

# HERTFORDSHIRE SCOUTS

## Sailing Activities Section



**Spring Bank Holiday Sailing Week 25<sup>th</sup> May – 1<sup>st</sup> June 2024 at East Mersea.**

**RYA Sailing Course Information plus other courses including Power boating, VHF / DSC Radio Licence, Development weekends and First Aid**

### **Mersea Sailing Week 25<sup>th</sup> May – 1<sup>st</sup> June**

**Young Sailors Courses (under approximately 14 years)      Course Theory Day - Saturday 23<sup>rd</sup> March**

- Stage 2**                      Young Sailors Start Sailing Stage 2 (To have completed or being at Stage 1 is a pre-requirement of this course) – progressing through the week to Stage 3 where appropriate.
- Stage 3**                      Young Sailors Start Sailing Stage 3 - progressing through the week to Stage 4 where appropriate.
- Stage 4**                      Young Sailors Start Sailing Stage 4 – progressing through the week to Better Sailing where appropriate.

**Adult and Advanced Youth Sailing Courses                      Course Theory Day - Saturday 27<sup>th</sup> April**

- Start Sailing**                      This is a full week's course for those over 14 years of age wishing to learn to sail with little or no previous experience of Sailing.
- Improve Racing**                      This is a full week's course for those over 14 years of age who can sail well (have previously undertaken the Better Sailing Course) and wish to improve their Racing Skills.
- Better Sailing**                      This course provides the basic sailing skills required for individuals to undertake the Advanced courses to best advantage depending on experience and should be undertaken if little practical sailing experience has taken place since gaining Stages 3, 4 or Start Sailing courses – the duration is dependent upon the sailing skills exhibited and can vary from 2 days to a full week. It is possible, if the appropriate skills are exhibited, for individuals to transfer to one of the advanced courses for the second part of the week if there is space and resources available.

It is likely that the Better Sailing course will be made up of 2 distinct groups:

- 1)                      Those who complete Stage 4 during the first part of the week and want to further their sailing skills in preparation for undertaking an advanced course in the future.
- Or**
- 2)                      Those who have done little sailing since gaining their Stage 4 and would like to refine their sailing skills before undertaking an Advanced course which could be during the second part of the week if they progress well.

## Advanced Courses

Coached sailing to start the week leading to Advanced Seamanship Skills and / or Advanced Day Sailing

Coached sailing to start the week leading to Advanced Sailing with Spinnakers

Coached sailing to start the week leading to Advanced Performance Sailing

Advanced Start and Improve Racing

Catamaran Endorsement Courses - (2 day course or one week). These courses would cover the same syllabus as for dinghies above but using Catamarans, if the craft are available for use – to be determined at the Theory day.

## Important Note:

The appropriate R.Y.A. certificates or badges will be awarded at the end of the courses to those who successfully complete them. When applying for a place, please ensure that you enclose details of certificates already gained and your preference for your choice of course(s) in which you wish to participate. If you have no previously gained certificates, please enclose a brief description of your sailing experience to ensure that as far as possible you are placed on the best course to suit your needs. For example, to undertake the Performance Sailing course may not be considered advisable if it is felt by the Instructors that an applicant would not be able to confidently sail the more demanding dinghies. The courses that you will finally undertake will be confirmed at the Theory Day once the Sailing Instructors have determined the experience of every applicant.

## Instructor Courses

### Dinghy Instructor

**Course Theory Days Saturday 23<sup>rd</sup> March and Saturday 27<sup>th</sup> April**  
A pre-requisite is a First Aid Certificate and a Level 2 Power boat Certificate

### Advanced Instructor

Endorsement Course – This will be arranged if requested

### Potential Instructor

This course is aimed at those who wish to undertake the Instructor course in a subsequent year. (see course description below) – It is not a certificated RYA course.

## **RYA Powerboat Level 2 – Sunday 5<sup>th</sup> May – Monday 6<sup>th</sup> May**

This course will be held at Brightlingsea working from Morgan Marine's Boatyard. Limited overnight accommodation primarily for adults may be available at the North London Youth Sailing Trust's premises. Priority for attendance on this course will be given to those needing the qualification as part of their Instructor qualification. The course will run from 9.30am until 5.00pm each day.

Cost inclusive of Certificate, Handbook and Logbook - £110.00p (does not include accommodation which must be booked separately) (A passport size photograph is required with the application for the certificate)

## **RYA Safety Boat Course – Saturday 4<sup>th</sup> May – Monday 6<sup>th</sup> May**

This course will be held at Brightlingsea working from Morgan Marine's Boatyard. Limited overnight accommodation primarily for adults may be available at the North London Youth Sailing Trust's premises. Priority for attendance on this course will be given to those prepared to help with the East Mersea Sailing Course or provide safety cover at Lochearnhead. The course will run from 9.30am until 5.00pm each day. Pre-requisite is a First Aid certificate and attaining the age of 16.

