

WILLIAMSTOWN SAILING CLUB



WILLIAMSTOWN
SAILING CLUB

JUNIOR SAILING

FAMILY WELCOME PACK

v1.00 – September 2021

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INTRODUCTION

Welcome to the junior sailing section of Williamstown Sailing Club.

It is our goal to support your child's sailing through the use of our facilities, initial training, and ongoing coaching and support. We want your child to have fun, grow their sailing skills and want to carry on sailing for life.

We are a diverse and friendly sailing Club. As well as sailing, we have many social events as well as BBQs after Club racing on most sailing days. Parents (and older juniors) are encouraged to participate by learning to sail, developing skills in race management, manning the support boats or assisting in a variety of ways.

In this welcome pack, you'll find information about how we're organised, the programs we organise for junior sailors (both formal training courses, and less formal Club activities), how you can get involved, what equipment you need, and other useful information.

We look forward to seeing you on the water!

Note: credit to Gosford Sailing Club in Brisbane and their Family Welcome pack, which was used to develop a lot of the content of this pack (<https://cdn.revolutionise.com.au/cups/gosfordsc/files/pltiohw8oz7fnayo.pdf>)

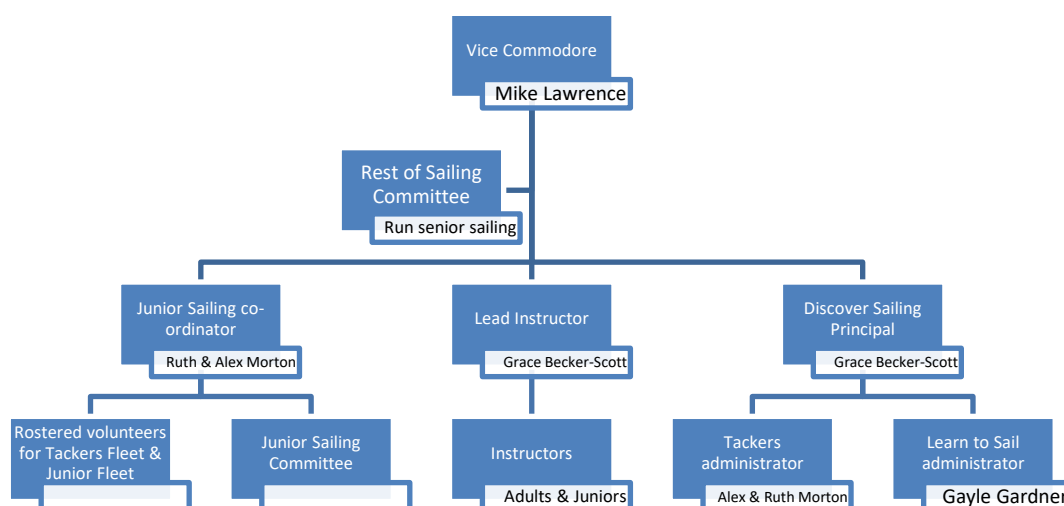
ORGANISATION AND CONTACTS

Junior sailing is organised by the **Junior Sailing Committee**, and led by the **Junior Sailing Co-ordinator(s)**. Each of our activities is led by volunteers, some of them part of the Junior Sailing Committee, some of them parents of junior sailors, and some of them from the wider sailing Club community. The Club is completely run by volunteers – please respect the fact that everyone involved is giving up their time to operate the Club. All activities run by the Club are under the delegated authority of the WSC Committee of Management (COM).

Our formal courses (for both juniors and adults) are organised and led by the **Discover Sailing Principal**, supported by the Tackers administrator (for junior courses) and the Learn to Sail administrator (for adult courses).

The instructors on our formal courses are co-ordinated and managed by the **Lead Instructor**.

The Junior Sailing Co-ordinator, Discover Sailing Principal and Lead Instructor are all members of the Sailing Committee, which is responsible for all the Club's sailing activities and is led by the Vice-Commodore. The Vice-Commodore is a member of the COM.



For the 2021/22 sailing season, each of these roles is filled as follows:

Vice-Commodore	Mike Lawrence	vicecommodore@williamstownsailingclub.org.au
Junior Sailing co-ordinator	Alex & Ruth Morton (jointly – Ruth sits on Sailing Committee)	tackers@williamstownsailingclub.org.au Alex: 0417-427193 Ruth: 0458-036648
Discover Sailing Principal	Grace Becker-Scott	
Lead Instructor	Grace Becker-Scott	
Tackers administrator	Alex & Ruth Morton (jointly)	tackers@williamstownsailingclub.org.au
Learn to Sail administrator	Gayle Gardner	training@williamstownsailingclub.org.au

Additional Junior Sailing Committee members	Sue Williams Paul Lloyd Andy Wright Chris Maylea Oliver Voogd Wil Mevissen	
Commodore	Lois Hunt	commodore@williamstownsailingclub.org.au
Secretary	Jim Rees	secretary@williamstownsailingclub.org.au Club telephone: (03) 9397 0770 (only answered on Saturday mornings) Postal address: Williamstown Sailing Club, PO Box 50, Williamstown VIC 3016
Membership Secretary	Brian Fentiman	membership@williamstownsailingclub.org.au

OUR PROGRAMS FOR JUNIOR SAILORS

WSC runs a wide range of programs for junior sailors, with a mix of formal courses (normally during the school holidays) and organised Club activities at weekends.

TACKERS FLEET – SATURDAY MORNINGS

9:30am to 11:30am on most Saturdays of the sailing season (October to May).

Tackers Fleet on Saturday mornings is an informal Club event and aims to provide children with a fun, safe and affordable way to get into sailing through games on and off the water. **A parent/guardian is required to stay on site during Tackers Fleet**, and this is a great opportunity for them to get involved and meet people.

