



NEWHAVEN AND SEAFORD SAILINGCLUB TRAINING 2010

Welcome

Newhaven and Seaford Sailing is based in Sussex and has three operating centres, Seaford Seafront (West End), Newhaven Marina and the training Lake at Piddinghoe.

Newhaven and Seaford Sailing Club, is a RYA Recognised Training Centre, which runs course based on the National Training Schemes.

Whether you have never stepped on a boat before or want to improve your sailing skills, or simply to get back out on the water, our team of instructors are available to help you achieve your goals, in a friendly and relaxed environment.

Principal Andrew Barns

For general enquiries and bookings please contact me on

trainingnssc@nssc.org.uk

Or got to our website at

www.nssc.org.uk

NEWHAVEN AND SEAFORD SAILINGCLUB



ADULT SAILING

Beginners Dinghy Training

Level 1 and 2

This 5 day combined course introduces the adult sailor with little or no experience to the world of sailing. It covers both background knowledge, with on water training with an instructor. The course includes safety, boat controls, sailing around a triangular course and the ability to right a capsized dinghy. On completion of this 5 day course it will enable you to sail a boat safely in light winds

Course Dates

Course 1

Friday	23rd April	6.30pm until 9.00pm	Piddinghoe
Saturday	24 th April	9.30am until 4.30pm	Piddinghoe
Sunday	25 th April	9.30am until 4.30pm	Piddinghoe
Friday	7th May	6.30pm until 9.00pm	Piddinghoe
Saturday	8 th May	9.30am until 4.30pm	Seaford (Sea)
Saturday	9 th May	9.30am until 4.30pm	Seaford(Sea)

Cost £210 non members £180 members

To book, please see booking details at the end

Course 2

Saturday	15 th May	9.00 until 4.30pm	Piddinghoe
Saturday	22 nd May	9.30 until 4.30pm	Piddinghoe
Saturday	29 th May	9.30 until 4.30pm	Piddinghoe
Saturday	5 th June	9.30 until 4.30pm	Seaford (Sea)
Sunday	13 th June	9.30 until 4.30pm	Seaford (Sea)

Cost £210 non members £180 members

To book, please see booking details at the end

NEWHAVEN AND SEAFORD SAILING CLUB



Introduction to Sea Sailing for all at Seaford

10.00 till 4.30

Saturday 8th May

Cost £5.00 for club members

This one day course with an external RYA Coach will help you get your boat out of hibernation and back onto the sea. This is suitable for those who sail on the Pond and would like to get out sailing on the sea and those that would like a refresher. The day will cover the basics of wind and tide, launching and coming ashore and sailing on the sea. A safety boat will be present. Own boat and/or crew required
To book, please see booking details at the end

Introduction to Sea Sailing and Racing for all at Seaford

Sunday 9th May and Sunday 13th June 2010

10.00 till 4.30

No Charge for Club Members

This day will help you get your boat out of hibernation and back onto the sea and introduce you to racing on the sea. This is suitable for those who sail on the Pond and would like to get out sailing on the sea and those that would like a refresher. The day will cover the basics of wind and tide, launching and coming ashore and sailing on the sea and the basic rules of racing and in the afternoon will participate in the race. A safety boat will be present. Own boat and/or crew required
To book, please see booking details at the end

NEWHAVEN AND SEAFORD SAILINGCLUB



Windsurfing

Youth and Adult windsurfing course will start on the 10th May (when the water is a bit warmer!) at Piddinghoe. Please book these courses with John Cook on windsurftrainingnssc@nssc.org.uk. The cost of these courses starts at £35.00 and are modular.

Powerboat Training

Throughout the Spring and Summer the Powerboat level 2 course will be run under the instruction of Paddy Turner. For further details please contact Paddy Turner on powerboattrainingnssc@nssc.org.uk

Keelboat Sailing

Learn to sail from Newhaven Marina. For further details contact Ralf on keelboattrainingnssc@nssc.org.uk

First Aid

Saturday 10th April
9.00 am to 5.00pm
At Seaford

Cost £65.00 including manual

This is a one day RYA course, incorporating theoretical and practical aspects of First Aid. The essential components include CPR, choking, wound care and water related incidents such as hypothermia.

No prior knowledge is required and this course is essential for RYA instructors, yet would be beneficial to all.

Assistant Instructor

Saturday 24th April
9.30 to 4.30

No Charge for club members who volunteer for duties

The candidate will be assessed on their practical teaching ability with beginners. The assistant instructor must be a competent sailor and will have to complete a short practical assessment on the day of the course.

