



Welcome to your 2023 **Urunga Sail Training Club**
Australian Sailing Certificate Start Sailing 1&2 Course

Course Requirements Document

Please read this important document carefully

All courses begin and end at the Urunga Sail Training Club building on the corner of Bellingen and River Streets, Urunga (See our map).

These courses start at 10:30am to 2 pm on Saturdays.

These times may have to be changed depending on the weather on the day...you will be advised in this situation prior to the course starting.

Note that we require all students to be at the USTC Club House by 10:30am to get themselves organised and assist with the loading of boats for transport to the river as part of the course curriculum by 11am.

Likewise for pack up. The day is not over until all boats are washed and yarded, equipment stowed and the gates are locked.

You need to let us know as early as possible if you are going to be late or are unable to attend on any given day as you may otherwise be left behind.

Payments and Registration

The Start 1& 2 combined course is \$350 for years 11 and up.

Start 1 Course is run consecutively - \$250 for children under 10 (from 7yrs)

For all students, we need your paperwork/registration with any unpaid deposits prior to the course commencing so we can insure you. In certain circumstances, we are able to accept part payments with prior arrangement but we will need a deposit up front so **that** you can be registered and insured with Australian Sailing before we go on the water.

Payments can be made electronically. Our bank details are on the course registration form/or paperwork.

Don't forget to put your name in the reference so we know who's paid.

Payments for groups are to be arranged prior to course commencement.

Parents and guardians of students under 18 years old.

We strongly encourage our student's parents to stay for the duration of the course and assist and learn a bit about sailing. If you have to leave, you must give us prior notice of this (not when you arrive please).

You MUST be contactable at all times. You must also be back at the club at least 30 minutes before the end of the class.



This will be discussed further on day 1.

We also request parents/guardian to sign "Authority to Publish" permission forms enabling us to use photos of students for media and advertising purposes with permission.

We do have a Facebook/Instagram page. We will not post photos of younger juniors (under 12) unless their face is obscured. We will not post **any** photos on Facebook/Instagram without first asking permission of all those in the picture.

This will also be discussed on day 1.

Our Member Protection Policy, Code of Ethics, Feedback and Complaints:

These will be discussed on day 1.

Things you or your students will need for the course:

We try to go on the water on the first day so you will need the following on Day 1.

1. Shoes

Suitable footwear must be worn at all times and must cover your toes

including at the Sailing Club.

There are oysters and sometimes bits of broken glass unfortunately, so wear old sand shoes or dive boots or sailing shoes. Avoid beach-walker styles that come off in the mud... there is a bit of mud.

No thongs for any training, no crocs on the water.

NO SHOES - NO SAIL

2. Hats

Hats blow off in the wind – so ones the can be toggled and protects your ears and neck. There are some good fishing ones available. Floppy brimmed ones can cover your eyes at the wrong time.

3. Waterproof Sunscreen

Have good coverage while on the water, a brand that does not wash off easily to prevent being burnt.

4. Water bottle

Plastic is best. They float and don't make as much noise rolling around in the bottom of the boat. PLEASE make sure you have your name on it.

5. Sunglasses with a string

They can come off in the water and sink to the bottom.

Polarised are good... and a cheap pair in case you do lose them overboard.

6. Camera

For recording those classic moments! Bring a friend to record them for you.

7. Nibbles/Lunch

For General Sailing Courses (Non School or other closed group). We supply morning tea of coffee/tea (normal) milk, biscuits or cake on the first day when



at the club. We also have some herbal teas, Rooibos, or bring your own.

There is a donation tin for this.

Water will be taken down to the beach area. We recommend that you bring a packed lunch of snacks that can be consumed in the short breaks in between the shore and on the water sailing, as it can be hungry work.

8. Rashies, wetsuits and other clothing

If you feel the cold these would be good. We have a few (wetsuits) that may fit you that you can loan. See notes.

On the water:

We strongly recommend that all students wear a rashie top and boardies or wetsuit pants. *NO bikinis please.*

On the land or at the club:

We strongly recommend that all students wear a sleeved shirt top and boardies. *NO bikinis please.*

A word on wetsuits, most retailers have clearance sales so you can get some cheap. Also check the second hand shops as they often have surf suits that are lightweight. You just want to keep the chill off.

9. Wind/waterproof jacket if you have one.

10. Towel and dry change of clothes

11. Gloves

Don't rush out and buy them yet. This will be discussed on day 1.

12. Hair – please tie it up.

If you have long hair, please tie it up so it cannot get caught in rigging or winch blocks.

13. Wet weather options:

We have at least 1 theory day at the club. We try and save this day for a *wet day* so as not to lose too much *on water* time. If there is more than 1 wet day or other adverse weather (or other reason) poor river conditions, we may cancel the day's class at our discretion. We will normally notify you of a class cancellation by text at least 1 hour before it starts. If you are in doubt, please do not hesitate to call us. This will be discussed on day 1.

Notes:

All students are insured through our Australian Sailing course registration. Membership to the USTC is not a prerequisite to doing the Australian Sailing Start Sailing 1&2 courses but entitles you to use the club boats on other pre-arranged



days when they aren't being used and access to the clubs facilities (when the hall is not formally hired out).