Tackers Fleet is:

- suitable for Beginner sailors (no experience required)
- for 7-11 year olds (some children who sail are older or younger than this age bracket)
- free for members
 - non-members can participate three times before the Club requires them to become members.
- a great way to try out sailing and see if it is for you.

Over the course of the season we aim to cover the skills to allow children to complete WSC Junior Training level 1 and 2 (roughly equivalent to Tackers 1 and 2, but tailored to our local environment and the needs of our junior sailors). Tackers Fleets uses the Club's nine Ozi Opti Tackers boats - these are indestructible boats that can be taken out single-handed, or pairing an inexperienced child with a more experienced sailor. These boats are owned by the Club and are used in our Tackers courses - they are great for beginners but are very limited in speed and functionality

If your child is a beginner who is too old for an Opti, we will try—where possible—to integrate them into our Junior Fleet activities by finding them a crewing spot on a double-hander.

JUNIOR FLEET – SATURDAY MORNINGS

9:30am to 11:30am on most Saturdays of the sailing season (October to May).

Junior Fleet on Saturday mornings is an informal Club event, for sailors that have graduated out of the Ozi-Optis. By this point kids will be capable of sailing on their own, either in a single- or double-hander.

Over the course of the season our Saturdays will vary between skills training, practise racing, on-water games, and Adventure Sails (cruising).

Junior Fleet is:

- for 8-15 year olds (some children who sail are older or younger than this age bracket)
- suitable for sailors who have completed Tackers 2 or 3, or WSC Junior Training 2
- free for members
 - non-members can participate three times before the Club requires them to become members.

Junior Fleet is supervised sailing using participants' own boats (usually Minnows and Mirrors, but can include International Cadets, Optimists or O'pen Bics). You will need to invest in a boat (see section below), although there are often Minnows or Mirrors that can be borrowed for a morning so that you can try before you buy.

As with Tackers Fleet, **a parent/guardian is required to stay on site during Junior Fleet**, and this is a great opportunity to get involved and meet people.

FRIDAY NIGHT RACING

Starting in 2021, WSC will be running a new race series on the **second Friday of each month** (October to May). This race series is focused on Juniors, "Teens & Twenties" and novices and is designed to give our Junior Fleet sailors experience of racing in a fun, low-pressure environment.

Race briefing is at 5.10pm and the race starts at 5.30pm. There will be a single race on the Williamstown side of the shipping channel (number of laps & course will be dependent on wind direction and strength) and boats will be off the water by 6.30pm. After racing the bar will be open from 6.30pm, and there is a BBQ or a collective takeaway order at 7pm – stick around with the family and enjoy the Club facilities.

SATURDAY AFTERNOON RACING

Senior racing at the Club takes place on Saturday afternoons throughout the season, on the bay usually between the main shipping channel and the cruise ship terminal.

Unless there is a special regatta, there is a race briefing at 12.30pm, the race starts at 1.30pm, and we are usually all on shore and packed up by 4.30pm.

For our junior sailors, there are two ways to get involved:

- Confident and experienced Junior Fleet sailors can race in their own boats. They can participate at any time – sailors and their parents need to take responsibility for assessing the weather compared to their capability and assess whether it is safe to take part. On regular occasions during the season there are **Supported Green Fleet Races**, when there are extra support boats in the water for junior and novice sailors – check the sailing calendar for details. At the end of the season there is a Junior Champion trophy for the highest scoring skipper under 18 years old.
- Young sailors can crew on double handed dinghies or trailable yachts. Several young sailors have regular crewing spots, and there are often opportunities for new crew to have a go.

After racing (about 4.30pm) the bar is generally open, and there is normally a sausage sizzle – stick around or come down to soak up the atmosphere, tell some tall tales of what happened on the water, and get to know the rest of the Club.

HOLIDAY COURSES

Holiday courses generally run in the Spring, Summer, and Easter holidays. We run accredited Australian Sailing courses (Tackers 1 and Tackers 2) and customised courses designed for the boats we sail at the Club (Get Moving in a Minnow).

TACKERS 1

Tackers Level 1: Having Fun! This course aims to provide children aged 7-12 with a fun, safe and affordable way to get into sailing. Tackers 1 is an introduction to fun sailing and is all about building confidence on the

water for those just starting out. The kids sail in pairs in small boats and learn the basics of sailing through games on and off the water. It's a great way to meet new friends and sail in a group.

The course uses Club boats (Ozi-Optis). There is a separate charge for the Tackers 1 course, with a discount for Club members.

Course Prerequisites

- Water confident
- 7-12 years-old

Course Outcome - by the end of the Tackers 1 course, the participants will be able to:

- Steer with tiller extension under towing/paddling power
- Tie a figure-8 knot, round twice and two half-hitches
- Tack (push turn)
- Gybe (pull turn)
- Reach around a figure-8 course using both tacking and gybing
- Sail with tiller extension
- Sail upwind and downwind by following the safety boat

TACKERS 2

Tackers Level 2: Tips & Tricks. This course aims to build on the fun participants had in Tackers 1, to progress their sailing skills.

The course runs using Club boats (Ozi-Optis). There is a separate charge for the Tackers 2 course, with a discount for Club members.

Course Prerequisites:

- Water confident
- 7-12 years-old
- Skills, knowledge and experience gained in Tackers 1.

