



## Wexford Harbour Boat and Tennis Club

### Application form for **Cara na Mara** Sailing Courses 2018

**Cara na Mara provides a child centred approach to introducing children to sailing and the marine environment.**

Each course in the programme consists of a series of games, tasks, activities and experiments that will help children to discover, explore and practise the skills and knowledge they need, while under the supervision and leadership of an ISA Instructor.

#### **COURSE LEVELS FOR 2018.**



**Otters** Ages 6-8 (skill level required: none)



**Seals** Ages 7-9 (skill level required: Otters)

As an otter and a seal with the help of your instructor and workbook you will learn to sail as well as discover and explore the environment around you. It is recommended that your child spends two weeks at each level in order to learn the sailing skills. The second week costs €100.



**Dolphins** Age 9-10 (skill level required: Seals)

As a Dolphin you will learn all the skills and knowledge to sail in windier conditions with more confidence

The skills learned are as follows – Sailing skills - rigging, launch and recovery, sailing, capsizing safety and seamanship, ropework, paddling. Environment skills – water, weather, wildlife, topography.

PTO

## **PARENTS PLEASE READ THE FOLLOWING**

### **Course Times**

Monday to Friday **(10-5)** (children can be left from 9.30 under the supervision of the instructor).  
**Lunchtime will be supervised.**

Children may sign up for more than one course. It is expected that to gain the necessary skills a minimum of one full week will be required. Ideally the dolphins level requires 2 weeks to achieve everything within the level.

### **Lunch-time Shore Parent**

The courses cannot run without the support and aid of parents. Lunch times in cara na mara will be supervised by the assistants (age 15 and 16) - the instructors go off-site. At lunch-time each day we require a parent to oversee the lunch time supervision. When all applications are processed, a roster will be sent out with names and contact numbers so you can arrange between yourselves to swap unsuitable times. **It is up to you to find a replacement if you cannot make the allocated lunch-time slot.**

### **Sign-in and Sign-out**

All children must be signed-in by a parent or guardian each morning and signed out each evening when they are collected. The sign-in sheets will be in the cara na mara room. This will always show where the trainees are at any time - whether on the water or on land expedition— if a parent or guardian comes to collect a child early.

### **Membership**

In order to participate in a course the participant must be a member of the club. Junior membership is **€115** if paid before the end of January, increasing to €125 after such time. Membership gives the junior full access to the sailing - including Wednesday night sailing and the tennis activities in the club. There is also a family membership. For the best type of membership for you contact **Donal** at the office on **053-9147504**. For **2018** there is an offer for **NEW** Junior members of **€85** per junior.

## **WHAT YOU NEED FOR THE COURSE**

### **ALWAYS BRING:**

- Shoes that may be used in the water ( not flip-flops or crocs)
- Swimming costume ( for under wetsuit)
- Towel
- Buoyancy aid & Wet suit
- Warm hat, a sun hat & Sun cream ( SPF50)
- Waterproof jacket, trousers and footwear for use on land activities
- Full change of warm clothes ( Just in case)
- Drinks and snacks

### **IF YOU HAVE THEM BRING**

- Wet suit booties, Waterproof top or cagoule for use on the water
- Any medications etc. required during the day with written instructions

**Do try and put your child's name on everything belonging to them and pack spare dry clothing in a separate plastic bag which will keep its contents dry if dropped onto a wet changing room floor.**

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**Cara na Mara application form** (Separate form for each Sailor please)

Name of Applicant: \_\_\_\_\_

Address: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Age on 9th July 2018 \_\_\_\_\_

Special Health and Educational needs: \_\_\_\_\_

<u>Course</u>	<u>Time 10-5</u>		<u>Tick</u>
9-July-2018	Otters (age 6-8)	€120	
9-July-2018	Seals (age 7-9)	€120	
9-July-2018	Dolphins (age 9-10)	€120	
16-July-2018	Otters (age 6-8)	€120	
16-July-2018	Seals ( age 7-9)	€120	
16-July-2018	Dolphins ( age 9-10)	€120	
16-July-2018	Otters (6-8)	€120	
23-July-2018	Seals (age 7-9)	€120	
23-July-2018	Dolphins (age 9-10)	€120	
30-July-2018	Otters (age 6-8)	€120	
30-July-2018	Seals (age 7-9)	€120	
30-July-2018	Dolphins ( age 9-10)	€120	

(Children can be dropped at 9.30 where they will be supervised until course starts at 10.)

