

**Children 12 to 16 year olds**  
**& Tackers 7 to 11 year olds**  
**2015-2016 Sailing Courses**  
Information Package



**Kids Learn to Sail**

**Children & Tackers Sailing Courses Available**

The **Children's Sailing Courses** are designed for children aged 12 to 16 years old.

The **Tacker's Sailing Courses** are specifically designed for children aged 7 to 11 years old.

Children's and Tackers Holiday Sailing Courses are conducted during the school holiday periods. They run for the full week - Monday to Friday, starting at 8.45am and concluding each day at 5.00pm. The courses are designed for beginners through to the experienced sailor, wishing to improve and build on existing skills.

**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 the children's skill level, with the opportunity to progress and improve students' ability.

**Accreditation for Participants –**



The Tackers program is specifically designed for kids between the ages of 7 to 11 years old and starts with Tackers 1 "Having Fun" then leads into Tackers 2 "Tricks & Techniques" then Tackers 3 "Sailing Fast." After that there are a number of courses in the Canberra Yacht Clubs Youth Programs for the participants to join.



**Kids Learn to Sail**

**Children's Holiday Courses aged 12 to 16 years old**

All students progress toward a Canberra Yacht Club Sailing Skills Level 1 to 3 accreditation. At the end of each course each student receives a Canberra Yacht Club Sailing School certificate stating the level attained.

From then, there are a number of courses in the Canberra Yacht Clubs Youth Program for the participant to join.

**Cost**

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



**The cost for the Children's and Tackers holiday sailing course are:**

Full day	5 day course	5 day course (CSCC Member Discount)	4 day course	4 day course (CSCC Member Discount)	3 day course	3 day course (CSCC Member Discount)
1 child	\$390	\$370	\$350	\$330	\$330	\$310

**Course Bookings -**

The Canberra Yacht Club sailing courses are extremely popular, so to secure your child's place we require payment at the time of booking. We recommend booking well in advance. You can book and pay on-line at the Canberra Yacht Club website [www.canberrayachtclub.com.au](http://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

Boat 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 bring the following:

- ◆ Sneakers and socks or aqua booties (they will get wet). Bring a dry set for land activities
- ◆ Shorts and/or 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**

Please see the office for more information on these courses

## **Tackers 1 “Having Fun” 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.

## **Tackers 2 “Tricks and Techniques” Saturday Afternoon Sat 12 noon to 2.00 pm**

this course is aimed at students who have some sailing experience. A Tackers Level One Certificate is a pre-requisite for this course. This course teaches some advanced fun techniques to the young sailors.

## **Tackers 3 “Sailing Fast” Friday Afternoon 4.00pm to 6.00 pm**

This course is aimed at students who have some sailing experience. A Tackers Level One Certificate is a pre-requisite for this course. This course teaches some advanced fun techniques to the young sailors.

## **Silver Saturday Afternoon Youth Sailing Academy 2.30pm to 5.00 pm**

This course is aimed at students who have some sailing experience. A Level One Certificate is a pre-requisite for this course. Students within this group who are showing a higher level of skill may be moved to the Gold 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 4.30 pm to 7.30 pm including Twilight race**

This Program is aimed at students who have significant sailing experience. This may include those who have participated in afternoon sessions of previous Saturday's. This program is aimed at being a feeder into the Youth Racing Squads. Students whose skills are not at a high enough standard may be moved into the Silver Program. The Gold program will involve advanced manoeuvres and be more structured around the skills required for racing.

## **Youth Race Squad Friday evenings, Sunday racing, Wednesday evening racing**

The Youth Race Squad is designed for the young sailor who participates regularly in CYC races and interstate regattas. To be asked to join the YRS indicates the sailor has passed their level 3 and is training for level 4 and 5 qualifications. See your coach for details.



## Canberra Yacht Club Sailing School

# CHILDREN'S & **TACKERS** SCHOOL HOLIDAY SAILING COURSES

**MONDAY TO FRIDAY 8.45AM – 5PM**

Course Number	Dates
<b>October Holidays</b>	
Kids # 1 4 day	29 <sup>th</sup> September – 2 <sup>nd</sup> October
Kids # 2 4 day	6 <sup>th</sup> October – 9 <sup>th</sup> October
<b>Christmas Holidays</b>	
Kids # 3	7 <sup>th</sup> December – 11 <sup>th</sup> December
Kids # 4	14 <sup>th</sup> December – 18 <sup>th</sup> December
Kids # 5 4 day	21 <sup>st</sup> December – 24 <sup>th</sup> December
Kids # 6	4 <sup>th</sup> January – 8 <sup>th</sup> January
Kids # 7	11 <sup>th</sup> January – 15 <sup>th</sup> January
Kids # 8	18 <sup>th</sup> January – 22 <sup>nd</sup> January
Kids # 9 3 day	27 <sup>th</sup> January - 29 <sup>th</sup> January
<b>April Holidays</b>	
Kids # 10	11 <sup>th</sup> April - 15 <sup>th</sup> April
Kids # 11	18 <sup>th</sup> April – 22 <sup>nd</sup> April

**APPLICATION FORM FOR 2015/2016**  
**CHILDREN & TACKERS 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.....

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  
NO

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

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

Office Use Paid \$.....

Receipt Number.....

Date.....

**PARTICIPANT INDEMNITY FORM**

**Student's Name**.....

**Student's Name**.....

I .....am 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 INCORPORATED 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 : .....