Course Outcome - by the end of the Tackers 2 course, the participants will be able to:

- Get out of irons on their own
- Safely gybe the boat
- Correctly use the tiller extension
- Sail around a triangle course, including:
 - Upwind - on a close hauled course tacking through the 'no go zone'
 - Downwind - with centreboard up
 - Reaching - correct sail position
- Demonstrate a 360- and 720-degree turn

GET MOVING IN A MINNOW

Get Moving in a Minnow provides an opportunity for junior sailors to develop their confidence further, as well as their sailing and racing skills in the Minnow junior class. The course is specifically tailored to the needs of our junior sailors and to the Minnow class

Get Moving in a Minnow is a Club-designed course rather than an accredited Australian Sailing course, with the aim of encouraging our junior sailors to increase their skills and confidence and get ready for racing while having fun on the water.

There is a separate charge for the Get Moving in a Minnow course, with a discount for Club members.

Participants need to provide their own boats (Minnow class), and need to sign a Club Safety Declaration (<https://www.williamstownsailingclub.org.au/club-racing/safety-documents/>), which includes declaring that the boat is insured for third-party liability. Some Minnow owners around the Club may be willing to lend their boats to you if you don't have a boat - contact the Event organisers for details. It would be up to each owner to determine hire charges, and we would recommend agreeing in writing that the course participant agrees to cover the cost of any damages.

Course Prerequisites:

- 8-14 years-old
- Water confident
- Registered with Australian Sailing - members of other sailing Clubs will also need temporary membership of WSC
- Completed Tackers 3 course, or completed Tackers 2 and confident sailing alone

Course Outcome - by the end of the Get Moving in a Minnow course, the participants will be able to:

- Confidently rig their boat
- Launch and recover their boat
- Set sails on all points of sail
- Gybe and tack and use tiller extensions
- Be able to right the boat after a capsize
- Practise racing

WHERE TO NEXT?

Single-Handers

Junior sailors generally stay in Minnows until around 15 years old, by which time they normally have enough experience to be taking part in Saturday afternoon races. Teenagers who have grown out of Minnows often move onto the Sabre – this is a larger single-handed dinghy designed by the same person as the Minnow, so it feels very similar, and there is a strong fleet at Williamstown.

Double-Handers

From about age 15, young people can either stay in Mirrors or move onto a different class. One popular option is the Pacer – this is a larger double-handed dinghy, also with a strong fleet at Williamstown, including several Club-owned boats that are available to hire. If you're looking for more adrenalin, you may wish to experiment with a trapeze class such as the 125.

Teens & 20's Coaching

We run several coaching days for our Teens & 20's age group during the season, normally on Sundays, and Teens & 20s are also part of the monthly Friday night race series.

Instructing

Many of our older teenagers become Assistant Instructors and then Instructors for Tackers holiday courses, Tackers Fleet and Junior Fleet. Completing the Australian Sailing Dinghy Instructors courses gives them a useful qualification, transferable skills and great experience, and offers the opportunity for paid employment instructing on Tackers courses at other sailing clubs around the bay – very useful for high-school and university students!

HOW WE RUN

WEEKLY EMAIL NEWSLETTER

A weekly email is sent during the season to everyone involved in junior sailing, with updated plans for the coming week, and information about upcoming events. To be added to the subscription list, please contact the Junior Sailing Co-ordinators on tackers@williamstownsailingclub.org.au.

WEATHER AND WEATHER CONDITIONS

Races, coaching and courses may not proceed in heavy weather conditions. Junior Sailing events are cancelled or postponed if the wind is above 17 knots, and adult sailing events are cancelled or postponed if the wind is above 22 knots. The Junior Sailing Committee will endeavour to contact parents as early as possible should an advance cancellation occur.

Parents are required to remain present during all Club Junior Events such as racing, Junior Fleet or Tackers Fleet as postponement or cancellation may occur at anytime during an event.

Keeping our juniors safe on the water is the main goal. It is also the parent's duty to determine if their child is capable to participate considering the conditions on the day, not the Club's duty to decide which sailors can or can't sail on the day. However, if you are unsure whether the conditions are suitable for your child, please feel free to ask a member of the Junior Sailing Committee for advice and feedback.

ASSISTANCE AND COACHING ON THE WATER

The ratio of available safety boats to junior sailing boats and the number of people managing the races may vary from week to week. Additional volunteers are always needed in some capacity and we always welcome parent assistance.

ASSISTANCE ON LAND – RIGGING

Junior sailors are expected to rig their own boats as far as possible, so that they can gain experience and further their skills. Parents are encouraged to learn how to rig the boats as well so that they can oversee and ensure the rigging of the boat is safe and secure.

If parents are not familiar or experienced with rigging, there are typically other parents, junior sailors or instructors available, please do not hesitate to ask for assistance.

ASSISTANCE ON LAND – LAUNCH AND LANDING

There are no designated persons to assist junior crew and their boats in and out of the water. Other sailors may assist them if possible. For this reason, it is essential that juniors sailing in Club activities have an adult on the deck who has agreed to take responsibility to help them launch and retrieve their boats safely.

Parents are to remain on site during Club activities in case their junior sailor needs additional assistance. Juniors may need to return to shore quickly and the parent must be available.

Note: Any equipment left on-shore, or around the Club area, should be stored in a manner with public safety in mind, e.g., no trip hazards should occur. WSC is not responsible for items remaining on-shore unsupervised.

ASSISTANCE ON LAND – SET-UP AND PACK-DOWN

As well as rigging, launching and retrieving your child's boat, there are a number of other jobs that need doing before and after sailing activities, such as

- launching and retrieving rescue boats
- preparing and rinsing outboard engines
- ensuring life jackets and racing equipment are tidied away
- storing Club Optis etc.

We need parents to help with these jobs, and we put up a poster with a list of jobs for people to put their name against each week. If you don't know how to do something, please ask and we'll be happy to show you—many hands make light work!

MEMBERSHIP AND COSTS

IT SOUNDS SO EXPENSIVE!

