

MYC TRAINING OVERVIEW

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Introduction

Mumbles Yacht Club (MYC) is an RYA Recognised Training Centre, which recognises those sailing clubs with a commitment to youth sailing and race coaching.

MYC offers adult and youth RYA accredited courses in sailing, windsurfing, power boating and RYA Theory courses. For more information about RYA courses click the Training Centre logo at the top of the website.

All MYC courses are run by qualified instructors and encourage the development of sailing skills in a supportive, safe and friendly environment.

Young sailors especially will also benefit from team working, learn about safety in and around water, responsibility to themselves and others, build confidence, and above all have fun and make new friends.

Training is only available to members of the Club. Adults joining for the first time will enjoy pro rata membership from the date that they start a course until the end of the membership year (31

March).

MYC has a fleet of dinghies, for new sailors to learn in, including Optimists, Toppers, RS Fevas, 420s, Topper Omegas, Laser Picos, Lasers and Dart 16s for those who want to experience CAT sailing, so you only need to make sure you have the correct clothing to sail.

Please read the information below in conjunction with the list of Course List, Price List, and also the Training Calendar which can be found at

<http://www.mumblesyachtclub.co.uk/index.php?menu=training>

Child/youth sailing courses

These courses are for children and youths aged 8-15 years inclusive.

Most evening courses will start at 5.30pm. Unless otherwise requested all sailors should be changed, and ready to attend a briefing in the wet area on the first floor of the Club House at 5.30pm. Sailors with their own boats should also have their boats rigged by 5.30pm.

Courses, including actual start times, may be affected by weather and tides. All courses are subject to change, demand and availability.

- **Beginners**

A 10 week course on a Monday or Wednesday evening; sailors will then work towards RYA Stage 2. By the end of the season sailors should be ready (if they want) to join in the fun at Llangorse Lake, in the Acorn OnBoard Regatta, in late summer!

- **Intermediate**

A 10 week course on a Monday or Wednesday evening for sailors probably in their second or third season, who have already achieved Stage 2 and are working towards stage 3, to develop their skills so that they can progress to Race Training on a Thursday evening.

Sailors should by now also be able to enter the CYRCs, and other events, or even apply for the Regional Development Squads!

- **Double Handers**

A 10 week course on a Wednesday evening for sailors probably in their second or third season, who want to sail double handers develop their skills and progress to Race Training on a Thursday evening and join in Club Racing.

- **Intermediate/ Race Training**

On a Thursday evening for sailors who have achieved RYA Stage 3 and developed their skills and confidence, are able to join in the racing with other sailors in various classes of boats if they wish. Dates and number of sessions to be confirmed.

The course will start at 5.30 pm and when there is a Club Race on a Thursday evening sailors will then be coached as they participate in the racing.

There may also be other dates and times arranged throughout the season.

Participants should be well equipped to participate in other Club races and events at weekends and throughout the year. A full race schedule is published on the Web Site Event Calendar

- **Newts week**

This is a 5 day course in the school summer holidays. A mixture of training and fun, it is always booked up early. Our photo galleries contain lots of fun.

- **Summer Training**

This is open to everyone who has participated in the spring/summer training, and will usually consist of 3 or 4 sessions over the school summer holidays. Further information will be posted nearer the time and subject to availability.

- **Autumn training**

This is also open to everyone who has participated in the spring/summer training, and will usually consist of 5-6 sessions in the first half of the Autumn Term. This course is intended to make the most of the warm water, and also for those sailors who intend to participate in winter training to keep them in practice. Further information will be posted nearer the time and subject to availability.

Adult sailing courses

- **Beginners**

We offer 6 week courses on a weekday evening (usually a Tuesday) which will run at a pace and nature to suit the sailors. Each session will start at 6pm and is intended to run for 2 hours, but will be dependent on on-the-water weather conditions, with some off-the-water training sessions should conditions be unsafe for our sailors, but longer sessions as the evenings get longer. **When you apply please indicate which weekday evenings – you are unavailable so we can try and accommodate as best as possible.**

The beginner sessions will initially utilise our on-the-water classroom; Topper Omega mono-hull dinghies, before progressing to the Single Handed Topper or Laser.