Cost inclusive of Certificate, Handbook and Logbook (if required) - £130.00p (does not include accommodation which must be booked separately)

## **Dinghy Instructor – Pre course Sailing Assessment Practice Day – Saturday 4<sup>th</sup> May**

This practice assessment day will be held at Brightlingsea possibly based at the North London Youth Sailing Trust's premises. The day will run from 9.00am until 5.00pm. It is aimed at those undertaking the Instructor course at East Mersea to ensure that their sailing skills are at the required standard to enable the participant to undertake the Instructor course with confidence in regard to their own personal sailing in suitable weather conditions. It will take the form of a Coaching / Assessment Day. Limited overnight accommodation primarily for adults may be available at the North London Youth Sailing Trust's premises for those wishing to undertake this course and the Powerboating courses.

The cost of the day is included within the Course fee of the Instructors course for those who are undertaking the Instructor training during the Sailing Week 25<sup>th</sup> May – 1<sup>st</sup> June.

## **Potential Instructor Course – Sailing Week 25<sup>th</sup> May – 1<sup>st</sup> June**

This course will aim to provide a stepping stone for those who are looking forward to becoming a Dinghy Instructor and have either completed the advanced courses or have some sailing experience but have not completed any advanced courses. The course will develop all round personally proficient sailing skills in participants with a particular focus on the standards required to pass the Dinghy Instructor pre-entry assessment. Seamanship, spinnaker and coastal sailing skills will all be coached and should improve over the course of the week using a range of boats to give participants a sound knowledge of what makes a boat sail efficiently and how to handle the various sailing dinghies in different conditions.

In addition to personal sailing, the course will provide some advanced knowledge of meteorology, navigation, coastal sailing, basic maintenance and boat upkeep and may include a day of sailing away from the main sailing base.

Every sailor will receive personal feedback throughout the course and a personal debrief at its conclusion, including an action plan setting out what will be required to successfully complete the Instructor course within the next year.

The cost of the course will be as stated for the East Mersea Sailing Week - £175.00p

## **RYA Small Craft First Aid Courses**

The courses currently arranged will take place based at the 1<sup>st</sup> Hertford Scout HQ on:

Saturday 10 <sup>th</sup> February	- 9.30am – 4.30pm	or
Sunday 3 <sup>rd</sup> March	- 9.30am – 4.30pm	

This course satisfies the requirements of the RYA for Instructors to maintain their qualification.

It also covers the requirements for many outdoor adventurous activities. Participants will need to bring a packed lunch, other refreshments will be provided. Applications with payment for these courses should be made direct to Ashley Cato, email: [ashleyjcato@gmail.com](mailto:ashleyjcato@gmail.com) , mob: 07904 620436.

Cost – Hertfordshire Scouts Sailing Instructors may wish the cost to be borne by their district or themselves - £48.00p

## **RYA Marine Radio - Short Range Certificate Course and Assessment**

Course and Practice Saturday	- TBA
Assessment Sunday	- TBA

A course for anyone who owns a fixed or handheld marine band VHF radio. It will be held at 1<sup>st</sup> Hertford Scout HQ. The Short Range Certificate is the minimum qualification required by law to control the operation of VHF and VHF Digital Selective Calling (DSC) equipment on any British flagged vessels voluntarily fitted with a radio. This includes both fixed and hand held equipment using International channels. The assessment cannot be undertaken by candidates under 16.

An indication that you wish to undertake this course needs to be made before **21<sup>st</sup> January** as there is an option for online training that has to be undertaken before the assessment day if candidates are unable to

attend the Course day. Successful course participants will be issued with a legal certificate to show that they can operate Marine Band VHF radios.

Cost: (approximately)

Online Course - TBA (£49.99)

Face to face tuition - TBA (£30 per person).

Assessment - TBA (£60.00p payable to the RYA in advance of the assessment day)

Applications or enquiries regarding these courses should be made direct to Ashley Cato, email: [ashleyjcato@gmail.com](mailto:ashleyjcato@gmail.com) , mob: 07904 620436

## **Performance Coaching & Instructor Continuing Development Weekend**

The weekend is likely to be 7<sup>th</sup> & 8<sup>th</sup> September at Grafham Water Sailing Club.

Grafham Water provides a good sailing area using a variety of boats with the ability to get on and off the water quickly so that interaction can occur between the students and the Coaches. We are therefore able to plan short focussed sessions on the water with appropriate briefing and debriefing of the groups throughout the weekend.

In addition to Instructor's Development sessions, we also provide Coaching for those Scouts and Explorers who have been to Mersea and probably progressed to start the advanced courses but who do not get the chance to have Personal Performance Coaching during the year between Mersea weeks. This weekend should go some way in addressing this need under the guidance of our Advanced Instructors and Racing Coaches.

Full details and costs for this weekend will be distributed later in 2024.