Course 1	
Course 2	
Course 3	
Course Fees Sub Total	
Applicable Discount	
Course Fees Total	
Club Membership (where applicable)	
<b>Total Payable</b>	

**If you are booking 2 or more places for one family then apply a 10% discount to the course fee (i.e. If booking two courses apply €30 discount, 3 courses apply €45). Maximum €100 discount per family across all courses. When a child does 2 weeks of a cara course, the cost for second week is €100. (PTO)**

## Parents/ Guardian Details

Parent/Guardian name: \_\_\_\_\_

Mobile No.: \_\_\_\_\_

Address: \_\_\_\_\_

Emergency Contact Name and Phone No.: \_\_\_\_\_

Email address \_\_\_\_\_ (Receipts sent by email)

### **This Declaration must be signed by Parent / Guardian of each participants**

I/we \_\_\_\_\_ (signed) absolve W.H.B.T.C. and any individual or body concerned with the Junior Sailing Course from any liability for loss, damage or injury sustained during the course.

Any images, photographic or otherwise which may be created during the Sailing Courses on behalf of Wexford Harbour Boat and Tennis Club are the sole property of the Club and may be used at their discretion.

\_\_\_\_\_

Parent/Guardian

### **Please indicate Parent Availability for Lunch Duty Roster**

**This is a requirement for each child (See section 11 T&C's) If left blank, it will be presumed that you are available for your shift on any day.**

	Mon	Tues	Wed	Thurs	Fri
1pm – 2pm					



**Terms and Conditions**-PLEASE READ THE FOLLOWING TERMS AND CONDITIONS CAREFULLY BEFORE SUBMITTING YOUR APPLICATION :

1. WHBTC is a recognised Training Centre accredited by The Irish Sailing Association (ISA). All courses offered are approved by the ISA and regular inspections are carried out to ensure that the club's courses are complying with ISA guidelines. Visit [www.sailing.ie](http://www.sailing.ie) for more information.
2. The club has a number of policies which ensure the safe and effective operation of our courses. These cover matters such as safety and the wearing of lifejackets/buoyancy aids, but also cover bullying and child protection. All parents and participants agree to be bound by these policies.
3. Attendance at a course does not guarantee that a participant will achieve that level. Certificates are awarded based on achievement only.
4. WHBTC does not permit the use of Mobile Phones/Cameras in the changing room. All valuables, phones etc. should ideally be left at home or should be handed to the Shore parent for safe keeping.
5. Participants are not permitted to bring any alcohol, matches, lighters, or weapons of any kind (including pellet guns, catapults etc.) to the club.
6. All participants must be aged 6 years or over on 03/07/17 and should be comfortable in water out of their depth
7. Places on each course are limited as we must adhere to a strict ratio of instructors to trainees. Places will be allocated strictly on a first come, first served basis. Applications for places will only be considered when submitted with full payment. Once an application has been accepted and a place on a course allocated, we regret that fees cannot be refunded unless the place can be filled from a waitlist. If the club is unable to accept an application for any reason, any fees paid will be refunded.

8. For a sailing course to be as effective as possible, trainees must get out onto the water as soon as possible and as often as possible. Unfortunately, with the weather that we experience, that is not always possible.
9. Course participants are not allowed to leave the confines of WHBTC at any stage during the Cara na Mara Course and must be signed in and out at the start and end of each day by their parent or guardian. Participants should bring a healthy packed lunch with them every day. Snacks and soft drinks etc. will be available during lunch hour from the club bar.
10. All participants are expected to play their part in the effective running of the course. This means participating willingly, following the instructions of instructors, supporting other participants, taking turns to clean the Wreckreation Room and being respectful, polite and friendly to instructors, other club members, and fellow course members.
11. In keeping with the family ethos of the club, we also require parents to play their part in the effective and cost efficient running of our courses. To this end, each child attending a course will have a parent (or grandparent or other suitable adult) rostered to supervise "Lunch Hour". This is an essential safety role and does not require you to go on the water. A thorough briefing will be provided. Please bear this in mind when booking courses.
12. Any participant who is found to have "borrowed" another participant's property without permission will be asked to leave the course immediately.
- 13. Bullying, in any form, is strictly prohibited. This includes spreading rumours, name calling and exclusion as well as the more obvious forms. Removal from the course and exclusion from the club may result if deemed necessary by Senior Instructor/Club Management.**

Places are limited on all levels for 2018 – apply early to avoid disappointment.

Please return completed application form and full remittance and club membership fee where applicable to

The Club Administrator,  
W.H.B.T.C.  
Redmond Road,  
Wexford.

All forms should be returned before the end of April.

Cheques made payable to W.H.B.T.C.

To make SEPA bank transfers please contact Donal on 053 9147504 or email donal@whbtc.ie