Membership, boat ownership, storage fees, registration costs ... isn't sailing only for rich people?!

Junior dinghy sailing can actually be remarkably cheap – annual junior membership is less than a term's swimming/dance/music lessons, with free coaching and events included. A second hand boat can be bought for about the same price as a new mountain bike and will probably last for longer, as well as having a decent re-sale price should your child decide they've had enough.

All the Club activities are available for free for members of Williamstown Sailing Club, and junior sailors need to become members. There are additional charges for formal courses, although these are reduced for Club members.

Parents of junior sailors are encouraged to become Club members (either sailing members or social members) to have full access to Club facilities, and to help with tracking registration and eligibility for helping with Club activities (e.g., Working with Children checks, etc.).

Junior sailors who own their own boat will need to register their boat with the Club in order to take part in Club activities, and there is an additional charge if they wish to store their boat at the Club.

For the 2021/22 sailing season membership costs are:

Junior sailing membership	\$155
Adult sailing membership	\$325
Family sailing membership	\$650
Adult social membership	\$125
Junior boat registration	\$85
Boat storage	\$125

PARENTS HELP & VOLUNTEERING

Williamstown Sailing Club is a place where families come together to make sailing a great community event. In order to retain our relatively low member fees and strong sense of community, we need volunteers.

Here is a list of what members and parents of junior members are currently doing to help make it all happen, anything you can do will be greatly appreciated.

HELP ON SATURDAY MORNINGS

There are always jobs to do on Saturday mornings. We put up a poster with a list of jobs for people to put their name against each week. If you don't know how to do something, please ask and we'll be happy to show you – many hands make light work! There is more information on what we need parents to help with in the 'How we run' section.

In addition, we need volunteers to run the canteen on Saturday mornings and lunch-times for both junior and adult sailors.

JOIN THE JUNIOR SAILING COMMITTEE

The Club relies totally upon volunteers to maintain, organise and participate in our coaching and racing programs. The Junior Sailing Committee meets on the third Wednesday of each month. If there are any questions or anything you would like discussed, please feel free to contact the Junior Sailing co-ordinator(s).

ORGANISE SOCIAL EVENTS

Sailing is as much a social activity as a sport, and we are lucky at WSC to have great facilities for social events. Organising social events (for the junior sailing community, or for the wider Club) doesn't need any sailing knowledge at all, so if you have any ideas we'd love to hear them.

EXPAND YOUR SKILLS

Some of the roles involved in running junior sailing programs need specific skills, such as radio operator licences, powerboat handling, or sailing experience. You can expand your skills by joining in courses throughout the year, either at WSC or elsewhere – we'll happily help you to find the right course.

This season for the first time we will offer informal **Parents in Pacers** sailing—taster sessions for non-sailing parents to get on the water and try sailing. These will be run on Saturday mornings in parallel with Tackers Fleet and Junior Fleet.

We also run a formal **Learn to Sail program** accredited by Australian Sailing once a year, usually in term 4. These are always over-subscribed so please sign up early—contact the Learn to Sail co-ordinator for more details.

EQUIPMENT

BASIC EQUIPMENT FOR SAILORS

For starting out, particularly in level 1 and 2 we recommend juniors bring the following:

- **Sunscreen:** There is usually sunscreen available at the Club, but we recommend that all sailors bring their own sunscreen. Factor 30+ is essential, and should if possible be applied at home before sailing. During holiday programs, instructors will supervise the re-application of sunscreen at lunch-time.
- **Towel:** Kids get very wet while dinghy sailing, so a towel is essential.
- **Wet Bag:** All clothes worn sailing will end up wet. An old shopping bag is an ideal way to carry wet clothes home.
- **Gear bag:** All clothes and gear should be packed in a bag or a small tuff-tub. Please don't bring valuables to sailing. Whereas the Club is generally a safe and friendly place, we do not have secure lock up facilities and cannot take any responsibility for loss or damage. Please label everything.
- **Dry change of clothes:** Most sailing sessions involve some swimming or getting wet, and even on warm days many sailors find that they need to get some dry clothes on to warm up when they get ashore. (Don't forget a dry pair of undies!)
- **Snacks:** Children (and adults!) get hungry out on the water. Normally on Saturdays, the Club canteen operates, offering sandwiches, pies, hot dogs, snacks and drinks. However, it is a good idea to bring a snack to keep them going.
- **Water bottle:** It is very easy to become dehydrated while sailing, so a water bottle is essential.

You do not need to invest in any special clothing or equipment to get started with sailing. The following are items that all students must have to get started and, if you look around at home, you will probably find that you already have most of these items:

- **Sturdy footwear:** Wetsuit booties, trainers or sandals. Footwear is essential to provide protection from sharp objects.
- **Hat:** A broad-brimmed hat is essential, preferably one that can be tied to a lifejacket and that you don't mind losing. Parents must ensure that hats prevent sun damage and we recommend packing a spare hat.
- **Shorts or leggings:** Sailing involves a fair amount of sliding around on the boats as well as sun exposure, so pants or shorts are essential for protection. Shorts worn over the top of a wetsuit will increase the life of the wetsuit.
- **Top:** A top is essential to provide sun protection for the shoulders and to prevent a rash from wearing a lifejacket. Either a T-shirt or rash vest is suitable as long as the shoulders are covered.
- **Warm top and light wind jacket:** An old polar-fleece jumper is ideal. Tracksuit tops or other stretch materials are not as good as they tend to hold water, making them heavy and cold. A light-weight rain jacket is also useful to help stop wind chill.
- **PFD (lifejacket):** It is a Club requirement that anyone under 12 wears a lifejacket on the deck at all time. The Club has a supply of PFDs available for junior sailors. Juniors may wear their own, which must be PFD 2 or better, however we reserve the right to inspect all jackets and to require the use of one of ours if the junior's own jacket is not safe or suitable.
- **Hair:** All long hair should be tied up tightly – it cannot be flopping around as it can get caught in ropes and blocks, which is dangerous.

