



LYME REGIS SAILING CLUB Ltd

Youth Section Briefing Sheet

Advice for youth sailors, parents or guardians

Youth members need to be confident in water.

Clothing/Buoyancy Aids - Your child must have their own well fitted **buoyancy aid** which is to be worn at all times on the water. **Wetsuits** are mandatory under Club sailing rules early in the season. A **wind-proof anorak or spray top and suitable footwear** are also essential items. A **beanie hat** and **sailing gloves** are advisable- sea temperatures are very low early in the season. A towel and warm, dry clothes to change into are needed.

Registration – Please impress on your child the importance of ‘signing in’ immediately on arrival and ‘signing out’ as soon as soon as they are released by their group leader. This is essential for the safety of all involved. Youth members will not be permitted to leave early without prior arrangement with a parent/guardian. Please note that recreational swimming is not allowed.

Session times:

- Tuesday night - 5.45pm-8pm
- Saturday morning Race Group - 9.30-1pm

Illness/Injury - Your child must not attend a session unless they are fit and able to participate in activities on the water, as we do not have the facilities to supervise them on shore.

Cancellation - We may cancel a session due to poor sailing conditions or other factors beyond our control. In these circumstances, we will do our best to contact you by text to the mobile number you have nominated or the email you have chosen on your Parental Consent form. We will try to inform you as early as possible on the day but sometimes a late decision may need to be taken, so a cancellation notice will also be posted on a board outside the Clubhouse. notification by email and or text messages

Parental responsibility and Club Liability

Lyme Regis Sailing Club is responsible for your child during session times only. This is particularly relevant on Tuesday evenings if your child is staying on for supper after the session has ended. You must be there promptly at the time stated above to supervise your child, or arrange for another responsible adult to do so.

Useful Contacts

- **Sally Holman** (LRSC Ltd Tues Youth Training Co-ordinator) - Tel: 01297 442373, email : sally.cobblyme@btinternet.com

- **Jerry Rook** (LRSC Ltd Sat Youth Race Group Leader) Tel: 01460 240644, email: jeremyrook12@gmail.com

- **Tracy Rydin-Orwin** (LRSC Ltd Club Welfare Officer.) - Tel: 07968197628, email : trydinorwin@gmail.com

Youth Section Conditions of Participation

1. LRSC Ltd reserves the right, at all times, to cancel sessions at our sole discretion.
2. All participants MUST be aged between 10 and 18, and must be confident in the water.
3. All participants must sign in at the beginning of a session and sign out at the end. Parents or guardians must also be contactable (for example by mobile phone) for the duration of the session.
4. Neither LRSC Ltd nor any of its employees or members shall be liable in any way whatsoever in respect of loss or damage to property.
5. LRSC Ltd must be informed, at the time of accepting a place, of any medical condition affecting the participant, or of any medication taken by the participant that could affect their taking part in the above sailing session, e.g. asthma, epilepsy, heart conditions. LRSC Ltd reserves the right to refuse a place to anyone on medical grounds.
6. All participants are accepted on the understanding that any instructions or directions given by any member of the club's training staff are to be observed. Participants are asked to respect the equipment provided; compensation will be sought from anyone deliberately causing damage to equipment.
7. LRSC Ltd reserves the right at all times to refuse or restrict the use of facilities. The right is also reserved to evict anyone who refuses to comply with the conditions as stipulated, or who behaves inappropriately or, in any way, causes damage or annoyance to any other persons.
8. Participants are to wear a buoyancy aid at all times when on the water. Please bring a change of clothes.
9. No recreational swimming without express permission from a member of the Club's training staff.
10. If any injuries are sustained or damage to valuables occurs, participants are to notify the Club's staff immediately.