Shorter intensive 2 or 3 day courses may also be available. Please look out for further details or express your interest by completing the online application form, and select 'Short courses'

Beginners will be welcome to sign up to further courses should they wish, subject to availability, or subject to approval from their coach, progress to the Intermediate courses.

- **Intermediates**

This is a 6 week intermediate course aimed at improving skills, perhaps trying different boats, maybe helping in a decision as to which boat sailors might want to buy, and build confidence. The intermediate course is run on a weekday evening (usually a Tuesday) at 6pm. **When you apply please indicate which weekday evenings you are unavailable so we can try and accommodate as best as possible.** Participants should be well

equipped to participate in other Club races and events at weekends and throughout the year. A full race schedule is published on the Web Site Event Calendar

- **Taster sessions**

One and two session Taster Course may be available during the season. If you are interested in a Taster Course, and dates are not posted for these, please still apply online and select 'Taster'; you will be contacted as soon as dates are available.

Windsurfing courses

- **Youth**

Windsurfing is 2 full Saturdays plus 4 further Saturday mornings with light coaching. MYC will supply the boards; you just need to have the correct clothing.

- **Adult Team15**

Also 2 full Saturdays plus 4 further Saturday mornings with light coaching. MYC will supply boards, but some intermediates will be able to use their own boards.

Powerboat courses

Powerboat level 2 (PB2)

Courses do fill up quickly, and places will be allocated on a first come first served basis. If you are interested in a PB2 Course, and dates are not posted, please still apply and you will be contacted as soon as dates are available.

- Duration: 2 days.
- Course fee:

Nominal fee for current members of more than 12 months; £130

Full fee for members of less than 12 months; £230 less pro rata single membership paid

- Number of participants needed to run a course: min 3 and max 6.
- Minimum age: 12 years.

Direct assessment

- o Duration: ½ day.
- o Course Fee:

Flat Rate £60

- o Number of participants needed to run the course: min 1 and max 3.

- o Minimum age: 12 years.

Applicants for the Direct Assessment should familiarise themselves with the current PB2 syllabus, and be satisfied that they have the ability to pass the PB2, without the need for the course. Applicants should discuss their experience and ability with the PB Instructor. Please contact the Training Secretary to arrange this. If applicants have any doubt as to their suitability for the Direct Assessment, then they should apply for the PB2 course instead. Applicants who take the Direct Assessment and fail will be advised to either take the full PB2 course over 2 days (charges as above), or another Direct Assessment in the future after they have gained some more experience, depending on how well they have done.

Safety boat course

Courses do fill up quickly, and places will be allocated on a first come first served basis. If you are interested in a Safety Boat Course, and dates are not posted, please still apply and you will be contacted as soon as dates are available.

- o Course Fee:

Nominal fee for current members of more than 12 months and who have attained PB2 and regularly assisted (on at least 4 occasions in the last year) in providing safety cover at the MYC; £50

Full fee for members of less than 12 months; £225 less pro rata single membership paid

- o Duration: 2 days, one of which may be to provide safety cover for a Club Race or other event.
- o Number of participants needed to run a course: min 3 and max 6.
- o Minimum age: 16 years. In practice this will be subject to discussion with the PB Instructor.
- o Applicants and Safety Boat Drivers must be physically able to, for example pull a man from the water on to a Safety Boat.

Theory Courses

- **RYA First aid.**

A one-day course that covers all the usual first aid subjects, but from a boating perspective. It is aimed at anyone who goes afloat, whether on inland waters, rivers, estuaries or on cross channel passages.

In a medical emergency a little first aid knowledge and immediate action can save lives, especially in remote locations. This one-day course is designed to provide a working knowledge of first aid for people using small craft and to support skippers.

