



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 a 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** and 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 **053-914750**. 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.

PTO



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)	
Total Payable	

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

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