

## FOSSC Training Course Information – Spring 2021

### Sailing Course Details

Thank you to everyone who expressed interest in the courses, this has helped with our planning. The following courses are now available for members to book:

Adult Beginners (RYA Combined Levels 1 + 2): 4 Saturdays 17/4, 24/4, 8/5, & 15/5 (+online)

Junior Beginners (RYA Junior Levels 1+2 for ages 10-18): 5 Saturdays 22/5, 5/6, 12/6, 19/6, & 26/6

Optimist Course (Children aged 7+): 6 Sunday mornings: 23/5, 6/6, 13/6, 20/6, 27/6, & 4/7

Junior RYA Level 3 (Ages 10-18): 4 Saturdays: 3/7, 10/7, 17/7, 24/7

Adult and Junior courses are full day sessions, please arrive at the club to start preparing at 9:30am, depart approx. 5pm

Optimist courses are on Sunday mornings, please arrive and prepare boats and sailors for a 9:30 start, sessions on the water will finish by 12:30 (children & parents expected to pack boats away afterwards).

Plans for the Junior Level 4 and Adult Better Sailing courses are currently on hold. These courses use two handed boats which are not compatible with social distancing. We are also considering how and when we can deliver Race training.

### Powerboat Course Details

The following courses are now available for members to book:

RYA Powerboat Level 2: 2 Saturdays 23/10 & 30/10

RYA Safety Boat: 2 Saturdays 02/10 & 09/10

FOSSC Safety Boat Refresher/Introduction: Saturday 17/07

FOSSC Officer of the Day Refresher/Introduction: Sat 17/07

### Application Process

This year the application process has moved online. Applications are made from the webcollect page [www.webcollect.org.uk](http://www.webcollect.org.uk) (this is the same system as used for annual memberships). You will need to log in with your webcollect account. If this doesn't take you to the FOSSC page within webcollect, type "FOSSC" in the "Find My Club" box

The courses should then appear in the “Upcoming Events” box, from where you will be able to book places:

The number of places on the courses is limited, in particular by the number of boats which are owned by the club. Please note that applying for a course (“booking places”) is not confirmation of a place, this (together with a request for payment) will be confirmed separately by email after the closing dates (see below).

When you reach the checkout page, please select the “Card Offline” payment method. Payment will be requested separately after confirmation of places.

The courses may fill up, so you are encouraged to apply as soon as possible. Please only book one sailing course per person. Please note the course dates, and ensure you are able to attend on all dates.

When you apply for the courses, please be aware of the Terms and Conditions (see below). On the first day of the course you will be required to sign a consent form confirming your agreement to these terms and conditions, and providing any medical information the instructors might need to be aware of. If you have any issues you think may affect your suitability to take part or any other queries please contact the Principal (fossctraining@gmail.com).

The organisers reserve the right to decide how places are allocated and this will include consideration of whether members had applied for an RYA/Optimist course in 2020 (which were cancelled due to Covid-19).

### **Application Timescales for Sail Training**

- The closing date for applications for the adult beginners course is Tuesday 6<sup>th</sup> April. You will be receive notification of whether you have a place on the course by Friday 9<sup>th</sup> April.
- The closing date for application for the other sailing courses is Tuesday 13<sup>th</sup> April.

### **Costs – Sailing Courses**

Adults £100

Junior (ages 10-18) £70

Optimist Course £60

### **Covid Mitigation Measures**

FOSSC maintains a risk assessment, which includes Covid-19 measures. The current version will be updated to reflect latest available information prior to the courses starting. Key points to note are:

- The risk assessment will be based on the latest government and RYA advice.
- The changing rooms and showers (and other indoor facilities) are not expected to be available before 17<sup>th</sup> May at the earliest. Toilet facilities will be available. Until the changing rooms open, members will have to use their cars as changing rooms.
- Due to the Covid-19 restrictions and need to minimise risk it is not yet clear whether there will be a requirement for parents/guardians to remain on-site to support juniors/children. If this becomes a requirement, and you are unable to provide this support, you will be entitled to cancel your training application.
- The Adult beginners course involves some theory modules; it is intended these will largely be delivered online by the instructors. These will be arranged at a mutually convenient time, probably in the evenings using Skype/Zoom.
- Courses may include an online introduction session, with the opportunity to ask questions and confirm arrangements.
- Courses will use single handed dinghies until social distancing requirements change.