It fulfils the requirements for:

professional skippers of small craft working within 60 miles of a safe haven, including Boatmasters;

the Senior First Aid certificate needed by offshore racers subject to ISAF's regulations on first aid training (OSR 4.08.4).

The course is recommended by the MCA and HSE.

The subjects specific to boating include:

- the recovery position in a confined space
- CPR, including the drowning protocol
- cold shock and hypothermia from immersion and/or exposure
- seasickness and dehydration
- medical assistance or advice by VHF
- helicopter rescue

Dates will be advertised nearer the time, but please apply now and select 'First Aid' to express an interest.

Course Fee

£tbc

• RYA Marine Radio (SRC)

A one-day course (or 2 evenings) in the Autumn for anyone who owns a fixed or hand-held marine VHF radio.

A course for anyone who owns a fixed or handheld marine VHF radio. A radio is an important piece of safety equipment on board and it is vital to understand the correct procedures.

The Short Range Certificate is the minimum qualification required by law to control the operation of VHF and VHF Digital Selective Calling (DSC) equipment on any British flagged vessel voluntarily fitted with a radio. This includes both fixed and hand held equipment using International channels.

A radio is an important piece of safety equipment on board and it is vital to understand the correct procedures. Unnecessary transmissions could block out a Mayday distress call.

All new VHF sets are either fitted, or can be interfaced, with DSC allowing calls to specific vessels. If you hold the 'old' VHF licence (pre-1999) you need to upgrade your qualification if you purchase new equipment. This can be done by attending this one-day course or, if no tuition is required, you can enter for direct examination.

Course topics include:

- the basics of radio operation
- the correct frequencies (channels) to be used

- distress, emergency and medical assistance procedures
- making ship to shore telephone calls
- Digital Selective Calling (DSC) using simulators
- Global Maritime Distress and Safety System (GMDSS)
- Emergency Position Indicating Radio Beacons (EPIRB)
- Search and Rescue (SART)

The course will be taught and examined using radio simulators. The exam will also include a short written test.

Dates will be advertised nearer the time, but please apply now and select 'VHF Radio Course' to express an interest.

Course Fee:

£100 for members

- **Essential Navigation & Seamanship course**

This course is run over 8 evenings through the Autumn months and offers a great introduction to navigation and safety awareness for new, inexperienced or rusty skippers and crew. In fact it's for anyone interested in sailing, motor boating, sea angling or diving, and works well in complementing our on-the-water training, such as the Powerboat Level 2, Start Yachting and Helmsman courses.

It's a highly informative course with lots of opportunities for you to put your new found knowledge into practice. If you decide to take the course online, you will find many interactive exercises to help reinforce the information and lots of chances to try out what you've learned.

Course topics include:

- Charts and Publications
- Safety
- Engine checks
- Buoyage
- Tidal awareness
- Visual and electronic navigation
- Pilotage
- Rules of the road
- Anchoring
- Weather forecasts
- Passage planning

You will receive a course pack which includes a chart, plotter, dividers, course handbook,

exercises and an electronic chart plotter CD.

Dates will be advertised nearer the time, but please apply now and select 'Essential Navigation and Seamanship' to express an interest.

Course Fee:

Nominal fee for current members of more than 12 months; £tbc

Full fee for members of less than 12 months; £tbc

- **RYA Day Skipper Theory**

This course is run over 20 evenings through the Autumn months, and is a comprehensive introduction to cruising for inexperienced skippers.

This course equips you with enough knowledge to navigate around familiar waters by day. A basic knowledge of lights is also included to introduce you to night cruising.

In conjunction with the UK Hydrographic Office the RYA have developed a chart plotter specifically for use on training courses, giving you a realistic insight into electronic navigation. Use of this plotter is an integral part of the Day Skipper shorebased course.

Course topics include:

- the basics of seamanship
- the essentials of coastal navigation and pilotage
- chartwork
- electronic charts
- position fixing
- plotting a course to steer
- weather forecasting and meteorology
- tides
- collision regulations
- construction, parts and equipment of a cruising boat
- emergency and safety procedures including distress calls, use of flares, safety harnesses, lifejackets and liferafts

Dates will be advertised nearer the time, but please apply now and select 'Day Skipper Theory' to express an interest.