As you progress, having a range of sailing gear is important to keep you safe and protected from the elements and it also contributes to successful racing. The following is a list of gear all sailors should eventually own:

- Quality Lifejacket
- Rash shirts
- Footwear: Sailing Boots, wetsuit booties
- Short Wetsuit for summer
- Long Wetsuit or long wetsuit pants for the start and end of the season
- Sailing Spray Jacket
- Thermals for winter or cold days
- Hats (or Beanies in winter)
- Sunglasses: protecting eyes from glare
- Kneepads if you do not own a full wetsuit
- Sailing Gloves: especially important for crew
- Starting watches: watches with a five-minute countdown feature and large face

Here are a few places to buy sailing gear online or in stores, often items can also be found secondhand on Gumtree:

- Dinghy Shop: www.dinghyshop.com.au – online shop but based in North Williamstown, easy to pick up from, tell Jim you're from WSC, also does fibreglass boat repairs and equipment for dinghies
- Boating Central: 185 Nelson Place, Williamstown, www.boatingcentral.com.au/ - local chandlers, offer discounts for members of WSC
- Whitworths: www.whitworths.com.au
- NB Sail Sports: www.nbsailsports.com.au/
- Gill: www.gillmarine.com
- Ronstan: www.ronstan.com.au
- Zhik: www.zhik.com/
- Slam: www.slam.com/
- Henri Lloyd: www.henrilloyd.com/
- Helly Hansen: www.hellyhansen.com.au
- Musto: www.musto.com.au/
- All Marine: www.allmarine.com.au/

BOATS

TACKERS COURSE & TACKERS FLEET – CLUB OWNED OZI-OPTIS

WSC owns a fleet of nine Ozi-Optis – these boats based on the Optimist class are specifically designed for the Tackers program and is an ideal introduction to dinghy sailing. The boats allow two kids to sail together and as they gain confidence and move up from Level 1 to Level 2 they are able to sail the boat single-handed. The boats have built-in buoyancy (which means they provide extra stability) and are made of plastic rather than wood or fibreglass (which means they are practically indestructible).

JUNIOR FLEET - BUYING A BOAT – WHAT ARE THE OPTIONS?

Once children have completed WSC Level 2 they are ready to move onto Junior Fleet and develop their skills further. They will also be ready to sail something faster, more challenging, and more fun than the Ozi-Opti. At this point you're going to need to invest in a boat for your junior sailor!

The main class of junior boat sailed at WSC is the Minnow, which is a single-handed boat. Some children prefer sailing together in a double-handed boat, and at WSC we have a small but growing fleet of Mirrors. Other single- and doubled-handed junior classes exist, just ask if you want to know about other options.

SINGLE-HANDER: MINNOW

The main class of single-handed junior boat sailed at Williamstown is the Minnow dinghy:

- Small dinghy with one blue sail
- Good for ages 8-15 (or until they get too tall or heavy!)
- Local design, perfect for our local conditions
- Easy for novices to sail while still presenting a challenge for experienced junior sailors
- Recognised youth development class by Australian Sailing
- Active and friendly class association in Victoria (www.minnow.org.au), and state and national championship regattas held every year.
- Can be timber or fibreglass
- ~\$6000 new (or build your own!)
- Lots available second hand: \$400 plus for a decent wooden boat, \$1,000+ for a fibreglass boat

There are many champion and Olympic sailors who started out in the mighty Minnow. And let's not forget our favourite feature – the distinctive blue sail shared by every one of the 1230+ Minnows built so far. ***“All hail the blue sail!”***

OTHER SINGLE-HANDED OPTIONS

Other junior classes are welcome at Williamstown Sailing Club. The main classes you are likely to run into around Victoria are the Optimist, the O'pen Skiff, or the Sabot.

The **Optimist** is an international class and the Ozi-Opti dinghies that we use for Tackers are an adaptation of this class. There is an active class association in Victoria (www.vioda.org.au) that has a reputation for being extremely competitive. Second-hand Optimists start from around \$1,500, with new boats costing ~\$5,000.

The **O'pen Skiff** (previously known as the O'pen Bic) is a fairly new international class, launched in 2006, with a modern planing hull, making them fast but quite 'tippy'. There is a growing national class association (www.openskiff.org.au). Given how new the class is, there are very few second-hand boats available, so it will cost ~\$5,000 to invest in a new boat and ~\$2,500 for a second-hand one.

The **Sabot** is an Australian class, once extremely popular around Port Phillip Bay. Sabots are still actively sailed in other eastern states of Australia and there is a national class association (www.sabot.com.au), but not in Victoria. There are however many second hand boats available starting from ~\$500.

DOUBLE-HANDER: MIRROR

For children who prefer sailing together in a double-handed boat, the Mirror dinghy is an excellent option.

- Medium-sized dinghy with 2 red sails
- Suitable for ages 10-99+ (skipper) and 7-99+ (crew), so can also be sailed by an adult-child combo
- Stable and reliable
- Can be sailed with a spinnaker (extra sail) for more challenge, fun and speed

- Usually come with a “gaff” rig (two-part mast) for easy transportation but can easily be converted to a one-piece mast for quicker rigging
- Almost everyone at WSC started off in a Mirror, so there is lots of knowledge if you need help!
- Cost new ~\$10,000 (fibreglass)
- Huge number available second-hand of varying quality, from old wooden boats for as little as ~\$300 to ~\$1,000, to modern fibre-glass boats for ~\$5,000

Until the early 2000s, Mirrors were the main class of boat sailed at Williamstown. The Mirror is still an Olympic pathway class for two-handed junior sailing in the UK. It is a very flexible boat – it can be sailed by two adults (although it can be a bit squashed!), by an adult and child (which makes it an excellent option for families), by two children, or even by a single adult. It can be used for racing or for cruising.