This is an ideal qualification for those wanting to help with cadets, and to get background knowledge of the RYA sailing schemes. To book, please see booking details at the end.

NEWHAVEN AND SEAFORD SAILING CLUB



YOUTH SAILING

Youth Sailing is run at the lake at Piddinghoe

The RYA youth sailing scheme has been developed to give young people a fun and enjoyable way to learn to sail. This is broken down into four stages and once each stage has been achieved, a certificate will be awarded.

The Youth sailing is for club members.

Monday Nights

This year we have three groups sailing on the Lake on a Monday

Oppie fun group

For those that want to come and learn and have fun on the water under the guidance of parent instructors

Topper Training

The pre requisite for this group which is run using the RYA Youth Sailing Syllabus is the ability to right a capsized Topper and to be able to sail a triangular course in light winds.

Development Training

The pre requisite for this is the ability to sail in most wind conditions, to be able to right a boat and are competent sailors. We will be using, Toppers, Lasers, Picos, and Laser 2s

Cadet Week

This is a fun week of sailing at Piddinghoe and is usually in August, further details to follow

NEWHAVEN AND SEAFORD SAILING CLUB



Dates for the Diary

Monday 19th April

5.30pm till 8.00pm

At Piddinghoe

Health and safety briefing, and introduction to those attending the Topper Group or Development Group

All cadets and parents to attend

Monday 26th April

5.30pm to 7.30pm

At Piddinghoe

Health and Safety briefing and introduction to those attending Oppie Fun

All cadets and Parents to attend

Cadet Nights

For the successful running of Monday night cadets, we require all parents to be onsite for the duration of the evening and to volunteer for a duty, and all parents to help the cadets get out and put away the boats, to open the galley, and to help in the safety boat

At all times, children and parents to wear buoyancy aid on or near the water.

It would be appreciated if the boats can be all rigged and ready to go by 5.45pm and we finish about 7.15pm and hope to vacate the club by 7.45pm

Monday 10th May

Monday 17th May

Monday 24th May

Monday 7th June

Monday 14th June

Monday 21st June

Monday 28th June

Monday 5th July

Monday 12th July

Monday 17th July

Wednesday 21st July BBQ and Presentations at Seaford

5.15pm to 5.30pm

NEWHAVEN AND SEAFORD SAILINGCLUB



Sailing Development Course

Oppie Development Course

This course is free of charge to club members and is run by the parents

Lead Parent is David Mansell

It requires parents to be in attendance to help rig the boats and to assist with the sailing activities

This short non certified course is for cadets that can sail Oppies on their own and the course will be limited to 14 cadets.

It will start at 2.00pm and finish at 4.30pm and the will consist of instruction on how to improve your sailing and at the end of each session there will be a race.

The format will be 5 races,one each week with the 4 best counting towards a trophy for the winner of the series

Course Dates

Saturday 15th May

Saturday 22nd May

Saturday 29th May

Saturday 5th June

Saturday 13th June

There will be a follow on course starting in September

Topper Developemnet Course

This course is free of charge to club members and is run by the parents

Lead Coach Chris Turner

It requires parents to be in attendance to help rig the boats and to assist with the sailing activities

This short non certified course is for cadets that can sail Toppers on their own and the course will be limited to 12 cadets.

It will start at 2.00pm and finish at 4.30pm and the will consist of instruction on how to improve your sailing and at the end of each session there will be a race.

The format will be 5 races,one each week with the 4 best counting towards a trophy for the winner of the series

Course Dates

Saturday 15th May

Saturday 22nd May

Saturday 29th May

Saturday 5th June

Saturday 13th June

There will be a follow on course starting in September

Please contact Chris Turner for further details on

vicecommodore@nssc.org.uk

NEWHAVEN AND SEAFORD SAILINGCLUB



Race Officer Training/Refresher/Information

Wednesday 17th March

7.00pm Start

This will be held in the Seaford clubhouse and is aimed at helping the Race Officer and their assistant to ensure best practice and that the appropriate records are kept, how to operate the race box controls, use of the radio, the laying of marks and communication between the safety boats and beach party.

Safety Boat Training/Refresher/Information

Wednesday 24th March

7.00pm Start

This will be held at the Seaford clubhouse and is designed to offer best practice in using the safety boats, use of the radio, recovery of persons, boat righting, and on water management.