Course Fee:

Nominal fee for current members of more than 12 months; £tbc

Full fee for members of less than 12 months; £tbc

- **Coastal Skipper/Yachtmaster Offshore**

Advanced training for more experienced skippers building on the Day Skipper course.

This course equips you to navigate safely on coastal and offshore passages. It allows some time for revision of the basics and then moves on to advanced navigation techniques.

This course will take your theory knowledge to the standard required for the Coastal Skipper and Yachtmaster Offshore practical exams, concentrating on advanced navigation and meteorology skills.

As with the Day Skipper shorebased course, the RYA's specially designed chart plotter software will be used during the course to give you a realistic taste of modern electronic navigation.

The course is taught over 40 hours with three exam papers.

Course topics include:

- position fixing
- course shaping and plotting
- tidal knowledge
- use of almanacs and admiralty publications
- electronic position finding equipment
- taking and interpreting forecasts
- plotting weather systems
- weather predictions using a barometer and by observation
- collision regulations
- customs and excise regulations for cruising abroad

Dates will be advertised nearer the time, but please apply now and select 'Coastal Skipper Theory' to express an interest.

Course Fee:

Nominal fee for current members of more than 12 months; £tbc

Full fee for members of less than 12 months; £tbc

- **Rules of Racing**
- **Race Officer**

Watch out for more details on the website, or apply using the 'Other' option in the course booking form, which will enable us to email you details of upcoming courses.

Gear guide

It is not necessary to invest in expensive clothing to start sailing, but it is important that sailors are properly equipped to be on the water. This is also true of other courses on the water e.g. Power Boat. It is always colder on the water than on land, and the conditions can change very quickly, so be prepared. Local chandleries and surf shops stock or can order most items. There are also a large number of on-line outlets. From time to time MYC is able to offer clothing and equipment at largely discounted prices; this has been of most use for some for winter clothing.

In Summer:-

- Wetsuit, (courses start in April when the water can still be cold, so if you are buying a new wetsuit a winter or spring wetsuit which is warmer and thicker would be better.)
- Spray Jacket
- Sun hat
- Wetsuit boots/ sailing boots/beach type shoes
- Wetsuit gloves/sailing gloves
- Sun cream
- Water

In Winter:-

- Wetsuit, a winter or spring wetsuit which is warmer and thicker is essential or preferably a dry suit.
- Spray Jacket, if wearing a wetsuit
- Woolly hat
- Wetsuit boots/ sailing boots/beach type shoes. Note only sailing boots can be worn with a dry suit to protect the latex feet of the dry suit.
- Wetsuit gloves/sailing gloves
- Water

Life jackets are provided by MYC, as you progress you may wish to invest in your own life jacket. There are many outlets locally that stock most of this equipment, including a number of local chandleries and surf shops. There are also many on-line stockists. Please also ask around and at the Club, as second-hand wet and dry suits etc are sometimes for sale. They can also be purchased at discounted rates from the Club from time to time.

Supported youth and junior classes

MYC currently supports the following RYA recognised junior and youth classes and sailors are encouraged to sail in these classes.

- Optimist. Counting over 300,000 boats worldwide, this is perhaps the most popular junior boat in the world. It is simple enough to be sailed by an 8-year-old, and technically

complex enough to challenge a 15-year-old. Half of the helms at the Sydney 2000 Olympics started in Optimists, as did British Olympic medal winners. Car toppable, it suits sailors from 8 to 15 years old with a wide range of weights. New Optimists can cost over £2000 with good condition boats in the £600 region being like gold dust. The class association organises a very full programme of events and training, including national events with some 300 entrants.

- Topper.
- Laser (4.7, radial and full rig).
- RS Feva.
- 420.

Supported adult classes

For training, the club uses Topper Omegas, Laser Picos, Laser, 420s, RS Feva's, Toppers, and Dart 16s.

