



MANNERING PARK AMATEUR SAILING CLUB



CLUB MESSAGE

The Mannering Park Amateur Sailing Club would like to thank you for registering your child in the upcoming Learn to Sail program. This booklet is provided to give parents who may have never experienced sailing, or those who have not been involved for some time, an understanding of what the course is about. This booklet outlines what is expected from the children and parents, what is provided, what we sail, and where to for the future.

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**Handbook for new junior
and youth sailing families**



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Introduction

Welcome

Welcome to our Mannering Park Amateur Sailing Club. We are delighted you have decided to try sailing and join us. We hope this handbook helps you to navigate your way around, particularly if you are a family who is completely new to sailing.

Please familiarise yourself with the club website which has lots more information.

<http://www.manneringparkasc.org.au/temp/index.php>



Lets Get Started

Paperwork

When you register your child through the Discover Sailing Centre process they will have received an Australian Sailing (AS) Number. Your child will need this number if they compete in an event or regatta, or other training/coaching programs in which they may participate.

The registration fee paid at the time of registration includes membership of the club for the remainder of the season.

Fees

The registration fee that is paid during the registrations process covers all costs associated with the training program. The fee also includes your club membership for the remainder of the sailing season.

In the future there are a range of membership options for you and your family to consider. Membership types include Junior, Senior, Family or as a Social member.

Membership information and membership forms are available here:
http://www.manneringparkasc.org.au/temp/mem_app.php

Club membership and Australian Sailing affiliation covers liability insurance and some personal injury insurance. <http://www.networksteadfast.com.au/industries-and-associations/sailing/personal-injury-australian-sailing-members-insurance/>

Parent Participation

At Mannering Park Amateur Sailing Club we welcome and encourage parents/caregivers to be involved in the child's activities. Assistance with preparing, launching, retrieving and pack up of boats is most appreciated.

While participating in any of our training programs a parent or their nominee needs to be always available on the club premises.



It's an important part for children to really enjoy their sailing if parents can be involved too. We understand it can be daunting if you have no sailing experience, so we want to involve you as much as you want. There are many opportunities to support your child's sailing experience on and off the water. The opportunities can be casual experience or formalised by gaining a recognised qualification.

Getting the club started for the day, helping to get boats out to be rigged and assisting with getting boats into and out of the water can be really helpful. The Coaches and instructors will always appreciate a hand setting up, so feel free to ask if you can help.

Once your sailor enters the Club racing program, there is plenty to do on the start boat and support boats which gets you right in the middle of the on-water action.

The Club offers a multitude of training opportunities to help you develop your own sailing related skills.

These include:

Assistant Dinghy Instructor course

Dinghy Instructor Course

Sail Coaching course

Various on water officiating courses i.e. Club, State, National Race Officer

Various off water courses i.e. First Aid, Responsible Service of Alcohol

There are also opportunities to assist with the kids' after sailing BBQs and other social activities. [< List social activities here >](#)

Sailing has many benefits for children. The obvious benefits include:

- Outdoor exercise away from screens
- Learning new skills
- Taking part in an activity with friends
- Making new friendships
- Teamwork
- Improving balance, flexibility, and strength

Sailing can also help young people develop other important life skills such as resilience, independence, communication, problem solving, controlled risk taking and confidence.



The more involved you as a parent can be, the better chance your young sailor will stay involved and become a competent and skilled sailor which is a lifelong skill.

Sailing Season

Dates

The sailing season generally commences in early September and concludes in April. The club sailing season has the following regular sailing activity:

- Sail training: Saturday mornings for Juniors
- Saturday afternoon dingy racing for juniors.
- Saturday afternoon racing for yachts
- Saturday afternoon racing for catamarans
- Wednesday twilight racing for yachts

The annual sailing program has exact dates so be sure to check them on the Club website.

Junior Training

The Junior Training program will commence on Saturday 3rd September and run through to Saturday 24th December. It will recommence after Christmas on the 7th January and continue until the 22nd April. During the season we host and attend various regattas so sail training will be affected on those days.

