



Chichester  
Yacht Club

# Club Training and Coaching Programme 2012



All course details via the Club  
website [www.cyc.co.uk](http://www.cyc.co.uk)  
or call 01243 512918

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**To book or for more details please call 01243 512918**  
**[www.cyc.co.uk](http://www.cyc.co.uk)**  
**[office@cyc.co.uk](mailto:office@cyc.co.uk)**



**Chichester  
Yacht Club**

## **Location & Courses**

Situated on the foreshore of Chichester Harbour the Club has sheltered water where we provide practical, water-based tuition in dinghy sailing and power-boating. We can give you the excitement of sea sailing but in a safe environment. We also offer a range of shore-based courses to compliment our water-based courses allowing you to build on what you have learnt afloat. We provide group sessions, courses for individuals or private tuition tailored to the needs of all ages and abilities ranging from complete beginners to experienced seafarers. CYC has a range of dinghy and performance craft boats together with an experienced Instruction and Coaching team to deliver what should be a rewarding and enjoyable experience.

## **Safety**

Our governing body is the Royal Yachting Association. We are a recognised RYA Training Centre and all our instructors hold RYA qualifications. We have a full risk assessment which can be viewed on request. CYC is an accredited RYA inspected training establishment and as such we are able to offer a range of courses. Choose a course with confidence to suit your specific needs from our three defined training platforms:-



## **RYA Training**

Certified courses run under the auspices of the RYA training and inspection scheme offering the best possible tuition under the leadership of the Club Principle. We offer a wide range of courses to suit all age groups with varying levels of ability. In addition to sailing and power boat courses, we also facilitate a variety of RYA shore based courses.



## **Race Coaching - Volvo Champion Club (VCC)**

Challenging and constructive race training programmes run by qualified RYA coaches to provide sailors with the techniques and opportunity to master skills and develop at Club level. These courses also give younger sailors the skills to progress into regional competition and ultimately the very best chance of progressing to RYA squad based training and help the adults with Club racing and Open Events. RYA Start, Intermediate and Advanced Racing certificates available on certain courses. This includes youth and Club which is for all ages and classes.

## **Club Training**

Courses that are fun, safe and constructive. They are designed by the Club as non-certificated courses to provide the young, youth or adults with training to a secure level of boat handling for sailing or power boating skills that will enable progress to formal RYA level course or assist in developing sailing confidence.



## **RYA Dinghy & Powerboat Certified Courses for Youths and Adults**



### **RYA Level 1 (Start Sailing)**

This course provides the perfect balance of theory and practical instruction to dinghy sailing for the complete beginner. By the end of the course participants will have a basic understanding of boat handling techniques and background knowledge. It is recommended that you consolidate this introduction with the Level 2 course.

### **RYA Level 2 (Basic Skills)**

The next step following RYA Level 1 is to become competent and develop independent sailing skills. This course will provide you with a range of sailing techniques, manoeuvres and knowledge to become a confident small boat sailor.

### **Stage Three (Better Sailing)**

Having completed Stage 2 you will be able to sail in any direction and rig and launch your boat. This course will enable you to develop techniques and skills in seamanship, racing and spinnaker use.

### **RYA Instructor Courses**

RYA Dinghy Instructor training available throughout the year. Contact the office for details and dates.

### **Personal Tuition**

A perfect way to learn or improve skills at a time convenient for you. Contact the office for details.

### **RYA National Powerboat Certificate (Level 2)**

(I. C. C. practical test included)

A two day practical course providing a full introduction to boat handling in rigid inflatables.

