

Monday 4th February 2019

After school sailing starts again in **Week 3 of Term 1 – Monday 11th February 2019**. Any student in Year 4, Year 5 or Year 6, who is a competent swimmer, is able to join in with dinghy sailing in the Tackers Course. The students pair up in the boats in Tackers 1 and move onto solo sailing in Tackers 2. Those students who sailed in Term 3 of 2018 will be completing the Tackers 2 course; new comers will be in Tackers 1.

Safety is the first priority in sailing, so all students wear buoyancy life jackets, and the NCYC provides fully qualified instructors to teach and supervise the students. Novices to sailing are welcome, as all students are instructed on knowledge of boats, equipment, preparing a boat for sailing, understanding wind, using ropes, points of sail, skills and techniques of sailing. It is such a fun afternoon out on the water.

Sailing Course The dinghies sail in the shallow waters on the north side of the Carrington Bridge in front of the Newcastle Rowing Club sheds. Parents are invited to drive over to the Carrington side and watch from the shore.	Tackers 1 & 2 Newcastle Cruising Yacht Club (NCYC) Hannell St, Wickham
Dates	Monday 11th February – Monday 8th April 2019
Time	3:15 – 6:00pm It is daylight savings so plenty of daylight.
Transport	Own transport arrangements to and from NCYC
Cost	The discounted cost per student for the 22.5 hour course (9 weeks, 2.5hrs per week) is \$220
Teacher Supervising	Natalie Varagnolo Qualified Sailing Coaches supplied by NCYC
Requirements <i>*Places are limited to 14 students, so please make sure you get your permission notes in to the office quickly.</i>	Wetsuit - full length legs preferable Water shoes - to protect against oyster shell cuts on feet Rash vest - long arms preferable Waterproof spray jacket A warm layer which will get wet Hat Sunscreen Water bottle Towel to dry off at the end of the lesson

If you require further information, the NCYC website has more detail on the Tackers program at:

<https://www.ncyc.net.au/sailing-academy/kids-learn-to-sail/tackers/>

Please return the permission slip below and attached NCYC Parental Consent form to the school office by **Friday 8th February 2019**.

✂-----

NEPS After School Sailing Term 1 2019

I give permission for my child _____ of class _____ to attend the 9 week After School Sailing Program on Mondays (Monday 11th February – Monday 8th April) Term 1 2019. I understand that full payment must be made prior to the start of the program. I have also completed the NCYC Parental Consent form attached.

☐ **My child can safely swim 50m.** (Please tick)

I have made the payment of **\$220** online. POP receipt number: _____

Parent Name: _____

Date: _____

Signature: _____

...

School Sailing Term 1 2019



NEWCASTLE CRUISING
YACHT CLUB

JUNIOR SAILING COURSE REGISTRATION & PARENTAL CONSENT

PARTICIPANTS DETAILS (please write clearly)

FULL NAME*		DATE OF BIRTH*	
ADDRESS		GENDER	
		POSTCODE*	
E-MAIL		AS NUMBER (if known)	
SCHOOL	NEWCASTLE EAST PRIMARY SCHOOL - TACKERS 1 / TACKERS 2 <small>(please circle)</small>		

PARENTAL CONSENT

Any participant under the age of eighteen (18) years must have this consent signed by their parent, legal guardian or custodian. Minors are not permitted to participate in NCYC sailing activities unless a signed consent is submitted.

FULL NAME*		FULL NAME	
RELATIONSHIP		RELATIONSHIP	
CONTACT NUMBER*		CONTACT NUMBER	
E-MAIL*			

I/we consent to the abovementioned minor participating in the sailing activities of the Newcastle Cruising Yacht Club (herein known as "NCYC").

I/we acknowledge and accept that the sailing activities are a risk activity. I/we have read and understood the Risk Warning (contained over) issued by the NCYC and I/we voluntarily assume all risks involved with the sailing activity.

I/we certify that the abovementioned participant is able to swim a minimum of 50 meters and support himself/herself in the water for a minimum of five (5) minutes without assistance. I/we further certify that the abovementioned participant is physically able to participate in the activities, including recovery from the water to a support boat if necessary.

I/we authorise the NCYC to obtain emergency medical assistance it considers necessary in case of injury or accident. I/we advise the NCYC, as detailed below, of any medical condition(s) of the abovementioned participant.

I/we allow the NCYC to use any photographs taken of the abovementioned participant for the purpose of promotion of sailing and the NCYC to the media and the general public, including such mediums as the NCYC website and social media sites.

MEDICAL CONDITIONS	
--------------------	--

In consideration of the NCYC allowing the participant to engage in the sailing activity and at my request, I/we hereby release and indemnify the NCYC and its agents, servants, invitees and members from and against all actions, claims, demands, losses, damages, costs and expenses in respect of or arising from any loss, damage, death or personal injury in respect to or arising from the sailing activities of the NCYC.

Participants are also advised that although the NCYC is covered by third party public liability insurance, this cover DOES NOT extend to participants. Any participant who considers they have a need for insurance must make their own private arrangements with an insurer.

SIGNATURE OF PARENT *		DATE	
-----------------------	--	------	--

* Required Fields

RISK WARNING

All sailing activities conducted on Newcastle Harbour and surrounding waters by the Newcastle Cruising Yacht Club (herein known as NCYC) are under a Sailing Event Notification System issued by NSW Roads & Maritime Service (herein known as RMS).

This Risk Warning is issued jointly by the NCYC and RMS, pursuant to the Civil Liability Act 2002 to all persons wishing to participate in the sailing activities conducted by the NCYC.

Participants are warned that, regardless of the precautions, which might be taken by reasonable and experienced persons, sailing can be a dangerous pursuit and participants are exposed to significant risk of property damage, physical harm and possibly death.

Participants are advised of the risks relating to Newcastle Harbour and that Newcastle Harbour is a salt water coastal inlet with deep water access to the open ocean. Bulk carriers and other large vessels are present in the harbour and present a risk of collision. Sharks, dolphins and other marine animals are present in the Harbour and present a risk of injury.

As an indication, these risks may include, but are not limited to:

- severe and unpredictable weather and sea conditions;
- the potential that control of vessels may be lost, resulting in collision with objects and other vessels;
- the sudden movement of the vessel at any time;
- the possibility that participants may fall or be thrown overboard, resulting in drowning;
- the possibility that participants may be injured by equipment on the vessel;
- the absence of immediate medical care and the likelihood that significant delays may occur before medical care is available;
- exposure to the elements for extended periods; and
- the presence of dangerous marine life.

The NCYC and RMS also warn participants that regardless of their best intentions, they may be unable to render assistance to participants who are in distress. There is a risk that emergency medical assistance may be delayed.

Participants are warned to consider the above risks and all other risks before deciding to participate in any sailing event with the NCYC.

Ends.

OFFICE USE:

Date Received		NCYC Membership Number		MyClub database	
---------------	--	------------------------	--	-----------------	--

What we will learn in our Tackers junior learn to sail program



TACKERS 1 – Having Fun!	TACKERS 2 – Tricks & Techniques	TACKERS 3 – Sailing Fast!
BOAT HANDLING		
Steered with tiller extension under towing paddling power	Get out of irons on your own	Demonstrate the correct method and understand the theory of roll tacking & gybing
The ability to tie a: <ul style="list-style-type: none"> Figure 8 Round twice and two half hitches 	Safely gybe the boat	Stop the boat in a confined area for a period of time
Learnt and practiced how to perform the tack / "push turn"	Correctly use the tiller extension	Sail backwards
Learnt and demonstrated how to gybe / "pull turn"	Sail around a triangle course including: <ul style="list-style-type: none"> Upwind – on a close hauled course tacking through the "no go zone" Downwind – with centreboard up 	Understand the theory behind gybing and demonstrate the action downwind
Comfortably reached around a figure of 8 course using both tacking and gybing		Show a sound knowledge of the five essentials: <ul style="list-style-type: none"> Centreboard position Boat Balance Boat trim Sail trim Course made good
Sailing with the tiller extension (the Microphone Technique)	<ul style="list-style-type: none"> Reaching – correct sail position 	Start and Finish races on a triangle and trapezoid course
Learnt to sail upwind and downwind by following the rescue boat.	Demonstrate a 360° and 720° turn	Always use tactical mark roundings in races
RULES & SAFETY		
Swam 50 metres in a PDF	Capsize and recover, unassisted	
Participated in a capsized	Demonstrate the rules of the road: <ul style="list-style-type: none"> Port/Starboard Windward/Leeward Commercial vessels 	
Participated in rescue drills		
Realised the most important rule: Always avoid collisions!		
Understanding of Port / Starboard right of way		

SAILING THEORY & BACKGROUND			
Identified the "no go zone" and the effects it has on your sailing	Rig your boat		Know correct sail shape for differing wind strengths
A background in safety knowledge of tides and currents	Name the parts of a boat and sail, including the sail controls		Recognise and read tell tails on a sail
Basic wind awareness – wind direction and strength	Have a sound knowledge of wind awareness		Understand how the sail works
Demonstrated respect and care of boats	Tie without guidance: <ul style="list-style-type: none"> • Bowline • Reef knot 		Understand the flag and timing sequence of starting races
	Identify navigational, cardinal and lateral marks		
	Have a basic knowledge of roll tacks and roll gybes		

For more information visit our website:

www.ncyc.net.au/sailing-academy

sailingacademy@ncyc.net.au

4940 8188