For a full list of dates refer to the clubs website

<http://www.manneringparkasc.org.au/temp/>



Keeping in Touch

The best ways to keep in touch with our club is via the clubs Facebook page, email or mobile at 0419291544

Our club Training Coordinator will also send out notices regarding the training program from time to time so please ensure the club has your email address.

Snapshot of the training program

The training program will consist of three consecutive days of training starting at 0900 and finishing at 1500 with a short break for lunch. This will then be followed by four Saturday morning training sessions combined with our Manno Morning Maniacs. These Saturday morning classes will run from 1100 until 1300 and provide an opportunity for the new kids to interact with the kids who have also recently started their sailing journey.

A three consecutive training days will generally follow the path outlined below

Time	What	Where	Who
8.45am	Arrive, sign-on, getting ready	Club house	
9am	Sail training briefing, class room lesson, revision of previous day etc. (notices, weather).	Club house/awning	
10.00am	Take boats from boatshed and rig up	Club lawn/beach	
11.00am	On water sessions	On water	
12.00pm	Break for lunch	Club house	
12.30pm	On water session.	On water	
2.15pm	Return to shore, wash and derig the boats and return to boatshed	Club lawn/beach	
2.45pm	Sign off and debrief	Club house	
3.00pm	Finish and go home	Club house	



Arrival Time

Junior training sessions commences at 0900 so you need to arrive around 15min prior, to allow time for the children to register (sign-on) and be changed and ready to go.

Sign on & sign off

Please ensure your child checks in at the Sign In desk when you arrive. Your child is also required to sign off when they are off the water. Your child's safety is important to us so please ensure that you adhere to this simple requirement. This is a safety requirement and is implemented at every sailing event throughout the world whether it be a simple club race or an Olympic event, so they need to learn early

Setting up your boat

All kids are required to set up their boat on arrival.

The Club boats are stored in the storage shed. They will be lowered to the ground by an adult and then allocated to children on the day depending on a few considerations such as demand, session planned and weather. The instructor will lead the boat allocation.

Children will need parent help with boat set up if new to sailing. There are plenty of other parents at the club who can assist, so please ask if you are unsure what to do.

It is not the responsibility of the instructor or coach to prepare your child's boat. In the programs the club boats used are often shared so all children and parents/carers help, under the instructor's guidance.

Briefing

When boats are set up the training team will bring the kids together for a briefing, before the on-shore and on-water activity begins. As a parent you are encouraged to listen to the briefing to hear what it is the kids are learning.

Briefing length of time and content can vary depending on the group, the conditions on the day, and what the kids are learning and practicing.





On the Water

Following the briefing and depending on the group activities planned it is time to take the boats to the water. Kids are encouraged to bring their own boat down to the water, but parent help is always welcomed. Once on the water parents can stay on the beach or wait at the club house, ready to return to the beach when it is time to bring the boats back on shore.

Kids are supervised by instructors on the water and on the beach. A volunteer will always be present at the club to communicate via radio with the instructors on the water. If you have any questions while your child is on the water, you should approach this person.

Packing up the Boats

Once off the water boats need to be washed down. Equipment and sails need to be disconnected, hosed down and put away. Again, it is not the responsibility of the Instructor to put your child's boat away – even if it is a club boat.

This will be demonstrated to the kids initially but it is then their responsibility to derig and pack the boat. Again, if you are unsure just ask another where and how you can help you out.

Signing Off

After the debriefing and packing up boats, before heading into the clubhouse or elsewhere please ensure your child has signed off, at the same place they signed on. This is a requirement at every club and regatta whether it be a club race or world championship, you must sign on and sign off.

People

Club Committee & Training Leaders

The following link provides a list of contact details for the full Committee:

<http://www.mannerparkasc.org.au/temp/index.php>



Commodore
John Skewes



Vice Commodore
Dinghies
Jim LeLaen



Training Coordinator
Andrew Whitbourne



Instructor
Jim LeLaen



Instructor
Ken Dalton

New Family Buddies

The following families have offered to 'buddy' new starters to sailing.
Please call if you need help or have any questions:

Name

Contact (email / phone)



Canteen Staff

Janet Carr 0428 591450

Volunteering

Our club relies on a volunteer workforce to perform a range of duties that make it possible for the club to provide on and off water services for members.