There is a very active Mirror class association in Sydney and in other parts of the world, and the Mirror is seeing a resurgence in popularity in Victoria.

OTHER DOUBLE-HANDED OPTIONS

Other junior classes are welcome at Williamstown Sailing Club. The main classes you are likely to run into around Victoria are the International Cadet and the Pacer.

The **International Cadet** is very popular internationally, but is slightly slower than a Mirror and not as flexible since it can only be sailed by two children under 16 years old. There is an active class association in Victoria (www.victorianintcadet.sailhive.com)—both national and international championship regattas have been hosted by Royal Yacht Club of Victoria in Williamstown. However most boats get traded within four Clubs in Victoria – there are very few second-hand boats on the open market. A few are available from ~\$2,000 for wooden boat or ~\$5,000 for a fibreglass boat, and those that are available are often in excellent condition and come with a racing pedigree. It will cost ~\$10,000-\$15,000 to invest in a new boat.

For older teenagers the **Pacer** dinghy is a good option. It is used as a training boat by many sailing schools, and there is an active class association in Victoria (www.pacersailing.org.au). It can be sailed by two 14-year-olds (or even two experienced 12-year-olds in light winds) as well as two adults or an adult and child, making it a good option for families. It is bigger and faster than both the Mirror and the International Cadet, although small juniors can easily be overpowered without adult weight and strength. There is a good fleet of Pacers at Williamstown—for juniors interested in crewing for Saturday afternoon races they are likely to be crewing in a Pacer, and the Club owns a fleet of Pacers that are used for Learn to Sail courses and are available to hire for racing. Second hand boats will cost ~\$1,000 for wooden boat or ~\$3,000 for a fibreglass boat, and new boats will cost ~\$15,000-\$20,000.

BUYING A BOAT – HOW TO, AND WHAT TO LOOK FOR

When you decide to buy a boat, there are several things to consider.

Feel free to ask for advice, other Club members are a wealth of information and they may be able to give further pointers in this area. If a boat is for sale locally and you are unsure, ask someone with experience to look at it with you.

There is a good buyers guide on the Minnow Association website, most of which applies to all classes of boats - https://websites.sportstg.com/assoc_page.cgi?c=0-10535-0-0-0&SID=386488

Things to consider include:

- **New vs second-hand** – how much are you willing to invest, and how experienced is your child. New boats are a significant investment, most novices will find a second-hand boat perfectly adequate.
- **Older boats vs newer** - Older boats can still be a good stepping stone, but as with older vehicles they may need a little more TLC and maintenance. Like cars, new boats lose their value fairly quickly. Unlike cars, older boats will often hold their value, and a beginning boat can often be sold on for the same amount it was initially bought for.
- **Hull material – wood vs fibreglass.** Modern fibreglass boats require less maintenance than wooden boats, but older fibreglass boats can go “soggy” and major repairs will need a boat builder’s help. Wooden boats tend to require repainting and varnishing every few years but can be easily maintained if you have some DIY experience.
- What is the **condition** of the hull, the fittings, the foils and the sails? These can be expensive to replace, an extra \$200 for a boat with a respectable set of sails is well worth it
- **When was it built?** The sail number (which should be engraved somewhere in the cockpit) can be used as a guide because historically these numbers have been allocated sequentially (although with older Mirrors this can be a bit hit and miss!). Don’t rely on the number on the actual sail as this may not have originally belonged to the boat.
- Does it come with **useful accessories** such as a boat cover, spare sail, spare foils, foil cover, or beach trolley? (If it has no trolley you will need to build or buy one)

Where to find second-hand boats:

- Sailing Club notice board, and email newsletters – getting a boat from within the Club has the advantage that its condition, pedigree and speed will be known, and you’re likely to know the seller.
- Class association websites - Minnow class for sale board can be found at https://websites.sportstg.com/assoc_page.cgi?c=0-10535-0-0-0&SID=354195
- Gumtree – there are often Minnows, Mirrors, Optimists, Pacers and Sabres in the Sail Boats category, and occasionally International Cadets, Sabots or O’pen Bics

INSURANCE

To take part in Club activities at Williamstown Sailing Club, you will need a minimum of third-party insurance with at least \$10 million liability. You’ll need similar insurance at most sailing Clubs or to take part in regattas such as state championships. If you have a more expensive boat, you may want to consider fully comprehensive insurance.

Stewart Insurance, Nautilus Insurance, and Tudor Insurance often have competitive rates, but the market can shift a lot from year to year so it’s worth shopping around.

STORING AND TRANSPORTING BOATS

There is a limited amount of storage at the Club – this needs to be applied for at the beginning of the season, and is allocated based on club participation. Storage for Minnows tends to be more readily available than for other classes, as they have separate racks.

For storage at home, most junior boats can be easily stored in a garage or carport, either upright on end, sitting on a trolley, or hoisted into the roof. Boats can be stored in the open air, although they will need to be covered to keep the rain and sun off and will need more maintenance.

Most junior sailing classes can be transported on your car roof if you have roof bars (or even inside if you have a big enough car!). Otherwise, you'll need a trailer (a Minnow will fit on a box trailer, as will a Mirror with some ingenuity). In either case you'll need ratchet straps to hold the boat on, and ideally some padding (old carpet is ideal) to protect the boat where it touches the car or trailer and where the straps touch the boat.

