



Lyme Regis Sailing Club Ltd

Youth and Junior Sailing Coaching Operating Procedures

Who are we coaching?

Youth and Junior sailors who are members of Lyme Regis Sailing Club Ltd (LRSC). Our aim is to teach racing and sailing skills, so that the young members are capable of racing in Club events and further afield.

LRSC Child Protection Policy All sessions whether on the water or not will be conducted within the terms of the Club Child Protection policy.

<http://www.lymeregissailingclub.co.uk/wp-content/uploads/2015/02/LRSC-Ltd-Child-Protection-Policy-and-Procedures-1-February-2017.pdf>

The LRSC Safeguarding Good Practice Guidelines will also apply at all times.

See <http://www.lymeregissailingclub.co.uk/wp-content/uploads/2017/03/LRSC-Safeguarding-Good-Practice.pdf>

A LRSC Parental Consent Form will have to be completed by parents for each child undergoing coaching. See <http://www.lymeregissailingclub.co.uk/wp-content/uploads/2015/02/LRSC-Parental-Consent-Form.pdf>

The Club Welfare Officer is Tracy Rydin-Orwin telephone 07968 197628 her other contact details are on the Youth section noticeboard in the clubhouse.

Who can lead ?

RYA Racing Coach Level 2 (and higher) who are adult members of LRSC.

All main coaches are required to have DBS checks.

Guest coaches (non-members of LRSC) will always work with a club member.

Ratio of students to coaches

This depends on the conditions, and the age and experience of the students, but will not exceed 1 to 10,

Preparatory to going on the water

1 The lead coach will undertake a Risk Assessment. Among the factors to consider are:-

Wind strength – actual and forecast

Sea state

Tide state

Number and experience of the students

Availability and skill levels of the coaches and other adult helpers

The number and preparedness of the boats to be used.

A Risk Assessment form is available on the Club website.

2 the lead coach will compile a list of all the students

3 the coaches will brief the students onshore as to what is required from them.

RIB drivers all drivers will have RYA PB2 qualifications, except student drivers under the supervision of a qualified RIB instructor.

RIB drivers will complete the Safety boat checklist every time is used.

[http://www.lymeregissailingclub.co.uk/wp-content/uploads/2017/03/LRSC-Ltd-and-LRSS-Safety-Boat-Pre-launch-checklist-3-February-2017-10.1-VH.Final .pdf](http://www.lymeregissailingclub.co.uk/wp-content/uploads/2017/03/LRSC-Ltd-and-LRSS-Safety-Boat-Pre-launch-checklist-3-February-2017-10.1-VH.Final.pdf)

RIB drivers will also complete the daily RIB logs before and after each session. The RIB logs are kept in the Race Office.

Safety

At each session we will require students to either sign in on arrival and sign out on coming ashore, or to tally on going afloat and tally off when coming ashore. All young students are required to be able to swim and be comfortable in the water.

All students, coaches and helpers will wear recognised buoyancy aids at all times whilst afloat.

The Club has an Emergency Action Plan which must be followed in any situation in which the lead coach thinks requires it

[http://www.lymeregissailingclub.co.uk/wp-content/uploads/2018/05/LRSC-Ltd-Emergency-Action-Plan-Sailing-Instructed-5.1-4-October-2016-HV.Final .pdf](http://www.lymeregissailingclub.co.uk/wp-content/uploads/2018/05/LRSC-Ltd-Emergency-Action-Plan-Sailing-Instructed-5.1-4-October-2016-HV.Final.pdf)

Radios all RIBs will have a working VHF radio. The radios reception must be checked at each session with the Beachmaster. Channel 37 (M1) will be used for communication.

Beachmaster This person will remain ashore during the sessions and be in radio contact with the on-water crews, and check the sailors going afloat and coming back ashore. They will complete the Sailing Check list and liaise with the lead coach.

Coming ashore at the end of each session

The coaches will check that all the students are safely ashore before coming ashore themselves.

The coaches will conduct follow-up briefings if thought appropriate.

At the end of each session the lead coach will check the changing rooms and Club premises to see that all of the students have left.