If you have some spare capacity the Club is always looking for volunteers. Please let us know if you would like to contribute on or off the water. Our Volunteer Coordinator is Jeannette Mangan and she can be contacted on 0421 926643 or Jeannette.mangan@yahoo.com.au

A working with children's check is a requirement for all club volunteers.

The club will provide informal training and can also offer formal training for volunteers.

Junior sailing volunteering - easy ways to help:

- Sign on-off desk
- Assisting in launching safety ribs..
- Launch/retrieval support of sailors
- Assisting with the children's social events

The club also provides the on water log book training for the kids when they are twelve so they are able to apply for their Junior Boat licence. The club also funds club members to



undertake numerous training activities including first aid training, Responsible Service of Alcohol, Assistant Instructor Courses, Instructor Courses and Sail Coaching Courses

Information about all classes sailed at our club is available
<http://www.manneringparkasc.org.au/temp/index.php>

Junior Classes

Open Skiff



The Open Skiff is our junior sail training boat. It is a small, single-handed sailing dinghy intended for use by children up to the age of 15. The boats have extruded PVC hulls making them almost indestructible, fibre glass rudders and centre boards plus milar sails. The Skiffs have three different size sails making the boat suitable for use by one or two children in varying wind conditions.

Lasers



The Laser is a class of sailing dinghy designed to be sailed by one person but can be sailed two up. It is a one-design class with three size sails allowing a young adult to progress on the boat as they grow in size. The Laser is sailed all over the world and is sailed in the Olympics

Catamarans



A number of different catamarans are sailed at the club and are suited to the older and more experienced kids to sail. Depending on the class the cats have either one or two sails and some are also rigged for a spinnaker (colourful sail at the front of the boat). They are also sailed either single handed or double handed

Junior Sailing at our Club

Kids new to sailing will commence in Start Sailing 1&2 and will progress through the programs based on building competency in the foundation sailing skills. Assessments are undertaken by their instructor, in discussion with the head of our club junior Sailing programs.

At our club juniors progress through the following programs to become independent and competent sailors:



Start Sailing 1 - Having Fun

This is the start of the kids sailing journey. Kids can sail singularly or in pairs on our Open Skiff's. It's a great way to meet new friends and kids have the chance to sail with others in their group.

Start Sailing 1 is a fun introductory, games-based sailing program designed for kids aged 7-16 years, delivered at recognised Discover Sailing Centres, predominantly who are affiliated sailing clubs.

Kids don't need to have any sailing experience. Club membership is included in the course registration fee and all the equipment, including the boats, is provided.

Start Sailing 2 – Tricks & Techniques.

If kids are confident, they can sail a boat on their own with lots of support, supervision and encouragement from the Instructor and Assistant Instructors.

Green Fleet Level (Manno Morning Maniacs)

The fun doesn't stop when kids finish the foundation skill levels. Green Fleet is the program where the foundation skills are affirmed, and the sailors work to being independent in their sailing, this is when there is introductory fun racing where kids learn how to go around a course with kids of similar ability, where the focus is on enjoyment. If kids want to do more racing, they move from Green Fleet into club racing. At our club Green Fleet is the time to sail your own boat (or lease one from the club).

Classes sailed in our club Green Fleet: Open Skiffs and Lasers...



Club Intermediate Level

Club Intermediate programs, with the sailors now being independent, our intermediate program supports the sailors to refine their skills to a higher level and become competent in a variety of sailing skills and to classes of boat. This may be the time when junior / youth sailors try out a new class of boat as they grow out of the boat they've learnt to sail in.

Sailors in intermediate often want to race competitively and challenge themselves in a range of conditions. Sailors in intermediate may also be interested in competition such as class events / class state championships and possibly national championships.

Club Advanced Program

Club peak program is a coaching program that is not offered at our club. Should your child have aspiration to compete in National events, we can guide you on where, when, and how the sailor can join a peak club program. This will generally be through a class association or another club. Peak programs are for sailors with performance aspirations, to achieve at National Championships, or seek selection into national teams, or compete in international competitions.

