

SCOUTS & GUIDES KEELBOAT SAILING



Participant Information Sheet

We are looking forward to welcoming you to Newcastle Cruising Yacht Club & taking you sailing with us!



What you will be doing

You will be participating in a sailing activity onboard a Force 24 inshore keelboat. This is a 24ft (7.3m) yacht which can carry up to 5 participants on board. The photo above shows the Force 24s in action. We will sail with a mainsail (the big one) and a jib (the small one at the front).

You will have an experienced instructor on board with you who will be in charge and steer the boat. You will be actively involved in sailing and will be asked to pull ropes, move around the boat and adjust your weight to balance the boat. These types of boats will lean over however they will not capsize as they have a very heavy keel attached under the water. You will also be tacking the boat (changing direction) and you will be required to duck under the boom (horizontal metal spar at the bottom of the mainsail). Please listen to and action all instructions provided by your skipper during manoeuvres. We'll have you confidently sailing in no time!

What you should wear

Something that is comfortable and allows you ease of movement. Please wear enclosed non-marking shoes, like cheap canvas or old sandshoes, in order to protect your feet. No bare feet, thongs or sandals!

Please always be sun-smart and wear a snug cap/hat & sun cream. We suggest any expensive or prescription sunglasses be secured with a safety strap. Jewellery should be kept to a minimum to avoid it getting caught on fittings and ropes. Should it be a cooler day a wind/waterproof jacket would be beneficial.

Safety

We will supply you with a self-inflating life jacket or a foam personal floatation device (PFD) depending upon your personal stature. This lifejacket/PFD is to be worn at all times whilst over water (on the marina & on the boat). We will explain how to correctly fit and operate these jackets.

Each instructor will provide you with a safety briefing once you are on the boat in the marina and they will point out some key safety items such as the hand-held radio, the anchor, the life ring and the safety gear bag which includes first-aid items. We will have a RIB powerboat on the water whilst you are sailing and departing & docking at the marina. For your safety and the safety of others, please ensure you listen to and enact ALL instructions given to you by your instructor. They have asked you to do something for a reason.

Parental Consent

ALL participants under the age of 18years MUST have an adult register them online or hand-in a completed *Registration & Parental Consent Form* prior to going on-water. A student cannot participate without this form being correctly completed and signed by a parent. You will be registered as a course participant with *Australian Sailing* and this registration provides Personal Accident Insurance whilst you are participating in the activities of the NCYC Sailing Academy.

Where you can leave your gear

Any gear bags, wallets, mobile phones etc can be left in the Sailing Academy Barge on the Marina. This will be locked whilst we are on the water.

Club Address & Phone Number

95 Hannell Street, Wickham (next to the Fishing Co-op). Phone: 4940 8188