

Malahide Yacht Club

A warm welcome to all our Junior Sailors new and seasoned. We hope to provide an enjoyable learning experience for all our young sailors within a friendly social framework. There are a number of requirements which participants, and parents of participants, need to fulfill in order for the courses to operate safely and effectively.

Eligibility & Costs

The courses are open to Members and Non-Members. For Non-Members, temporary Club Membership is given for the duration of the course only.

Boats

It is not necessary to have a boat to participate in the course, but it is necessary to secure a Club Boat. A limited number of Club Boats are available to rent. Please ensure you complete the appropriate section on the Course Application Form.

Boat Insurance

All boats must have insurance before being brought onto Club Property and proof by way of written declaration is required. Please return with your Course Application.

Parental Participation

Parental participation is a requirement for the efficient running of the sailing courses.

Lunch Roster & Hot Choc Duty.

The primary tasks for the parents are:

- Kitchen duties, which includes making hot drinks (soup, hot chocolate) available to the trainees after they come off the water.
- Ensure that, following lunch, the eating area & the kitchen is left clean and tidy, and dishwasher is put on.

The date and timing of your duty will be circulated to you before the courses begin.

Mobile Phones

Mobile phones are often given to children for security, enabling parents to keep in touch and make sure they are safe.

Don't use your phone in certain locations e.g. changing rooms and showers; inappropriate use of your camera phone may cause upset or offence to another person.

Treat your phone as a valuable item. The Club does not accept responsibility for lost or stolen items.

Use of Photographs and Images of Juniors

MYC has adopted a policy in relation to the use of images of young people on its website and other publications to reduce the risk of inappropriate, unsolicited attention from people within and outside the sport. Where possible, use of names will be avoided, and group photos used where the Club is identified rather than individuals.

Parental permission will be sought for use of such images (please see Course Application

Guidelines for Participants:

We want participants to have an enjoyable summer by having fun learning to sail well.

There are a number of points that you need to note:

Course Start/End Times:

- Sailing Courses begin and end at the stated time on our Training Schedule
- All course participants are requested to arrive at the Training Centre (Broadmeadows) in their wet gear ready to go on the water at the stated Start Time.
- Any Course Participants requiring Wetsuit & Buoyancy Aid are asked to be at the Training Centre 10 minutes before start time to allow them time to get changed.
- Course participants are not allowed off-site for lunch.
- Children must be collected on time at the end of each day's course.

Safety:

Instructors priority at all times will be directed to ensuring the welfare of all participants. Their instructions, especially whilst on the water, must be complied with.

Equipment & Clothing Care

Each participant should have all their clothing, bags and sailing equipment marked with their own name and contact phone no. Participants are responsible for the care and safekeeping of their own equipment.

Behaviour

Participants will be expected to adhere to the Club's Code of Code of Conduct and behave in a respectful manner to other participants, instructors, Club property and equipment of the Club. Participants must follow instructions from the Instructors on the Course. We would ask all participants to be familiar with MYC's Policy on Bullying.

Weather Conditions

There will be days when weather conditions will prevent some or all course participants going on the water. This cannot be avoided and shore-based activities will be organised in-lieu. For this reason, course participants are required to bring dry clothes with them to change into during the day when necessary.

What to Bring on the Day:

- Wetsuit: half or full, full helps against knocks and bruises climbing in and out of boats.
- Cag: A weather/wind protector jacket (not essential)
- Buoyancy Aid: snug, secure fit.
- Wetsuit booties are ideal, but an old pair of trainers will do. Protect feet, launching the boats and aid warmth.
- Swimwear for under the wetsuit
- Rash Vest: helps prevent friction with the salt water and nyoprene.
- Towel and Shower Toiletries
- Any medication taken, such as inhalers
- Sun Cream
- Sun Glasses (secure fit - likely to get dropped in water.
- Warm, woolly hat. Helps protect against knocks (from boom mostly!)
- Gloves: fingerless gloves are useful.
- Suitable warm change of clothing for after sailing. eg. hoodie/fleece.
- Lunch and Drink.
- Wet Bag/Tub/Box for wet gear

Long hair: please tie-up.

What we provide:

1. Wetsuit & Buoyancy Aid where required.
2. Hire of Club Boats where required
3. Hot Soup at lunch time
4. Hot Chocolate, Biscuits at end of day.
5. Hot showers & changing facilities.

Facilities available for heating food.

Lunch Suggestions:

- Sandwiches
- Fruit cake
- Pot Noodles
- Nutritious Bar
- Banana

Please no yogurt, fizzy drinks, sweets.

Have Fun & Safe Sailing!