

Whitstable Junior School - Sailing at Whitstable Yacht Club Information

Welcome to Whitstable Yacht Club. We are delighted that Whitstable Junior School will be our first school to join the club's "Adopt a School" scheme. We really value our engagement in the local community and are offering 10 places for an after school activity, starting Thursday 10th June with a session each week at 4.30 – 6.30 pm for seven weeks until Thursday 22nd July. This would be for children in years 5 and 6 who are beginners but keen to learn how to sail. Sessions will be shore based or water based depending on the tide and weather conditions. Safety is paramount and the aim will be to progress towards the RYA youth stage one qualification for sailing. (If your child has already attained this level please contact us with a view to joining our club youth sailing sessions.) Please read this information page and to book a place complete and return the parental consent form to the school.

How are the Whitstable Junior School Sessions run? Whitstable YC is a Royal Yachting Association (RYA) Training Centre and is committed to making a real difference to young people and families taking part. A fully qualified and experienced senior instructor takes charge of everything. Assistant instructors and volunteer helpers are also experienced sailors and all, in accordance with the club's safeguarding policy, have been cleared to work with young people by a DBS endorsed check.

What is the Programme for the Sessions? The programme will include an understanding of these topics: wind, weather and tide, how to tie basic knots and what they are used for, understanding of the sea shore with a "treasure" hunt, the parts of a sailing dinghy and how to rig a boat, steering, speeding up and slowing down, changing course (tacking), how the sail works at different points of the wind, keeping balance and, if capsized, how to right a boat.

How do I book a place? To book a place we ask for a **commitment to all seven sessions**. Please give careful thought as to whether you and your child are sure about signing up. If you are unsure we can arrange for your child to have a free taster sail at one of our regular youth sailing sessions. Please read below about the things to consider before signing up. We appreciate that there may be circumstances preventing attendance for a particular session. For this reason parents will receive a weekly programme email 2 or 3 days before the next session to confirm attendance directly to the club by our online system.

What is the charge? We are offering the seven sessions to Whitstable Junior School at the most basic cost charge of £36.50 - each session @ £5.00 plus £1.50 administration.

How many are in the group? We are offering 10 places which the school will take on a "first come first served basis" with the form completed with payment of £36.50 in advance for the 7 sessions.

What can I expect as a beginner? Beginners will be equipped with a wet suit, sailing shoes and a buoyancy aid, but if you have your own wetsuit or any sailing kit please bring it. Although no-one needs to be a great swimmer, they should be able to swim 20 metres and feel comfortable about going on the water. The instructors will assume no previous sailing experience and will want to make sessions fun.

Where do we meet? At the start of each session we will meet at the beach side to Whitstable Yacht Club. This is reached from the harbour car park by walking around the RNLI station by the public footway, down the dip and up to the club ramp. Keith's café is located in the adjacent club yard. Alternatively if walking from the Horsebridge, take the beach footway towards the harbour, go past the Forge café to meet at the top of the club ramp.

What should I bring? It is often cooler on the beach than in town! So even on a hot day please bring warm clothing in a bag as well as a towel. Changing rooms will be available for changing into sailing kit and back into home clothes. Bring sun block on a sunny afternoon.

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Bring or wear a swim suit or trunks to wear under a wet suit. A pair of old trainers that can get wet are best footwear apart from sailing shoes. No flip-flops! Also, bring a snack – a bar of chocolate or something to get blood sugar levels up before we finish.

Will I get wet? Yes! Everyone gets at least their feet wet and even if you get soaking wet on a windy day a wet suit will keep you warm. If it is too windy to sail we can always finish a shore based session with a change into wetsuits for a dip in the waves!

How does sailing fit in with school? Few schools are in a position to include sailing in their sports programme, but sailing has great co-curricular value. It pulls together geography, mathematics and science in practical applications. Sailing also goes further in complementing the national curriculum; it helps to develop essential life skills. Young sailors gain confidence and independence, learn the importance of teamwork and how to take on responsibility with good communication and leadership skills. At senior school, sailing can be a component of GCSE and A level PE and sports studies courses. It has proven application for the Duke of Edinburgh's Award Scheme.

How can parents help? Parents are expected to sign in their child at the start of a session, 4.30 pm, and sign out at the finish, 6.30pm. Parents must check the kit issued to their child and at the end return the items thoroughly rinsed and washed before signing out. Although not required to stay parents are welcome to do so whether as a spectator from the beach or club veranda. If your child goes on to join our club youth sailors, parents are expected to help and get more than just their feet wet!

How do the Covid-19 restrictions apply? Whitstable YC adheres to the government's restrictions and to the guidance of the RYA, the governing body of the sport, for all sailing activities. In the event of the government's "road map" for the easing of restrictions going to plan, from May 18th activities will adhere to the rule of six and social distancing among other requirements. The use of indoor facilities such as changing rooms will be permitted on this basis. All being well, it is anticipated that restrictions may be lifted as from June 21st – that would be for the 3rd session. We will keep parents informed by the weekly email in line with developments.

For more information please visit the Whitstable Yacht Club web site at www.wyc.org.uk. Alternatively please contact Ruth Oliver, training@wyc.org.uk or Richard Maltby, principal@wyc.org.uk.

Richard Maltby. 05.05.21