## RYA Dinghy & Powerboat Certified Courses for Youths and Adults – Non members

Date	Start Time	Course & Level	Duration	Places
<b>March</b>				
Sat 17 & Sun 18	0900	<b>Powerboat Level 2 (RTC)</b>	2 Days	6
<b>April</b>				
Mon 9 - Thur 12	0900	<b>Sailing Course (RTC) (1, 2 and 3)</b>	4 Days	12
Sat 14 & Sun 15	0900	<b>Powerboat Level 2 (RTC)</b>	2 Days	6
<b>May</b>				
Sat 26 & Sun 27	0900	<b>Powerboat Level 2 (RTC)</b>	2 Days	3
<b>June</b>				
Tue 5 - Fri 8	1000	<b>Sailing Course (RTC) (1, 2 and 3)</b>	4 Days	12
<b>July</b>				
Sat 30 & Sun 1	0900	<b>Powerboat Level 2 (RTC)</b>	2 Days	3
Sat 7 & Sun 8	0900	<b>Sailing Course (RTC) (1, 2 and 3)</b>	2 Days	18
<b>August</b>				
Tue 21 – Fri 24	0900	<b>Sailing Course (RTC) (1, 2 and 3)</b>	4 Days	24

### Dinghy Sailing Courses – 2 Day

Junior (U16) Member £100  
 Junior (U16) Non-Member £130 + Temp Membership 2 Days £10 Total £140

Adult (16+) Member £135  
 Adult (16+) Non-Member £155 + Temp Membership 2 Days £20 Total £175

### Dinghy Sailing Courses – 4 Day

Junior (U16) Member £150  
 Junior (U16) Non-Member £180 + Temp Membership 4 Days £20 £200

Adult (16+) Member £205  
 Adult (16+) Non-Member £215 + Temp Membership 4 Days £40 £255

### Power Boat Level 2

Price per (U16) Member £140  
 Price per (U16) Non-Member £190 + Temp Membership 2 days £10 £200

Price per (16-18) Member £150  
 Price per (16-18) Non-Member £200 + Temp Membership 2 days £20 £210

Price per Adult Member £170  
 Price per Adult Non-Member £230 + Temp Membership 2 days £20 £250

All prices include boat, instruction, Log Books and Certificates and VAT and for Non-Members Temporary Membership for the course. The total Non-Member price includes VAT and Temp Membership is at the deal rate, not the normal TM rate.  
Please call or e-mail the office to book your places.

### **What Next?**

You can move to the Race Coaching and Start Racing course from Stage 2 (for good stage 2 sailors) or Stage 3. Stage 4 is only a junior stage (adults only go from 1 to 3) and has elements that require sailing in 2 person boats. Ask the office for more details.



### **RYA Certified Shore based Courses**

For all shore based courses, please contact Marine Matters at the following addresses:

**Marine Matters UK Ltd  
Unit 4, Stone Pier Yard  
Shore Road  
Warsash  
SO31 9FR**

**01489 579589**

[www.marine-matters.co.uk/rya-courses](http://www.marine-matters.co.uk/rya-courses)

RYA Powerboat level 2 to Advanced  
RYA Day Skipper motor/power practical  
ICC (power) to RYA Yachtmaster motor/power training  
up to RYA Yachtmaster Instructor (power)  
RYA 1 day theory courses in VHF, Radar, First Aid & Sea Survival as well as the 5 day theory courses for RYA Day Skipper theory and RYA Yachtmaster theory  
All these courses are available at Marine Matters.

**Please contact Marine Matters for further details.**



## Honda RYA Youth Rib Championship 2012

This event is open to ALL young members and is more than just a competition. Most of the participants have, in the past, been novice powerboat drivers and have spent most of their time learning basic boat handling skills and becoming familiar with other facets of powerboats. Apart from the RIBs we also use other small outboard boats and the variety quickly develops their knowledge and skill.

There are two classes: 8-12 years and 13-16 years. This is the age of the entrant at the time of the National Final i.e. for the 8-12 year olds, the competitor should not have had their 13th birthday before 16 September 2012 and similarly, in the 13-16 year old section, they should not have had their 17th birthday before 16 September 2012. We hope to utilise the skills of competitors from previous years

Date	Activity	Start
Sat 11 February	Initial Training – Beginners only	1200
Tue 14 February	Initial and Competition Training	1400
Sat 25 February	Competition Training (>8kt) Hayling Bay	1200
Sat 10 March	Competition Training (>8kt) Hayling Bay	1100
Wed 4 April	Competition Training (>8kt) Hayling Bay	0900
Thur 5 April	Competition Training (>8kt) Hayling Bay	0930
Fri 13 April	Competition Training (>8kt) Hayling Bay	1100
Sun 29 April	Competition Training (>8kt) Hayling Bay	1100
Sun 13 May	Competition Training (>8kt) Hayling Bay	1000
<b>TBA</b>	<b>Southern Region Final</b>	

Total course price - £50.00.