OTHER BASIC EQUIPMENT FOR BOATS

Boats will be checked on a frequent basis to ensure the safety of our Juniors are maintained on the water.

Different boat classes likely have different requirements.

The junior sailor will be expected to review their equipment and provide a signed declaration that the equipment is on board and will be maintained for the full sailing season. The boat will not be allowed to participate if the essential gear is missing prior to a race.

The following is a list of gear all sailors who race should have on their boat

- Paddle – 150 x 250 mm with suitable length lanyard
- Hand Bailer – min 2 litre with suitable length lanyard
- Tow Ring
- Rudder Box – Metal pin to attach rudder box or fixed rudder to gudgeons
- Centreboard – suitably attached so if capsized, it will not fall from case
- Hull identification – on the transom or on both sides of the hull or rear beam shall consist of the boat's name (50 x 8 mm), registered sail number (50 x 8 mm) and name of the Club (20 x 4 mm)

In addition, boats will need to be insured to take part in Club activities – minimum third-party \$10 million liability.

SOCIAL ACTIVITIES

The Club runs a variety of social activities throughout the season.

Saturday afternoons after racing the bar is generally open, and there is normally a sausage sizzle—stick around or come down to soak up the atmosphere, tell some tall tales of what happened on the water, and get to know the rest of the Club.

Friday evenings after the monthly race series for juniors, teens, 20s and novices, the bar is open from 6.30pm, and there is a BBQ or a collective takeaway order at 7.00pm – stick around with the family and enjoy the Club facilities.

We normally run a BBQ for junior sailors and their families after Saturday morning sailing a couple of times during the season.

Special events are also run during the season, such as Christmas party, wine & cheese afternoons, and New Year's Eve, and more, making the most of one of the best views in Melbourne from our upper deck and function room.

Keep an eye on the Club website and the Club email newsletters for more information.

CODES OF CONDUCT

The two most important rules for sailing are:

1. Stay safe
2. Have fun

BASIC PRINCIPLES OF CONDUCT

1. Sport for children is a vital part of their growing up and is important to their self-esteem.
2. Sailors like to win, but more importantly, they want to have fun
3. Adults need to set the right example at events, not just at home.
4. Adults should be proud of child's efforts, irrespective of their performance

CODE OF CONDUCT FOR JUNIOR SAILORS

1. Follow the rules and respect the decisions of the race and protest committees
2. Never argue with others, be fair—no verbal abuse or vilification, provoking of others is never acceptable. Treat others as you would like to be treated
3. Work equally hard for yourself and for your crew
4. Be a good sport, play fair and congratulate others by wishing them well and recognising achievements
5. Show respect to other sailors
6. Speak to an adult if you feel you have an issue, feel unsafe or feel concerned
7. Take responsibility for your actions
8. Enjoy and have fun

CODE OF CONDUCT FOR PARENTS

1. Remember that children participate in sailing for their enjoyment—not yours
2. Encourage you children to participate according to the rules
3. Never disrespect your child for making a mistake they are here to learn and enjoy
4. Show appreciation to other parents, juniors and volunteers
5. Be a good role model by applauding good performance and efforts of others, congratulate all participants in their efforts.
6. Condemn the use of violence, verbal abuse or vilification in any form
7. Support all policies and practices
8. Ensure you are aware and follow the correct processes if you have an issue or complaint, never approach juniors over incidents involving your children.
9. Enjoy your junior's excitement and celebrate their progress

HELPFUL INFORMATION FOR PARENTS OF JUNIOR SAILORS

For those parents who are not experienced sailors, we hope the following information will assist you when your enthusiastic junior sailors ask to go sailing.

SAILING JARGON

1. **Stern** - The back of a boat.
2. **Bow** - The front of the boat. Knowing the location of the bow is important for defining two of the other most common sailing terms: port (left of the bow) and starboard (right of the bow).
3. **Port** - Port is always the left-hand side of the boat when you are facing the bow. Because “right” and “left” can become confusing sailing terms when used out in the open waters, port is used to define the left-hand side of the boat as it relates to the bow, or front.
4. **Starboard** - Starboard is always the right-hand side of the boat when you are facing the bow. Because “right” and “left” can become confusing sailing terms when used out in the open waters, starboard is used to define the right-hand side of the boat as it relates to the bow, or front.
5. **Leeward** - Also known ‘downwind’, leeward is the direction the wind is currently blowing towards.
6. **Windward** - The direction from which the wind is currently blowing. Windward is the opposite of leeward.
7. **Boom** - The boom is the horizontal pole which extends from the bottom of the mast. Adjusting the boom towards the direction of the wind is how the sailboat harnesses wind power in order to move forward or backwards.
8. **Mainsheet**: the length of rope used to control the boom and sail
9. **Dagger Board**: a board that is inserted in the centre of the boat and stops the boat slipping sideways in the water. If the dagger board has a pivot pin, it is called a **Centreboard**
10. **Rudder & tiller** - Located at the back of the boat, the rudder is a flat piece of wood, fiberglass, or metal that is used to steer the ship. Larger sailboats control the rudder via a wheel, while smaller sailboats will have a **tiller** (the stick that is used to steer)
11. **Foils** – Collective description for dagger board / centreboard and rudder
12. **Tacking** - The opposite of gybing, this basic sailing manoeuvre refers to turning the bow of the boat through the wind so that the wind direction changes from one side of the boat to the other side. The boom of a boat will always swap from one side to the other when performing a tack or a gybe.
13. **Gybing** - The opposite of tacking, this basic sailing manoeuvre refers to turning the stern of the boat through the wind so that the wind direction changes from one side of the boat to the other side. The boom of a boat will always swap from one side to the other when performing a tack or a gybe. Gybing is a more difficult technique than tacking, since it involves a major change in the setting of the sails.