Buying a boat

After you have grasped the basics of sailing and are approaching your second or third season to progress and continue you do need to think about buying your own boat. The Club's dinghies are for training, so as new sailors join the Club we need to make boats available for them. If you are thinking about buying a boat please talk to other members and coaches who will all be able to offer advice, perhaps know of boats for sale, or who perhaps can look at a boat for sale with you. The club's website and notice boards usually have boats for sale - but be warned, Oppies and Toppers can sell quickly depending on demand. There are different things to look for depending upon the type of boat you are considering. If you are thinking about racing a boat then for some events there are strict rules that the boats must comply with. Nothing complicated, but you should be aware of them so you don't get caught out. Listed below are a few website links and hints to start you on your way.

- Optimist

If you are going to race an Optimist, and also want to be able to sell it a later date to someone who might wish to race it must have a completed Registration Book and Measurement Certificate. Please see www.optimistsailing.org.uk for full details. Optimists are made by a number of boat builders; the Measurement Certificate records measurements ensuring all Optimists conform to the class rules.

The IOCA website has Optimists for sale at <http://www.optimistsailing.org.uk/>

You will see a huge price range - please don't be out off. For about £800 you can buy a boat that will be good enough for sailing in national competitions.

When you go to see a boat apart from the paperwork you need to know what to look for:

Hull - should be sound, if it has evidence of cracks you need to establish if it has absorbed water as this will affect its weight.

Spars (mast boom and sprit) - make sure they are not bent or twisted.

Foils (Rudder and daggerboard) - check these have not warped or twisted.

Sails - you need to make sure the sail is right for your child's ability and weight, that it is crisp and not blown.

You may be lucky to find a boat that ticks all the boxes; if you are inexperienced please try and get advice from a coach, or other sailors. If anything is missing, or needs replacing you may want to look at what the replacement cost might be to help negotiate your price. You will find most of what you might need on www.optimistonline.co.uk

While you are looking at the International Optimist Class Association (IOCA) website you should also consider joining. You need to be an IOCA member to enter many events. Please see <http://www.optimistsailing.org.uk/>

- Topper

Thankfully the International Topper class Association (ITCA) have loads of advice about boat buying on their website at www.gbrtopper.co.uk They include a link for a website to look for second hand boats. Also www.apolloduck.com and www.boatsandoutboards.co.uk have loads of toppers for sale.

As with the Optimist you also need to consider joining the class association if you intend to enter events see www.gbrtopper.co.uk.

- Other classes

As with the Oppie and Topper, the Club website and notice board, Apollo Duck and Boats and Outboards are good starting points to find out what's for sale.

Links to the class associations are below - their pages are a good source of information, including about and how to enter events, and you may want to think about joining.

Laser - www.laserinternational.org

RS Feva - www.rs-association.com

420 - www.420sailing.org

Dart - www.dart18.com

Please remember you must insure your boat. A wise move in any case and requirement if you are to sail in MYC training and events, and any other organised events. If you are a member or join the RYA, you may be able to benefit from discounted insurance see

www.rya.org.uk/joinrenew/benefits/insurance/Pages/yanddinsurscheme.aspx

Youth Squad training

Training and development squads provide sailors with more advanced coaching to develop their racing skills.

- RYA Cymru Wales Regional Squads. The RYA Cymru Wales operates a regional squad system in North, South West and South East Wales. MYC is in the South region. The regional squads provide around 6-8 days of race training during the winter, and are designed to help sailors improve their skills and knowledge. They are encouraged to continue club racing, and to enter the youth racing circuit and other open and national events. It is hoped that regional squad sailors will apply for a place in the Welsh national squad, in due course.
- Welsh National Squads. The Welsh national squads aim to develop and support elite sailors in Wales, so that they can perform at the highest levels in British and international competitions. National squad sailors have 5-6 weekends of coaching, which include tactics, fitness, nutrition and sport psychology. It is hoped that Welsh national squad sailors will be selected for the British squads. Further details are available from the RYA Cymru Wales.
- GBR Squads. The GBR squads provide additional coaching, training, physiology, psychology and potential access to travel grants and entry to international events as part of the British team.
- There are also a number of other squads, run by the Class Association's for example ITCA Development Squad. Check the class association websites, talk to your instructor or get in touch with the Regional Development Officer <http://www.welshsailing.org> for more advice and information.