## **Terms and Conditions**

Please ensure you are aware of the Terms and Conditions for Training, including the section on sail training duties. The rescue boat duty will only require you to act as an assistant unless you hold the RYA PB2 qualification - if you are qualified (RYA PB 2 or Safety Boat) please note this with your application. Sail Training is run on purely a voluntary basis, the duties being part of it - failure to attend lets everyone else down and puts an extra burden on those who do turn up.

Note also that whilst the intention is to deliver the full scope of the RYA courses, this may not be possible depending on the Covid-19 regulations. If necessary additional dates will be proposed when regulations permit the completion of the course syllabus.

## Course Summaries

The sailing courses are either the RYA National Sailing Scheme (NSS), Youth Sailing Scheme (YSS) or International Optimist Class Association (IOCA). The Powerboat courses are the RYA Powerboat 2 and RYA Safety Boat, plus there are two FOSSC specific refresher/introductory sessions using powerboats.

These are the courses we hope to run (subject to interest and instructor availability):

### Sailing Course Summary

#### **Adult (NSS) Level 1/2 - Beginners (Saturdays 9:30am - 5 pm)**

Cost £100.00

Boats Club Toppers or Picos

The Adult beginners course – no experience necessary. The ideal way to learn the essentials of sailing. By the end of the course you will be confident enough to sail in moderate wind conditions and enjoy all facilities of the Club to the full.

#### **Junior (YSS) Stage 1/2 (Saturdays 9:30am - 5 pm)**

Cost:- £70

Boats Club Toppers or Picos

The Junior beginners course – with no experience necessary, this is the ideal way to learn the essentials of sailing. Sailors should ideally be 10 years old and confident in water. By the end of the course you will be confident enough to sail in moderate conditions and enjoy all facilities of the Club to the full.

#### **YSS Stage 3 (Saturdays 9:30am - 5 pm)**

Cost:- £70

Boats Students or Club Toppers or Picos.

This course is designed for the holders of Level 2 and who have done some sailing since the award of the certificate. The aim is to improve and add to their skills sailing Toppers/Picos, and have an insight to racing and be able to make seaman-like decisions in moderate conditions.

#### **Optimist Course - (IOCA) - (Sunday mornings)**

Cost:- £60

Boat Students own Optimists, 6 Club Optimists available. (First come, first served)

The course is an informal introduction to sailing using the IOCA scheme. Sailors should be at least 7 years old. This course is aimed to bring the very young sailor up through the IOCA sailing system. We hope to run courses for both beginners and intermediate sailors. By the end of the course it is hoped to award an IOCA Grade certificate to all successful candidates depending on the level of skill achieved. Parents are

expected to stay on site and there will be a rota for parents to help with rescue cover, making cakes and serving mid-session snacks!

### **Powerboat Course Summary**

#### **RYA PB2 (Saturdays 9:00am – 5pm)**

Cost                    £0

Boats                  A variety of club powerboats

This 2 day course introduces and develops the skills needed to operate a small powerboat safely. It follows the RYA PB2 Syllabus and on successful completion you will be awarded the RYA PB2 certificate. Minimum age 12 years.

#### **RYA Safety Boat (Saturdays 9:00am – 5pm)**

Cost                    £0

Boats                  Club safety and coaching powerboats

This 2 day course further develops your powerboat handling skills and covers techniques for small craft rescue, also race management duties and standing by racing and/or training fleets. Minimum age 16 years and must hold the RYA Powerboat Level 2 certificate.

#### **FOSSC Safety Boat Refresher/Introductory Day (Saturday 10:00am – 4:00pm)**

Cost                    £0

Boats                  Club safety boats and Committee boat

An opportunity to practice your powerboat handling skills and small craft recovery techniques enabling you to confidently support our training and racing fleets as well as the Sailability sessions. This course runs concurrently with the FOSSC Officer of the Day Refresher/Introductory Day. Minimum age 16 years.

#### **FOSSC Officer of the Day Refresher/Introductory Day (Saturday 10:00am – 4pm)**

Cost                    £0

Boats                  Committee boat

An opportunity to practice anchoring the Committee boat, review the race box and electronic race controller and if participants are interested, we can practice setting courses. This training runs concurrently with the FOSSC Safety Boat Refresher/Introductory Day. Minimum age 18 years.