CHECK THE WEATHER FORECAST ONLINE AT:

Willy Weather: <http://www.willyweather.com.au/>

BOM forecasts: <http://www.bom.gov.au/vic/forecasts/index.shtml?ref=hdr>

Seabreeze: <http://www.seabreeze.com.au/>

Baywinds: <http://www.baywx.com.au/>

Meteye forecasts: <http://www.bom.gov.au/australia/meteye/>

Should you be unsure about the suitability of the conditions on the day, please feel free to contact a member of the Junior Sailing Committee to discuss with them – contact details are included in this Handbook.

WIND SPEED AND DIRECTION, AND BASIC SAIL TRIM

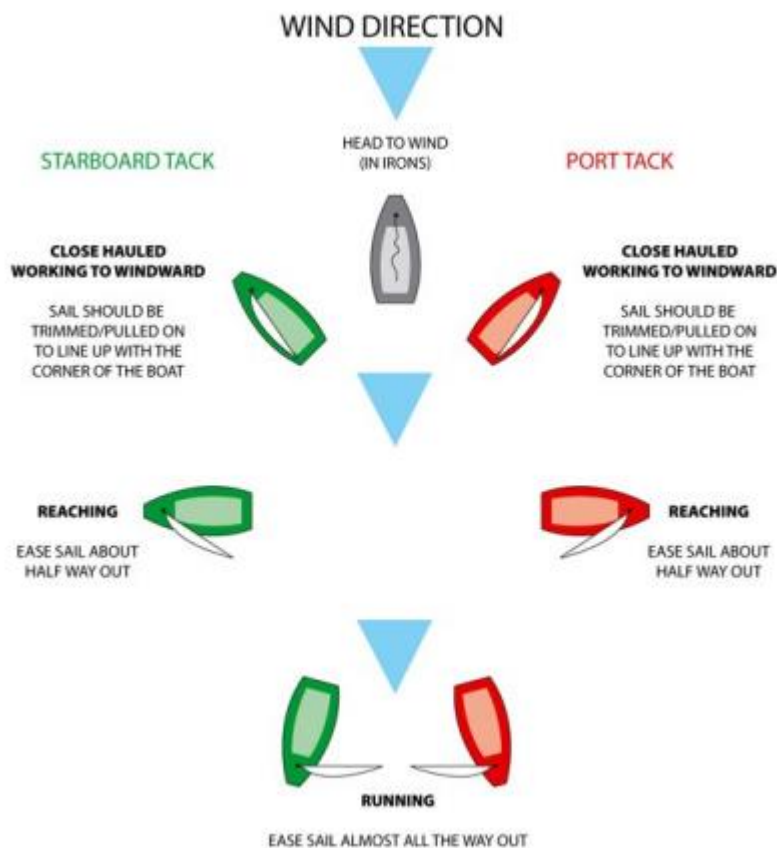
Wind is measured in Knots. One Knot is approximately 1.85 kilometres per hour

0-5 knots	Calm: Little to no wind, very quiet and slow
10 knots	Calm: Light breeze, pleasant and easy sailing
15 knots	Moderate: Gusting, difficult for lightweight crews
20 knots	Heavy: White-capping. Not recommended for junior crews. Junior Sailing activities are postponed or cancelled above 17 knots.
25+ knots	Very heavy: Junior and Senior sailors will not race above 22 knots

Rain, lightning and storms:

Races will not be cancelled because of rain alone. However, no sailing will be held if there is lightning or thunder.

The diagram below shows the 'Points of Sail' and how to trim sails for sailing in different directions compared to the wind direction.



WIND INDICATORS

As you are learning to sail, you must be aware of wind speed and direction. Sails are trimmed and adjusted for maximum efficiency and speed according to both wind speed and direction.

Experienced sailors pay attention to indicators both on and off the sailboat to predict wind shifts and observe changes at a distance.

Watch other sailboats to see how they heel (lean over) when the wind blow across them.

Look for flags onshore or in the rigging of moored boats.

The wind and the effect on the water around you and at a distance can provide information about coming changes. Obviously, waves grow larger as the wind increases.

Look around you on a calm day. While calm water is flat (except for residual waves or swells), small increases in wind (puffs) cause ripples ("cat's paws") that often can be seen at some distance. Ripples also often make the water look darker. One part of a race course may have more wind than another, helping racers determine which tack is better and other strategies. Simply seeing a wind increase coming helps you prepare for changes in sail trim.

FAST FACTS

A few extra facts that are good to know .

1. Flat is Fast – aim to keep your boat flat in the water ('trimmed'), both side to side and front to back, by adjusting your sails and where your weight is in the boat
2. If in doubt, ease your sail out – this will reduce your speed and give you more control
3. ALWAYS sign on & off from the sailing activity, an important safety requirement.

TEN BASIC RACING RULES FOR BEGINNERS

1. Port tack boats keep clear of starboard tack boats.
2. Windward boats keep clear of leeward boats.
3. The boat astern keeps clear of the boat ahead.
4. A boat Tacking or Gybing keeps clear of one that is not.
5. Avoid collisions – Racing Rules are defensive to prevent collisions, not offensive racing tactics.
6. If you gain right of way or change course, give the other boat time to keep clear.
7. The inside boat (s) at two boat-lengths from the mark is entitled to room to round the mark.
8. A boat that is backing up or not racing keeps clear.
9. If you have violated a rule, take a penalty.
10. It is better to give way to another boat than to spend hours in a protest room.

A good visual primer on basic racing rules can be found here:

http://www.bss.yachting.org.au/get_file.cgi?id=2822672 (copyrighted, so we can't include directly)