



Junior Training

At Burnham Sailing Club

2019

Junior Training commences on Friday 26th April.

Membership

Please ensure you have completed your membership to Burnham Sailing Club prior to undertaking the training sessions.

We do allow new children to come along to a couple of sessions, just to see if they like it as we understand it is good to try before committing.

Volunteers

We are a volunteer run club – no one gets paid! From the coaches to those cooking your burgers, we all pitch in to ensure the children (and adults!) have a great time at the club. All roles, no matter how big or small they may seem, are really important to ensure the smooth running of the club – and the more people that help, the easier it is for everyone.

Look out for our ‘Doodle Poll’ to sign up to help in the Galley, posts on Facebook, WhatsApp and our website asking for help – or just ask. Your help will always be greatly appreciated.

If you are volunteering, we don’t need a full DBS check, but do ask that you complete one of our Self Declaration Forms, found on our website under ‘documents’.

<http://s521131730.websitehome.co.uk/wp-content/uploads/2019/03/BSC-Self-Declaration-Form-revised-27th-Feb-2019-1.pdf>

Time

Start times as advertised in your Programme are as follows:

Beginners Briefing 1730 Launch 1745

River 1 Briefing 1745 Launch 1800

River 2 Briefing 1730 Launch 1745

Race Briefing 1730 Launch 1745

Handicap Briefing 1745 Launch 1800

Children will need to be rigged and ready before briefing with their coach.

Please bear in mind that a lot of the coaches come straight from work so things may sometimes run a little later than planned, or your coach may decide to start earlier if everyone is ready to go.

These timings are not completely rigid – they may also fluctuate if we find that certain groups like to go out slightly earlier or later.

Food

The galley is open on a Friday evening for drinks and food. We normally sell burgers & sausages in a roll as ‘hot food’ but if you are running the galley, you are more than welcome to serve something different if you are happy to organise.

If you would like to bake some cakes and donate to the club for a Friday evening, we would be very grateful and will sell these in the galley.

Helpers for the galley are vital – normally 3 people. A doodle poll has been created for you to help out. If everyone does one or two sessions, we are able to cover the whole season with ease. The link to the poll is...

<https://doodle.com/poll/ne6nkd7g8uutvx3a>

Clothing

Please ensure your children are dressed appropriately for sailing. They will often be getting wet and if they get cold then it’s not much fun!

Here’s a copy of the slide about clothing from the Parents Meeting....

Clothing



BSC Juniors 2019

Please note that it is just a guide but gives you an idea on what most of the children wear on the water. It is basically thermals, wetsuit, spray top, gloves, boots and a hat. This basic kit gives you the option to change what they wear dependent on the weather (e.g. if it's hot, they may not wear the thermals and spray top and might switch out a bobble hat for a baseball cap and sunglasses!).

Don't forget a towel, a bottle of water and some sun cream if it is hot.

A buoyancy aid is compulsory.

Parents

Please be reminded that your children remain your responsibility at all times. It is essential that you bring a buoyancy aid for yourself so you can assist with the launching and recovery of your children on the pontoon.

There are lots of members boats and equipment around the club, so please ensure these are respected, as they can be expensive to replace if broken.

Groups

The children will be put into groups with a coach. We anticipate that children will move within these groups as their skills improve or if they are perhaps needing more help to master their skills.

The groups will be updated weekly (if there have been changes) and put on the board on a Friday so you can see which group your child is in, who their coach is and who will be helping. Please check this regularly.

Please respect the coaches decision as to which group they have been placed – it will have been done to bring the best out of your child and is constantly reviewed.

Workbooks

We have produced a workbook for the children. This will give them skills to master and tick off. It also gives the coach a good idea of what they need to master before progressing to the next group, or being signed off to race on a Wednesday (if they would like to!). These workbooks will be kept at the club, and the children will receive a certificate when they have completed each section.

These workbooks are new – so please feedback if you feel any changes need making to it for next year.

Boats

We have 8 club boats (oppies) that aren't in the best of condition (they are over 30 years old!) – we are currently fundraising for some new ones and have secured a substantial amount of money so far from a number of companies. We are hoping to place an order for some new boats in the next couple of weeks.

River 1 – these children will be sailing our club boats (unless they have their own). It is really helpful if some parents could get these rigged and ready.

River 2 – children will be expected to have their own boat if progressing to River 2.

Weather

Please remember that sailing is very much weather dependant. The coach (and the club) may decide that it is not suitable for children to sail. This is never an easy decision but is always done with the safety of the children in mind. We will endeavour to put on shore based activities if the children are unable to go afloat. Equally, some children may not want to sail in certain conditions and we respect their decision.

Fun Fridays

The last Friday of each month we will be playing games (either on shore or on the water). This is a great opportunity for the groups to work together, to have fun and to work on skills without even realising they are doing so! There is a folder of suggested games in the club – feel free to have a flick through and ask your coach if there is something you'd like to try in there.

Club Clothing

Tony Lacey from PromoStitch is working on a web page for you to order club clothing directly. More info to follow shortly.

Finally...

Have fun! Please let us know if you have any concerns or queries please either chat to one of us at the club, or email junior@burnhamsc.co.uk

Here's to a great season!

Fiona, Andy H, Lucy, Wiggins, Marcus, James, John Paul, Liam, Tony and Andrew.