

Arisaig Sailing Club

Information for Children, Young People and Parents : Season 2012

The membership fee of £15 per child includes the use of club boats and buoyancy aids during club sessions and the support of a safety boat and driver as necessary. The club will also provide support and coaching to beginner sailors and ongoing coaching with intermediate sailors. The club is dependent on the good will of adults and young people who volunteer to help coach new sailors so sessions will rarely take the form of a 'formal' coaching session. If there are any particular skills you would like to be taught just ask.

Children from the age of 8 are able to learn to sail independently. We ask that children from 8 to 12 are accompanied by an adult who can either stay on the shore or be on the water. Some younger people feel the cold quicker and prefer to go home after a short sail and it is difficult for adults who are on the water to supervise them when they come in. Children younger than 8 can sail if they are with a competent adult who will take responsibility for them.

It is recommended that young sailors bring the following to club sessions: a wetsuit if you have one, if not warm clothing that you don't mind getting wet; wind/waterproof layer to go over your wetsuit/ clothes; wetsuit boots or old trainers or sandals (essential; the slipway is too dangerous for bare feet); on colder days a hat or buff helps a lot; some people like to wear sailing gloves especially on cold days; a towel and a plastic bag to put your wet things in; occasionally we find that suncream is useful!

Please don't bring any items of value that may be lost, stolen or damaged. Ipods, phones, cameras etc should be left at home. The club cannot accept responsibility for anything that is lost or broken.

The club has lots of boats but not many facilities on land! We have a small shed where the buoyancy aids are kept and a BBQ. If you want to change when you arrive or before you go home you can use the shed. There is also a metered shower and toilet facilities at Arisaig Marine, if you want to use these please leave them tidy, they have other customers!

Lunch: Most people who sail on Sundays come for the day if the weather is nice. Bring a picnic or something to cook on the BBQ. As you will see in the newsletter occasionally we go further afield for our picnics and enjoy a day out on the skerries.

There are a few simple common sense rules that we ask you to remember.

- Please put your boat away as well as you can at the end of the day; if you are unsure of how to do something ask someone.*
- Please wear something on your feet; the slipway is made of sharp rocks.*
- Please do your utmost not to sail amongst the yachts on your way to the sailing area, we cannot afford the paint to repair any scratches!*
- Let someone know when you have gone home! (or we may call the lifeboat to look for you).*
- Always wear a buoyancy aid when you are sailing.*

Have fun and see you there!