



## Wexford Harbour Boat and Tennis Club

### Information on Junior Sailing Courses 2020 – Revised Junior Sailing Courses

#### Schedule

All courses (apart from Cara na Mara / teen/refresher/fun course) are two weeks in duration and cost **€295**. **Boat hire €80**. There is a **fun course** and a **reassessment course** for all levels the last week – this cost is €170. (Enables those who need more time to progress to the next level more time on the water and for the lower levels a fun week of sailing with no pressure).

Date	Course Module	Boat Required	Boat Hire Available	Min Age
6/7/20 – 17/7/20	Basic Skills (TBC)	Yes	Yes	10
6/7/20 – 17/7/20	Improving Skills	Yes	Yes	10
6/7/20 – 17/7/20	Go Racing	Yes	No	10
13/7/20-17/7/20	Fun Course	Yes	Yes	10
20/7/20 -31/7/20	Start Sailing (TBC)	Yes	Yes	10
20/7/20 -31/7/20	Basic Skills(TBC)	Yes	Yes	10
20/7/20 -31/7/20	Advanced Boat Handling (min 4)	Yes	No	10
3/8/20 – 14/8/20	Adventure Skills	Yes	No	10
3/8/20 – 14/8/20	Kites & Wires	Yes	Yes	10
3/8/20 – 14/8/20	Improving Skills	Yes	Yes	10
10/8/20 – 14/8/20	Cara na Mara(TBC)	No	No	6
17/8/20 – 21/8/20	Fun Refresher	Yes	Yes	10
17/8/20 – 21/8/20	Reassessment Week	Yes	Yes	10
17/8/20 – 21/8/20	Cara na Mara (min 8)(TBC)	No	No	10

TBC(to be confirmed)- Beginner courses will be confirmed when we receive more guidelines from Irish Sailing and the Governemnt.

All courses may be subject to a change in structure or cancellation due to COVID-19. Please note if this you will be entitled to a refund less 5% administration fee

Each participant must have their own sailing boat, if a participant does not have their own boat a club sailing boat may be requested. Boat rental will be €80 for the two week course.

To participate in the Fun Course (13<sup>th</sup>-17<sup>th</sup> July) the sailor must have completed start sailing and basic skills course. This minimum requirement is just for the first fun course.

More Courses may be added as we receive more guidelines both from the government and the Irish Sailing Association.

Further instructions and guidelines attached must be read & participation in the course is based on acceptance of them.

### **Guidelines for Parents and Junior Sailors-Sailing Courses 2020**

This document provides a protocol to enable us all to stay safe, keep within the government guidelines and implement a smooth and enjoyable return to the sport of sailing.

The protocol takes account of the ISA guidelines for 'Return to Sailing Scheme'. If at any time there is a suspected or/and case of COVID-19 confirmed among the sailors or Instructional Staff, all training will cease immediately, and the relevant authorities will be notified.

- Social distancing and hand hygiene still form a hugely important part of stopping the spread of COVID-19.
- Please bring your own drink, sanitisers, wipes, tissues and any other items you require as these will not be available at the club.
- However, there will be sanitation points all around the club for sailors to use. Your child will be familiarised with these on the first day of their course.
- If there is a DO NOT TOUCH sign, please DO NOT TOUCH.
- One way entry at front stairs and exit by the balcony stairs

### **Shore parent**

As with previous years the courses cannot run without the support and aid of parents. Each day we require an adult to be on-shore (morning or afternoon slot) to look after any sailors that feel unwell, get cold or injured. (First aid is the responsibility of the instructors). When we have received all the applications 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 the parent to find a replacement if they cannot make their allocated time slot.**

### **Arriving to the Club**

- Members must be changed into sailing gear with sunscreen applied prior to arriving into the club as there will be no showering facilities and minimal changing facilities.
- Arrival time will be staggered
- All Sailors must check-in each day with their instructor on entry and exit in order to facilitate contact tracing if required.
- The sailors shall remain with their allocated group for the period of the session.
- Each group will have their own zones for lunch time, rigging and briefing.

□ Returning to the Club will be on a phased basis and managed by the SI while maintaining social distancing.

## Drop off

As starting times for the courses will be staggered to facilitate social distancing, please stay in the car until your child's allocated starting time. The following outlines the staggered arrival and finishing times for **Course 1** & **Course 2**

Course 1	Go Racing	Improving Skills	Basic Skills	Fun course 13 <sup>th</sup> - 17 <sup>th</sup> July
6 <sup>th</sup> - 17 <sup>th</sup> July	9.30am - 5pm	9.45am-5.15pm	10.00am - 5.30pm	9:30-5pm
Course 2	ABH	Start Sailing	Basic Skills	
20 <sup>th</sup> July	9.30am - 5pm	9.45am-5.15pm	10.00am - 5.30pm	

There will be a "drop and go" system. **Drop** your child to the main gate where they will use the hand sanitiser and then **go**.

All course participants will be given a meeting point for their particular course.

There will be a designated "waiting area" for children whose sibling(s) have different starting times.

## Showers

The showers will not be available to sailors on courses 2020. There will be no changing/shower facilities to enable individuals to warm up after sailing unless in the case of emergency re-warming. Showers to be taken at home. Please bring adequate changes of clothes, towels etc.

4 participants in the changing /bathroom area at any one time.

## Hygiene and Social Distancing

- A risk assessment will be carried out by the SI using the ISA Risk Assessment protocol at the start of every course.
- Social Distancing Regulations must be adhered to at all times.
- No equipment is to be shared between sailors. It is the responsibility of each sailor to ensure their equipment is in working order,
- All sailors must wash down their boat and trolley after coming afloat from sailing.
- If renting a boat, that boat will be responsibility of the trainee renting.

## **Lunch ,food and water**

Every sailor must bring their own water bottles filled; and carry their own water bottles at all times, both on and off the water.

Lunch bags must be only carried by individual sailors and not given to instructors.

Please bring all necessary lunch, drinks etc. as **only** the advanced course sailors will be allowed to walk to Dunnes.

Please explain to your child that all rubbish from lunch must be taken home in their bag.

Each course participant will be given a designated lunch area which will be theirs for the duration of the two week course.

In order to maintain all safety regulations this year, there will be lunch supervision by instructors. Lunchtime will be a half hour only.

## **Collection**

Collection times are also staggered as outlined above. Please wait for your child at the **main gate** whilst maintaining social distancing. An instructor will bring your child to you at the gate.

## **Communication with Parents**

- Communication will be maintained with Parents via Email.
- If parents have any questions for instructors about their sailor's progress or have any concerns this should be coordinated through SI by email at [siwhbtc@gmail.com](mailto:siwhbtc@gmail.com)

## **Key Control Measures**

- Symptoms Please do not attend the Club if you have any of the following symptoms - fever (temperature), cough, shortness of breath, breathing difficulties.

Questions for start of courses:

**Q.1** Have you been in contact with anyone who has been diagnosed with COVID 19 within the last 14 days?

**Q.2** Do you currently have a cough, shortness of breath or any respiratory symptoms?

**Q.3** Do you currently have a raised temperature?

**Q.4** Have you returned from any abroad within the last 14 days?

If the answer to any of these questions is yes please contact [siwhbtc@gmail.com](mailto:siwhbtc@gmail.com) and you will be advised not to attend