Non members will be welcome but will need to join as Temporary Members at an additional cost of £6 per day.

### Women on the Water (WoW)

Friday 20 April	1000
Friday 4 May	1000
Friday 18 May	1000
Monday 18 June	1000
Tuesday 3 July	1000
Tuesday 17 July	1000
Monday 17 September	1000
Friday 28 September	1000
Monday 15 October	1000

## Race Coaching - Volvo Champion Club

Volvo Champion Club race coaching:

- For youth and juniors using mostly Toppers and Fevas
- Runs monthly April to October (sometimes as part of Club Race Coaching)
- Covers from Starting to Race through to refining skills for Open Events.
- Need to be able to sail a triangle in reasonable wind conditions (RYA stage 2 or 3)
- Can include certificates for Start, Intermediate or Advanced racing.
- Usually 2 on the water sessions with briefs and de-briefs and video for those good and not so good moments.
- Lasts approx 6 hours based around high tide.
- Leads on to RYA Squad Training.

Date	Start Time	Course & Level	Price Incl VAT	Notes
<b>April</b>				
Fri 6	0930	Youth Training	£7.50 2 Crew & £5 single	
Sat 7	0930	Adult Training RYA Taster	£10 2 Crew & £6 single	Taster – no charge
<b>May</b>				
Sat 5	0930	Youth Training	£7.50 2 Crew & £5 single	
Sat 26	1300	Adult Training	£10 2 Crew & £6 single	
Sun 27	1430	Youth Training	£7.50 2 Crew & £5 single	
<b>June</b>				
Sat 9	1300	Adult Training	£10 2 Crew & £6 single	
Sun 24	1330	Youth Training	£7.50 2 Crew & £5 single	
<b>July</b>				
Sat 21	1030	Adult Training RYA Push the Boat Out	£10 2 Crew & £6 single	PTBO – no charge
<b>August</b>				
Mon 20		RYA Taster		No charge
<b>Sept</b>				
Sat 1		RYA Taster		No charge
Sun 16	0930	Youth Training	£7.50 2 Crew & £5 single	

For full details and how to book please see [www.cycdinghies.co.uk](http://www.cycdinghies.co.uk)

## Club Training



### 2012 Optimist Sailing at CYC - approx age 8 – 15 – Members only

Following the success of the well attended training events in 2011 it is great to see that the Club has a nucleus of young sailors that we can develop and encourage as much as possible to regularly sail at CYC and, hopefully, to develop a keen interest in racing.

For 2012 RYA Senior Instructor, Mark Bonar, and associated support instructors will again be running these courses and the programme for the year will cover training for beginners, intermediates and a more advanced level focusing on racing skills and sailing techniques. These will be run in line with RYA course levels 1, 2, & 3.

As always, for children booked on courses, parental presence and support is key to the running of each event and help will be needed to aid with boat rigging, launching/recovery, and safety boat as necessary. When you are booking your child onto specific course dates, could you also please inform the office of what tasks you will be prepared to help with.

Dates	Start Times	Course Levels	Course Duration	Course Places
<b>April</b>				
8 & 9	1030/ 1130	Racers	2 days	10
21	1130	Racers	1 day	10
<b>May</b>				
7	1000	Beginner/Intermediate/Race	1 day	8/8/10
12	1500	Beginner / Intermediate / Race	1 day	8/8/10
20	1000	Beginner/Intermediate/Race	1 day	8/8/10
<b>June</b>				
2 & 3	0830/ 0900	Beginners / Intermediate/Race	2 days	8/8/10
16 & 17	0900/ 0930	Beginners/Intermediate/Race	2 days	8/8/10
<b>July</b>				
1	0830	Beginner / Intermediate / Race	1 day	8/8/10
<b>August</b>				
19	1100	Beginner / Intermediate / Race	1 day	8/8/10
<b>September</b>				
1	1100	Race Coaching for Open	1 day	
30	1000	Intermediate/Race	1 day	8/10
<b>October</b>				
6	1400	Racers	1 day	10
20	1330	Racers	1 day	10

