

## Junior Sailing Course 2009

Location: Mullingar Sailing Club, Lough Owel.  
Dates: Mon 29<sup>th</sup> June – Fri 17<sup>th</sup> July (3 weeks)  
Times: 09.30 – 17.00

### Notes for Parents

1. The course is limited to 36 sailors.
2. The course is based on the ISA training programme and will cater for Levels 1-4.
3. Attending the course does not guarantee a sailor will achieve their level.
4. The course is based on the Mirror dinghy. No other dinghy types are permitted on the course.
5. A parent or a family representative is expected to assist (for one half day) in the shore based running of the course. This requirement will be further explained at an information briefing prior to the course commencing.

### Eligibility for the Junior Sailing Course

1. Applicants must have an interest in learning to sail.
2. Applicants **must** be members of Mullingar Sailing Club. The junior membership fee is €50.
3. Aged 11 years or older on 01 June 2009.
4. Applicants will be expected to:
  - Swim 25m in sailing clothes without buoyancy aids.
  - Tread water for 2 minutes.
  - Hold their head underwater for 10 seconds.
5. All applicants must be in possession of an adequate, approved buoyancy aid **which must be worn at all times** while on the water and on the foreshore. Please note that a wetsuit (while not compulsory) will considerably add to the student sailor's comfort on the course.
6. All level 1 and level 2 applicants must be in possession of a Mirror dinghy or be a nominated crew on another Mirror dinghy.
7. All level 3 and level 4 applicants must have their own Mirror dinghy.

### Mirror Dinghy Requirements

1. All boats must be rigged and present at MSC, Lough Owel prior to 28<sup>th</sup> June.
2. All boats will be inspected for seaworthiness prior to the Course by MSC instructors.
3. All level 3 & 4 boats must be spinnaker rigged.
4. Each boat must be equipped with oars or paddles of a functional design and a 3m painter.
5. Each boat must have a launching trolley.
6. Each boat must be insured against 3<sup>rd</sup> party risks for a minimum of €3,000,000.

The committee Of Mullingar Sailing Club reserves the right to:

- Limit the number of applicants.
- Reject unsuitable applicants.
- Suspend a student if found unsuitable for any reason

# MULLINGAR SAILING CLUB JUNIOR SAILING COURSE APPLICATION FORM 2009

(Mon 29<sup>th</sup> June to Fri 17<sup>th</sup> July. 0930 to 1700 Mon-Fri)

Return this fully completed form together with appropriate fee to: Mr Dermot Hogan,  
Portnashangan House,  
Mullingar,  
Co Westmeath.

**COURSE FEE:** Non Members €500.00 (*This includes the junior membership fee of €50*)  
Members €450.00

A refund of €100 will be made at the end of the course for each Mirror dinghy used.  
Please make cheques payable to: MULLINGAR SAILING CLUB

Applicants Name: \_\_\_\_\_ Date of Birth \_\_\_\_\_

Address: \_\_\_\_\_

Contact details: Home \_\_\_\_\_  
Office \_\_\_\_\_  
Mobile \_\_\_\_\_  
Email \_\_\_\_\_

Course level applied for:            **1**        **2**        **3**        **4**

Boat Owner: \_\_\_\_\_ Crewing with: \_\_\_\_\_

(If borrowing a boat state the owner. If crewing state with whom.)

Details of any known medical difficulties: \_\_\_\_\_

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**I confirm that: -**

I have read and accept the attached conditions governing this application and that I wish to enrol the above named Junior Member for instruction in the 2009 sailing Course.

I am willing to assist with junior affairs on shore duty.

I understand that all boats must be insured for third party liability as per club rules.

I confirm that the above boat/boats are insured to cover third party liability for a minimum of €3,000,000 and will remain so for the duration of the course.

Signed: \_\_\_\_\_ Parent/Guardian

Date: \_\_\_\_\_

I enclose cheque /cash € \_\_\_\_\_ (Office Use date rec'd \_\_\_\_\_)

## Junior Sailing Course Conditions

Parents are required to attend a briefing prior to the course commencing. This will take place in Mullingar Sailing Club (MSC) clubhouse at a date and time to be advised. The purpose of this briefing is to inform parents on matters relating to the delivery of the course including the essential role of shore parent assistance. Instructors will also conduct a survey of each dinghy and assess its seaworthiness. We will also outline the club policies regarding bullying, punctuality and general behaviour, which will be enforced rigorously.

1. **All dinghies must be insured** for cover against third party risks for a minimum of €3,000,000. Confirmation / Proof of insurance will be required at time of booking.
2. **Buoyancy aids** must be worn while afloat and on the foreshore. It is recommended that new buoyancy aids should bear the CE mark and be designed for the weight of the user.
3. All junior sailors will be required to be **signed in and out** of Mullingar Sailing Club premises by a responsible adult.
4. Supervision is **NOT provided** outside of course hours nor outside the premises of MSC.
5. Junior course students have access to specific areas of MSC clubhouse. They are **NOT allowed access** to the instructor's rest room.
6. Junior course students shall at all times **obey, without question**, instructions given by the Instructors, Course Organiser, a Shore Parent or any other person in charge.
7. Junior course students shall **NOT interfere** with boats, equipment or belongings of others or Club property. **Borrowing without consent is strictly prohibited.**
8. All participants when availing of the use of the Changing Rooms shall observe particular respect of property. Participants must be advised by parents of the absolute necessity to treat and leave the Changing Rooms in a clean and tidy condition. **Consumption of food in the Changing Rooms is strictly forbidden.**
9. **Bullying is NOT permitted** and may result in expulsion from the course.
10. Serious breaches of discipline shall be referred to the committee of MSC.