



Cramond Boat Club – Cadet Sailing 2014

Cadet Sailing sessions provide our under 18 sailing members with a regular slot in the club sailing programme. We hope to offer regular opportunities to get our younger members out on the water, put what you have been taught into practice, start racing and have some fun!

It's all about integration into the clubs main sailing programme, building on the good work of our Seamonkey Group which introduces and provides training for younger children. We hope Cadets will provide a regular opportunity for our mostly now teenage sailors, to continue to enjoy our sport.

Sessions take place throughout the sailing season and are usually held as part of the wider club Free Sail Sessions and Sunday dinghy racing series.

Please see our provisional 2014 Cadet Sailing programme below:

Date	Activity	Meet at:	Start	High Water (M)	High Water Time
Sat 3rd MAY	Free Sail – supervised sailing session - opportunity to practice your skills - Practice launching and returning to a slipway. - Practice Race Starts / Stern Chase / games	15:30	16:00	5.1	18:25
Sat 24th MAY	Free Sail – supervised sailing session - opportunity to practice your skills, PLUS - “Shottie with a Yachtie” – Try a sail on a big boat with one of the Cruiser owners.	10:15	10:45	5.0	11:48
Sun 1st JUNE	1. Brief talk in the function room.... introduction / reminder about the basic racing rules - what you need to know to start racing. 2. Cadet Race Series - 1 Out on the water for the 1 st race of the year!	14:30	16:00	5.1	18:01
Sun 15th JUNE	Free Sail – supervised sailing session - opportunity to practice your skills. - Dinghy mini cruise / BBQ.	14:00	15:00	5.8	17:12
Sat 21st JUNE	Free Sail – supervised sailing session - opportunity to practice your skills	08:30	09:00	5.0	10:17
Sun 29th JUNE	Cadet Race 2	14:20	15:20	5.2	17:02
Sun 27th JULY	Cadet Race 3	13:00	14:00	5.2	16:07
Sun 10th AUG	Cadet Race 4	12:00	13:00	5.8	15:07
Fri 15th AUG	Free Sail – supervised sailing session - opportunity to practice your skills	17:30	18:00	5.5	19:00
Sat 23rd AUG	CBC Regatta Day 1 of 2 (includes Cadet Class)	11:45	13:00	5.0	14:37
Sun 24th AUG	CBC Regatta Day 2 of 2 (includes Cadet Class)	12:00	13:00	5.1	15:13
Sun 31st AUG	Cadet Race 5	16:20	17:20	5.1	19:06
Sat 13th SEP	Cadet Race 6	15:40	16:40	5.8	06:04
Sun 28th SEP	Cadet Race 7	15:00	16:00	5.3	17:59

All the above dates are also published in the 2014 CBC Handbook.

Dates are subject to change or cancellation depending on weather conditions on the day. As much notice will be given as possible – please check your email if the weather looks doubtful.

Who is Cadets aimed at?

To take part in Cadet Sessions, you should be:

- aged 10 to 17 yrs (approx, subject to experience).
- have completed at least RYA Junior Stage 3 (or equivalent).
- have enough experience to safely launch, sail independently and return and recover a dinghy on the slipway.

(Cadets must also be members of the Cramond Boat Club or be sailing as part of the Cramond Scouts activities).

Safety

Cadet sessions are organised by the Cramond Boat Club and jointly run and supported by the Cramond Scouts. Safety is key – there will always be safety boats on duty to provide supervision during Cadet Sessions. Safety Boat Drivers are in charge on the water – what they say goes. They will also be on hand at the start of the session to provide advice on if the conditions on the day are suitable for you to go sailing, depending **on your level of skill/experience – if you are not sure if you should go out – please ask.**

Parents should note that although safety cover is provided on the water – parents are responsible for the safety, supervision and support of their own child whilst on land.

Parental Support

Support from parents is essential. There will be a rota for a parent to act as “beach master” to help launch and recover boats, and to be on hand – just in case anyone needs to come in early.

In addition, parents of younger children should be available at the start and end of sessions to help them take boats to the slip and back if necessary. Even though this age group have a little more experience - it's still very difficult for the younger ones to recover a boat on the slipway and drag it back to the dinghy park, particularly when they are very cold and wet! That said – please encourage the kids to support each other as much as possible.

Parents are actively encouraged to get involved - If you have an RYA Power Boat Level 2 or Safety Boat Certificate, and are willing to be included on a rota to provide Safety Boat cover, either as helm or crew, please email and let me know as soon as possible.

If you don't have much experience, don't worry – we will team you up with an experienced driver who will give you an opportunity to practice and build your skills.

There may also be future opportunities for parents / helpers to undertake training to support the activities – let us know if you are interested and we will keep you informed about future training dates.

Other Activities / Opportunities

Older more experienced Cadets are encouraged to take part in any of the Cramond Boat Club's activities published in the Club handbook - these events are open to all members.

Registration

If you would like to sail with the Cramond Cadets – please complete and return the form attached. This information will be used to keep you informed, to collate an Emergency Contact List for the Safety Boat Crews and to populate a parent helper rota.

CBC members should return completed form to Robert Wilkinson.
e-mail wilkinson@blueyonder.co.uk TEL 0131 477 3155.

(NB: Scouts should return the form to Paul Rogers, Cramond Scout Leader in the first instance).



CRAMOND BOAT CLUB

RIVERSIDE, CRAMOND, EDINBURGH, EH4 6NY
TELEPHONE 0131 336 1356



CADET SAILING 2014 ENROLMENT FORM

Surname First Name
Are you a CBC Member? (please circle category) Family Associate Under 26 Student Junior

Are you a Cramond Scout Member Yes/No

Member of Cramond Sailability Yes/No Date of Birth (if under 18)

Address Name of Contact Person

..... Address (if different)

Postcode

Tel. Postcode

Email Contact No.

Boating experience and qualifications (including approximate dates)
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Please give details of any relevant disabilities/medical conditions/injuries. Conditions such as asthma, bronchitis, blackouts, fits/giddy spells, epilepsy, diabetes, angina/other heart condition should be listed. If none, write "None".)

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I am fit to participate in the activities and I am able to swim at least 25 metres with the help of a buoyancy aid.
I will wear suitable clothing and waterproofs (no waterproofs will be provided by the club).
I will wear a buoyancy aid or lifejacket at all times when afloat (club lifejackets are available to borrow).

Date Signature
Signature of Parent or Guardian if under 18

Name of Parent or Guardian (block capitals)

Data Protection: Details of trainees and training personnel are held on computer. As well as contact information, training achievements are recorded and may be used as info for the Club magazine or website. They will not be disclosed to anyone outwith the Club. If you do not wish to be included, please advise a Club Officer.

Photographs: Photographs are regularly taken during training and other Club events and may be used for Club publicity through the Club magazine, posters and website. If you do not wish photos that include an image of yourself or any children for which you are responsible to be used in this way, please tick this box: