

MYC Sailing & Sports Club – Youth Sailing Training Programme 2019



The MYC Sailing & Sports club's youth sailing programme aims to teach young students to sail. Theory and practical aspects of sailing is included into the programme which runs for the duration of the year. As the student becomes more proficient in sailing, or is already a proficient sailor he/she will be encouraged to participate in more advanced activities and racing.

The recommended age to start is 8 years of age. There are a limited number of spaces available (due to availability of craft and trainers) and admission into the programme will be dealt with on a first come first serve basis.

It is advisable to be aware of the sailing Saturdays in advance as each weekend will aim to build on skills taught and learnt in previous sessions. Optional participation in two regattas is encouraged.

In 2019 the youth sailing program will include a full Saturday (compulsory) and optional Sunday club sailing for graduates. Saturday morning will predominantly focus on instruction, theory and training and Saturday afternoons will include "in-house" league races / sailing activities pitched at each student / group's capability. Saturday lunch will be included.

| Training dates for 2019: | Regatta Dates for 2019: |
|---|---|
| 14 th April (Sunday) 25 th May (Saturday) 3 rd August (Saturday) 19 th October (Saturday) 9 th November (Saturday) Training times 09:30-16:30 Sunday club sailing (optional) 10:00-16:30 | 27 th April – 28 th April (Autumn Regatta) 21 st – 23 rd September (Spring Regatta) More information regarding the regattas will be available on the mountainyachtclub.co.za |

Fee structure 2019: (Annual payment for this programme is encouraged)

| MYC Members | Non-Members |
|--|---|
| R1250.00 for the year – pro rata payments apply if joining later in the year | R1750.00 for the year – pro rata payments apply if joining later in the year |
| | Payment per weekend can be arranged – the cost of this will however be R500.00 per weekend payable upfront or on the Saturday of sailing to the shoreline controller. |

Should you wish to become a member of MYC please email info@mountainyachtclub.co.za - MYC Sailing & Sports Club membership fees 2018/2019 are: – R2100.00 per annum per family and membership runs from April-March each year. Pro rata payments apply for joining later in the year. Membership fees will increase as of April 2019 for the 2019/2020 year.

Banking details:

A/c Name: MOUNTAIN YACHT CLUB

Bank: Standard Bank

Branch: Tzaneen, Code 05-27-48

A/c No. 030-476-879

Include your full name as payment description followed by YS for Youth Sailing. Please e-mail proof of payment to – kimmuller33@gmail.com the MYC treasurer.

Please note that this is a non-profit programme, training and admin are done on a volunteer basis. All monies collected are used for the lunches and the maintenance and upkeep of the club and boats.

Hiring of craft is available to members at the following rates should you wish to use a boat on a non-training weekend. The following rules will apply:

- **R100/day**
- Only available to members who are known to be **competent dinghy sailors**.
- People making use of the boats must **take responsibility for properly re-stowing equipment** and will be **liable for any shortages or breakages**.
- Please sign & get a receipt from John.

Should a youth sailor participate in any of the above-mentioned regattas the “rental” fee as discussed above will not apply. A regatta entry fee however will need to be paid.

Trainers, Organisers and Contact details:

| Name and Surname: | Portfolio: | Contact number: |
|---------------------|--|---------------------------------|
| Kate Roper | Co-ordinator & First Aider | 0833026619 Whatsapp only please |
| Raelene Engelbrecht | Attendance register, indemnity forms, achievements sheets, lunch | 0824689042 |
| Paul van Manen | Trainer: Learn to sail program | 0795244155 |
| Barry Baragwanath | Assistant Trainer: Learn to sail program | 0733103164 |
| Lina Noel | Trainer: Learn to sail program Newcomers & children in trouble Advertising | 0726978626 |
| Arnoka van Manen | Trainer: Graduate program | 0795244155 / 0828729592 |
| Rahul van Manen | Assistant Trainer: Graduate program | 0795244155 / 0828729592 |
| Kim Muller | Treasurer | 0829031240 |
| Ian Burman | Instructor & Backup Trainer | 0833026619 |
| Richard Noel | Backup Trainer | 0849085387 |
| Bill Noel | Backup Trainer | 0825552641 |

The success of this program relies heavily on the volunteers that give generously of their time. Any parent is most welcome to offer their assistance. Volunteers for preparation of lunches, shore duty and maintenance and repairs on boats will be much appreciated. Please contact any of the co-ordinators should you wish to assist in any way. Please contact Lina Noel should you like more information about what the above-mentioned duties may entail.

Catering and Accommodation

On Saturday and Sunday lunch will be provided. This is included in the fee structure. Special dietary requirements must be arranged at least one week in advance with the training co-ordinators.

MYC Sailing & Sports Club offers overnight accommodation which can be arranged through the following e-mail address.
info@mountainyachtclub.co.za

Families are welcome to sleep over either in a cabin or camping. Children (u18) staying overnight must be accompanied by their family or a responsible identified adult. Fees for accommodation will apply accordingly and all club rules will at all times need to be adhered to during the time of your stay. No dinner or breakfast will be served.

2019 Accommodation rates:

| RATES (pp/day) | CABIN (Bring your own bedding and towels) | BUNK-HOUSE (Bring your own bedding and towels) | CAMPING |
|----------------|--|---|---------|
| MEMBERS | 80.00 | 60.00 | 40.00 |
| SCHOLAR (18/u) | 40.00 | 30.00 | 20.00 |
| NON-MEMBERS | 170.00 | 130.00 | 100.00 |
| SCHOLAR (18/u) | 85.00 | 65.00 | 50.00 |

PLEASE NOTE: PAYMENTS MUST BE MADE PRIOR TO ARRIVAL VIA EFT or ON ARRIVAL IN CASH TO THE CARETAKER, JOHN.

IMPORTANT POINTS:

ARRIVAL AND DEPARTURE:

In the interest of safety it will be imperative for the student to report to the shoreline coordinator of the weekend. They will be signed in and their indemnity forms will be checked. Weekend payments must be made on the Saturday morning by the latest. Prior to departure students will also need to report to the shoreline coordinator to be ticked off as safely collected. Friends that accompany the student may not just "join-in" as relevant indemnities need to be signed and payments made. It is also not the responsibility of the trainers or shoreline coordinator to supervise friends or siblings who are not sailing.

RIGGING; DE-RIGGING AND STOWING OF BOATS:

All students are responsible for the rigging of a boat as well as de-rigging and stowing of boats at the end of the day and weekend. Students are expected to assist others and trainers and may not depart until all boats are safely packed away (these include the trainers boats too). The trainers and helpers will endeavor to ensure that enough time is allowed to enable pack up before agreed pick up times.

SHARING BOATS:

To enable the rotating system to be implemented, which will allow good sailing skills to take precedence over better boats, all students must agree to share their boats with all other students. This sharing will be done on an "own risk" basis, with no students allowed to make claims against another for loss, injury, or damage of any kind. Students should arrange their own comprehensive insurance coverage should they require it.

SAFETY:

Each student must wear an acceptable personal flotation device or life jacket at all times while on the water. MYC life jackets can be used if required. Each boat shall comply with the safety requirements for its class, as well as with any other requirements required by the Training Officer. Each Optimist and O-9er shall have a bailing bucket, small paddle and a five meter floating painter secured to the boat. All masts, rudders, and centre-boards shall be secured to their hulls with retaining clips and/or ropes. Boats may be inspected for safety at any time, both on and off the water, by the Safety Officer, and any improvements that they direct must be implemented immediately before that boat can continue racing.

INDEMNITY

All students and their family members who agree to participate in the MYC Sailing & Sports Club regattas as well as the Sailing Training Program, do so **entirely at their own risk in all respects**, and indemnify:

- 1) the Training/Race Officer, bridge officials, safety officials, catering officials, and all other regatta organizers, assistants, and volunteers;
- 2) the Mountain Yacht Club, its sponsors, officers, members, and volunteer assistants.
- 3) the Northvaal Sailing Association, South African Sailing, and their affiliates.
- 4) all other registered participants, including their friends and family members, from any and every claim arising from any and all loss, injury, damage, destruction, disability, and/or death that may result in any way, directly or indirectly, from foreseeable or unforeseeable events, including any traveling to and from, accommodation and meals at, and/or sailing before, during, and after the regatta or instruction class, whether caused by negligence, incompetence, bad judgment, or any other reason whatsoever.

Signature of sailor

Signature(s) of parent(s)/Guardians

Date

Students are strongly urged to arrange adequate levels of their own private boat insurance, medical aid, 3rd-party liability, and life insurance coverage, as, by entering MYC Sailing & Sports Club's premises and registering for and/or participating in the MYC Sailing & Sports Club's Youth Sailing Training program and/or regattas, you agree not to institute any claim against the Race Officials, the Club, the Sailing Association, the sponsors, or any other participant under any circumstances or for any reasons whatsoever.

Please complete the attached registration and Indemnity form and pay in advance for the year to ensure a place in the 2019 youth sailing programme. Please e-mail a copy of your registration form to myc@mountainyachtclub.co.za

MOUNTAIN YACHT CLUB SAILING TRAINING PROGRAM – REGISTRATION FORM

NOTE: Please complete a separate registration form for each sailor, even if from the same family.

First name(s) of sailor:

Surname of sailor:

Age: Birthday:

Gender: Disability:

Will you bring your own boat? Class:

Name/sail number: Colour(s) of main sail:

Parents' names:

Mother's cell: Father's cell:

Mother's E-mail: Father's email:

Family's home address:

Parent's postal address:

Family Dr name: Contact no:

Medical aid: Medical aid no:

We, the sailor and parent(s)/guardian(s) (under 18) , declare that we:-

1. Have read, understood and agree to abide by the Notice of any Regatta, all Sailing Instructions and Indemnity on pages 1-3.
2. Respect the premises, facilities, members, staff, and rules of MYC as the host Club and if anything is damaged or broken undertake to replace or repair the damaged item.
3. Agree to participate entirely at our own risk and/or with our own private boat, medical, 3rd-party liability and life insurance; and
4. Agree not to take any action or institute any claim against any other participants or their families, the Race Officials, MYC, the Sailing Association, and the sponsors under any circumstances or for any reasons whatsoever.
5. Confirm that I am fully aware of the SA Sailing and Class Rules and Regulations governing the wearing and/or carrying of safety equipment in the yacht and that the yacht entered complies with the minimum buoyancy requirements.
6. Agree that competitors sail entirely at their own risk, and agree that none of the organizations or persons concerned in the running of these events accepts liability for damages or injury suffered at any time during the period of, or as a result of the event.
7. The sailor will listen to and respect the duty personnel and coaches at all times.
8. No child will be collected or dropped off without the parents checking in with the duty personnel.

Signature of sailor

Signature(s) of parent(s)/Guardians

Date