats, but please be on hand to offer any extra help - it is always appreciated!

Please do not hesitate to ask one of the instructors or any other club member if you have any questions or if you would like to help but are unsure about anything.

Thank you in advance for your support.