We supply Workbooks - you can bring a pen and note pad to take notes.
If you have any further enquires, please do not hesitate to call the School Principal:

Ross Bennetts 0412 421 478
Secretary Kerry Ridgley 0490 349 378

Or check the website or Facebook for weekly updates. We would love you to like us on Facebook also.

Kind Regards

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Contact the Secretary:
urungasailtraining@gmail.com





Urunga Sail Training Club

USTC Mission Statement

The Urunga Sail Training Club, a not for profit organisation, is a 'family' orientated club that has been setup to provide a safe recreational introduction and ongoing relationship between people and the water.

To this end, the Club delivers Australian Sailing accredited Sailing (and other) lessons to all and any who wish to learn no matter what their ability from ages 5 to 85 on the Kalang and Bellinger Rivers.

To ensure that everyone can be included, the USTC is also the home of Sailability Urunga for teaching people with varying abilities how to also enjoy the 'Art of Sailing' as it is accredited to teach Sailability, a program that provides sailing for persons with any ability.

As an ongoing part of its commitment to the community, the USTC also offers:

- An environment for all ages to learn safely on and around the water
- Social sailing events and networking with other clubs
- Use of club boats to those who cannot afford them
- Social evenings and events
- A comfortable and accessible meeting place for older (ex) sailors to gather and reminisce
- A comfortable and accessible introductory meeting place for the broader community to discover sailing and other water related activities offered by the club.

In Memory of Jason Case

Course Outlines - AS Start Sailing 1

Overview	<p>This course is designed to provide a safe and enjoyable introduction to small boat sailing for novices. The course includes an introduction to fundamental boat handling skills and essential knowledge that will allow participants the freedom of sailing small boats with guidance from the Instructor or Coach.</p> <p>It is recommended that this short introduction to sailing be consolidated by the completion of the Australia Sailing Basic Skills 2 Course and they are often run together.</p>
Outcomes	You will receive a Basic Skills 1 certificate and have a basic understanding of sailing
Pre-requisites	This is an introductory course, so there are no pre-requisites
Where can I take the course?	Please contact an Australian Sailing Training Centre or nearest Sailing Club. Please ask them about our Australian Sailing Logbooks so that you can monitor your progress.
What to do afterwards?	Continue training in Small Boat Sailing to achieve your Better Sailing and Racing Skills awards, or try one of the other schemes.

Course Overview

1. Prepare and Plan

- Select clothing and safety equipment suitable to the conditions
- Group and individual safety practices demonstrated
- Sailing Stretches

2. Rigging

- Correct positioning of the boat relative to wind direction
- Identify parts of the boat, rigging and sails
- Rig boat with assistance

3. Rope work

- Figure of eight
- Round turn and two half hitches

4. Sailing Techniques and Manoeuvres

- Steering and crewing in light winds under supervision
- Sail a reaching course in light winds
- Primary boat controls and basic heave-to

5. Rescue Procedures and Drills

- Capsize Recovery Drill
- Towing

6. Launching and Recovery

- Leaving and returning to a beach / launching facility
- Demonstrate care of boats when launching

7. Sailing Theory and Background

- Observation of basic rules including:
- Avoid Collisions
- Power and sail meeting
- Exceptions - commercial vessels

8. Winds, tides and currents

- Wind direction and relative strength
- Environmental wind indicators

Course Outlines AS Start Sailing 2

Overview	This course is designed to consolidate the experiences and knowledge gained in the Basic Skills 1 course and to introduce skills and knowledge that will enable the successful participant to safely and competently sail a small boat in controlled conditions (light winds, enclosed waters) without guidance
Outcomes	You will receive a Basic Skills 2 certificate and have a basic ability to sail.
Pre-requisites	Sailing Skills equivalent to those gained in Basic Skills 1. Each knowledge area will also include some revision of topics covered in Basic Skills 1.
Where can I take the course?	Please contact a Australian Sailing Training Centre or nearest Sailing Club. Please ask them about our Australian Sailing Logbooks so that you can monitor your progress.
What to do afterwards?	Continue training in Small Boat Sailing to achieve your Better Sailing and Racing Skills awards, or try one of the other schemes.

Course Overview

1. Rigging

- Boat rigged independently

2. Rope work

- Learn to tie the following:
- Reef knot
- Bowline

3. Sailing Techniques and Manoeuvres

- Basic crewing and helming methods for a triangle course
- Basic crewing and helming methods for tacking
- Basic crewing and helming methods for gybing

4. Rescue Procedures and Drills

- Capsize Recovery Drill
- Crew Recovery Drill

5. Launching and Recovery

- Care of equipment on and off the water
- Bring a boat alongside a moored or anchored structure with minimal assistance

6. Sailing Background and Theory

- Observations of right-way-rules including:
- Port / Starboard
- Windward / leeward
- Overtaking Vessels
- Keep to the right in channels

7. Meteorology

- Identify building storm clouds

8. Winds, tides and currents

- Identify gusts and lulls
- Use a tide table
- Identify time between tides
- Identify local tidal flow