NEWHAVEN AND SEAFORD SAILING CLUB
CLUB
Cadet Section
Cadet Training Registration Form



I wish to register the following child/ren for Cadet Training nights for 2010

	1 st child	2 nd child	3 rd child
Name			
Date of Birth			
Sex	Boy/Girl	Boy/Girl	Boy/Girl
Stage achieved in 2009	Stage 1 2 3 Start Racing Intermediate Racing	Stage 1 2 3 Start Racing Intermediate Racing	Stage 1 2 3 Start Racing Intermediate Racing
Sailing evening 2009	Monday Thursday	Monday Thursday	Monday Thursday
Boat type sailed last year (if any)	Oppi Topper Other	Oppi Topper Other	Oppi Topper Other
Objective for this year	Learn to sail Learn to race	Learn to sail Learn to race	Learn to sail Learn to race
Any medical conditions or medication			

Family Name	
Address	
Town	
Postcode	
E-mail (Please print clearly)	
Telephone	
Do you sail?	Yes No

Please send cheque payable to NSSC for £26 for first child and £20 for subsequent children to:

Claire Cornish
 4 Brookside Cottages
 Piddinghoe
 BN9 9AX

Parent/Adult Helpers - WE NEED YOU
 We need help with Galley, Boat Maintenance, Group Instruction and Assistance, Safety Boat, First Aid, etc.

Name: _____

Address: _____

Telephone: _____

Area/s in which you can help: _____

Self Disclosure (for helpers):

1) Have you ever been convicted of any criminal offence? Yes No
 If yes, please give details.....

2) Are you a person known to any Social Services department as being a potential or actual risk to children or young people? Yes No

3) Have you ever been the subject of disciplinary sanction from any sport or other organisation's governing body on relation to child abuse? Yes No

Signature of helper.....

There are many wonderful photo opportunities during the club's activities. We may use these in Mainsheet or on the club website to promote the club.

I give permission for any photo of my child/ren to be used by the club, in Mainsheet or on the club website to promote the club.
 Signed.....



NEWHAVEN AND SEAFORD SAILING CLUB LTD R.Y.A. TRAINING CENTRE

BOOKING FORM

Dinghy Sailing and **Windsurfing** courses are held on *Piddinghoe Lake* near Newhaven.
Powerboat and **Keelboat** courses are run from *Newhaven Marina*.

Shore-based courses such as **First Aid** and **VHF radio** are run at our *Seaford* beach clubhouse

Please select your preferred course and complete the booking form below in full and then send it with the course fee (cheques made payable to NSSC Ltd.) to the relevant individual shown below:

DINGHY / ICC	Andrew Barns	5 Windward Quay, Eastbourne. BN23 5UE	01323 470776
POWERBOAT	Paddy Turner	1 North Camp Road, Seaford BN25 3AJ	01323 898876
P'Boat & Dinghy INSTRUCTOR	Bill Giles	15 Marine View, Newhaven, BN9 9DX	07720 399189
KEELBOAT	Ralf Teubert	1 Salisbury Road, Seaford BN25 2DE	01323 890662
WINDSURFING	John Cook	1 Rosemount Close, Bishopstone, Seaford.	01323 892213

CONDITIONS OF BOOKING

1. The full course fee is payable at the time of booking. Course fees will be refunded if written notice of cancellation is received 14 days prior to the start of the course.
2. Newhaven & Seaford Sailing Club Ltd will not accept liability for any injury, accident or loss however caused.
3. Insurance against injury or loss is the responsibility of the student enrolled on a course.

PLEASE MAKE A NOTE OF YOUR COURSE DATES From:..... To:.....

✂ --- RETAIN THE ABOVE PART OF THIS FORM ---

BOOKING FORM PLEASE USE BLOCK CAPITALS

(Mr. Mrs. Miss. Ms) **NAME**

ADDRESS

POSTCODE

TELEPHONE NO. **E.MAIL ADDRESS**

State Course and Date:

EMERGENCY CONTACT / NEXT OF KIN: NAME **TEL**

I declare that I am in good health and I do not suffer from any serious medical condition, I can swim 25 metres and have read and agree to be bound by the conditions of booking.

I enclose the full payment of £.....

Signed Date.....

For students, under the age of 18 yrs old at the start of the course, the following declaration must be completed by a parent or guardian.

I..... (name in block capitals)

Being the father / mother / guardian of the above student, consent to the student enrolling on this course and have read and agree to be bound by the conditions of booking.

Signed..... Date.....