10 Basic Racing Rules for Beginners

1. Port keeps clear of starboard.
2. Windward keeps clear of leeward
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 three hull 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 than to spend hours in a protest room.



Essential gear & what to bring

For Junior and Youth programs

- Sunscreen
- Towel
- Wet Bag
- Secure gear bag
- Dry change of clothes
- Water bottle / Lunch / snack
- Clothing to get you started for holiday camps
- Footwear
- Hat
- Shorts
- Shirt
- Warm top and light wind jacket

Gear for once you progress

- Sailing Gloves
- Starting watches
- Rash Shirts
- Polarised Sunglasses
- Sailing Spray Jacket
- Footwear: Sailing Boots, wetsuit booties
- Long Wetsuit or long wetsuit pants
- Short Wetsuit for summer
- Thermals
- Hats or Beanie

Where to Buy Sailing Gear

Marine Outlet at the Morisset Business Park is a sponsor of our sailing club and can assist with any of your sailing gear requirements.

- Marine Outlet: <https://marineoutlet.com.au/>

There are lots of buy/swap/sell options through social media such as Facebook.



Boat Access

Start Sailing 1&2 programs

Our Club provide boats for these programs. As described in the earlier section it is the responsibility of each sailor to prepare the boat before sailing and to pack up once sailing has finished.

Club Boats for Green Fleet

Our Club has 8 boats that are available to loan. These boats will be allocated to Green Fleet participants on the day by the Green Fleet Instructor. There is a small fee to use the club boats.

Purchasing a Boat

At the green fleet stage families are encouraged to consider purchasing a boat. Please ask at the club as there are often second-hand boats available, and to ask our instructors and training coordinator they can help guide you where to look and what to look for. Here are some places you can learn about what to look for when buying a boat:

Open Skiff Class:

<https://openskiff.org.au/>

Laser Class:

<http://laser.asn.au/>



Clinics & Events

Clinics

Sailing Clinics are a really great way for kids to practice the skills they have learnt and to meet new friends from different clubs. Class Associations organise and run clinics often over weekends and in school holidays.

Junior / Youth Carnivals and regattas

As soon as the kids are feeling confident in their boats and starting to sail in club racing, they may want to attend one of the many events, a great opportunity to meet other kids enjoying sailing. There are carnivals for Green Fleet level sailors, through to State and National Youth Regattas. Youth Regattas are a great way to bring kids together from clubs in the state. Your Class Association, and Australian Sailing events page will be able to provide you with the details of upcoming events that you may wish to enter.

<https://www.revolutionise.com.au/sailingyouth/>



The Social Side

List of Social Events

- BBQ's after Training Days
- Presentation Day's
- Bring a Friend days
- Pizza nights



Sailing Glossary

1. **Aft** - The back of a ship. If something is located aft, it is at the back of the sailboat. The aft is also known as the stern.
2. **Bow** - The front of the ship is called the bow. 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 as lee, leeward is the direction opposite to the way the wind is currently blowing (windward).
6. **Windward** - The direction in which the wind is currently blowing. Windward is the opposite of leeward (the opposite direction of the wind). Sailboats tend to move with the wind, making the windward direction an important sailing term to know.
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 can harness wind power in order to move forward or back-wards.
8. **Rudder** - Located beneath 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 steering mechanism directly aft.
9. **Tacking** - The opposite of jibing, this basic sailing manoeuvre refers to turning the bow of the boat through the wind so that the wind changes from one side of the boat to the other side. The boom of a boat will always shift from one side to the other when performing a tack or a jibe.
10. **Gybing** - The opposite of tacking, this basic sailing manoeuvre refers to turning the stern of the boat through the wind so that the wind changes from one side of the boat to the other side. The boom of a boat will always shift from one side to the other when performing a tack or a jibe.





Sail with a smile!

Sailing is for everyone, opportunities are available for all ages to get into sailing. If you are interested, please contact our Training Coordinator.