#### Course Prices:

Oppi Beginners - £30 per session or £225 for 9 Sessions

Oppi Intermediate - £25 per session or £180 for 10 Sessions

Oppi Race - £25 per session or £300 for 15 Sessions

For those of you who require a boat for hire the Club have 6 'Oppie' boats available and these can be booked for £10.00 per day, per boat. Register with the Office to confirm course and boat hire bookings

## Club Coaching

Club race coaching is run under the same procedures as the VCC, uses RYA qualified coaches and can award certificates for RYA Start, intermediate and advanced racing. Ask the office for more details.

## Race Officer Training

Provides the elements required to undertake race or duty events. A blend of theory and practical skills to provide you with confidence to participate in or organise Club racing.

## Boat Hire Details

	<b>Members</b>	<b>Non members</b>
Optimist	£10 per day	£15 per day
Topper	£12 per day	£17 per day
RS Feva	£18 per day	£23 per day
GPI4	£15 per day	£20 per day
Laser 2000	£30 per day	£35 per day

All hire charges are plus £50 deposit payable at time of booking. Booking forms must be completed.

## How to Book

Please check availability by telephoning 01243 512918 then complete the booking and emergency details form in the back of this brochure and return, together with appropriate payment to: Chichester Yacht Club, Chichester Marina, Birdham, West Sussex PO20 7EJ.

## Booking Conditions

Course reservations may be made by telephone or email and will be kept for a maximum of one week, pending receipt of your booking form and payment. Applications are accepted on a first come, first served basis. We reserve the right to cancel or reschedule a course if bookings have not met the minimum numbers within 2 weeks of the commencement date. Chichester Yacht Club has full Public Liability insurance, but personal accident cover is not provided, nor can we accept responsibility for loss or damage to any personal effects.

Participants will be required to register and will recognise the authority of the Management or designated Officer of the Day and his staff. Participants in water sports must be confident in water. Weak/non swimmers may still be able to participate in water-based activities but only with prior notification. Should the weather conditions prove unsuitable for water activities we reserve the right to arrange alternative programmes or cancel sessions and rearrange for another date. Chichester Yachts Club's decision shall be final.

## Cancellation Policy

Should Chichester Yacht Club cancel a course or activity, alternative arrangements will be made to rearrange participants to a new course. Should this not meet with your needs then a full refund will be made.

Notice of cancellation must be made to the office or by writing or by email.

Refunds due to cancellation by the client are made in accordance with the following scale:

Less than 7 days before the start date - No refund.

More than 7 days before the start date - Full refund less £10 administration charge per person, per course.

### **General Information**

Power and Dinghy sailing are considered wet sports therefore the appropriate level of waterproof clothing is required. Although we do have a supply of life jackets etc we cannot guarantee to provide one for everybody. We recommend that you bring:

- swimming costume or trunks
- towel
- an old t-shirt or fleece
- sports or lightweight long trousers to use while sailing
- a pair of trainers or similar that you will not mind getting wet
- a lightweight windproof jacket •sun hat •sun protection cream

During the lunch break period the Club and beach area remains staffed. Food is available from our restaurant / Tea Bar - please ask for details. We accept NO responsibility for those persons leaving the site. Parents/Guardians of children attending courses are welcome to attend the morning safety briefing. If you have any queries, either before or during the course, please do not hesitate to contact the office or ask one of our fully qualified instructors.

### **Parking and Accommodation**

Parking at CYC is free and although the area is provided by a level of security through Premier Marina security staff, we do indicate that all personal effects are left at the owner's liability. There is a direct bus connection with Chichester bus and train station, with a bus stop at the top of the Marina road. For information on hotels, guesthouses and campsites in the area please contact us. Information can also be obtained from [www.chichesterweb.com](http://www.chichesterweb.com)