Event/Regatta Information

If you are going to enter an event and need a boat you must apply on-line as soon as possible, [Application to use boats/boards outside scheduled training](#). Boats will be made available on a first come first served basis; if we are oversubscribed if you allow enough time we may be able to source boats from elsewhere. You may not use a boat unless you have applied and received confirmation that you may use the boat, and paid the prescribed fee.

- MYC Club Racing and Regattas. Club racing is held throughout the year; MYC also holds and hosts a number of Regattas and events throughout the season. All these are advertised on the Web Site Event Calendar.
- CYRC - club youth racing circuit. The club youth racing circuit is designed to introduce sailors to open events, but without travelling many miles from home. They are usually one day events with three races, and suitable for sailors at Stage 2 standards and above. Racing is normally organised in Optimist, Topper and general handicap classes, but separate class starts will be provided if there are sufficient entries. MYC will support entry by the loan of a training boat and buoyancy aid, if not required for training, for which a fee is payable.
- Welsh national events. RYA Cymru Wales organises a number of youth racing events

during the year, and MYC encourages sailors to enter them. These include:-

- Welsh Youth Championships
- The RYA Cymru Wales Acorn OnBoard Regatta, held at Llangorse, Brecon late August early September
- Volvo Welsh Youth and Junior Championships

Racing is usually organised on two or more race areas, with separate starts for Optimist, Topper, Laser, slow handicap and fast handicap, depending on entries. Often there are three races held back to back, so sailors could expect to be on the water for several hours each day. The RYA Cymru Wales /Acorn event is often less intense than the others, and used by national squad sailors to try a new class. RYA Cymru Wales also use these events to "talent spot" potential national and regional squad sailors.

See <http://www.welshsailing.org> for information about RYA Cymru Wales events.

For Oppie, Topper and other class specific events including Nationals see the Class Association website.

How to apply and course enrolment

Dinghy and windsurfing weekly courses

PLEASE NOTE ALL COURSES are subject to change, dependant on number and type of applications and coach availability etc.

As space is restricted on these courses, places will be allocated on a first-come, first served basis and are subject to closing dates. Please see Course and Price Lists for more information, and if you are interested and wish to reserve a place please complete the online - booking form – they can be found on the Training page of the Club's website at

<http://www.mumblesyachtclub.co.uk/index.php?menu=training> .

If you are offered a place on a course, to accept the offer if you are not already a member please first complete the membership form that can be found on the Club website, and complete your membership application and payment so that you are issued with a membership number. How to do that is explained on the membership form. If you attend an enrollment evening then we can process your membership application and course fees at the same time.

Paying for the course may be done in one of three ways:

- **(Preferred) attend one of the scheduled enrolment evenings* (see Training Calendar for dates).**
- **Pay electronically** to the Club's Account: name: Mumbles Yacht Club, sort code 30-98-85 account no. 01117822. Please add the reference "Training"+ your Surname and first 3 digits of your address eg TrainingSmith123.
- In person outside scheduled enrollment evenings **at the bar***. Please avoid busy times and ensure that you are provided with a receipt as proof of payment. **Please do not place cash or cheques in the black box.**

We can accept cash / cheque / or card. (Please note cheque payments will only be accepted for Membership and Training fees and NOT bar, galley, or RYA publications).

Please note you or your child will not be permitted to participate if you have not completed and submitted an application form (including the health/medical declaration), a membership form and associated fees.

All other courses

For Powerboat and shore based courses please use the on-line booking (without obligation) form to express your interest. We will then be able to contact you when course dates become available.

For further information please contact the Training Secretary, Rachel at mumblesyachtclubtraining@gmail.com