



# Tudor Cadets - Safety and Procedures

**Document Owned By: Sailing Committee**

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## **Overview**

From late April to early September, Tudor runs a sailing evening every Tuesday for its junior members (aged 8 to 18). It is a very popular evening, with youngsters taking to the water in either their own boats or club boats. We cater for all abilities, from complete novices up to cadets who regularly win club races against the adults.

We are not an RYA recognised training centre and so we aim to provide supervised recreational sailing rather than a structured tuition program. That said, we do have some sailing instructors amongst the members and some tuition is provided. Indeed many of the cadets have gone on to become sailing instructors themselves and will coach the younger members.

Cadets evenings are run by the parents of the cadets and volunteers from TSC. Parents are required to stay on site at the club during cadet activities and to help one of the following activities:-

- Patrol boat helm – Tudor PB2 trained
- Patrol boat crew – Tudor PB1, PB2 or PB3 trained
- Tudor Base/Shore liaison
- Help rigging/launching
- Help in the Galley (if trained by the Social Committee)

## **Club Boats**

The club owns 10 Optimist dinghies, 3 Terras, 2 RS Fevas and one RS Quba which are available for the cadets to use. Many of the cadets sail their own boats, mostly toppers and lasers with small rigs.

## **Racing**

Each season we run a cadet race series during the cadets evening, the aim of which is to introduce our cadets to racing. The races will be short and there will be an on-shore briefing each time to explain the procedure. This year we are also holding race training on non-race nights. We may hold a Junior Regatta which is an open event attracting young sailors from the other nearby clubs to swell the ranks of our own cadets.



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### **Cadet Evening Safety**

Each cadet evening is run by a member of Tudor Sailing Club who is an experienced dinghy sailor and has experience in running this type of evening, alongside an Assistant Cadet Leader who will also be an experienced dinghy sailor.

The Cadet evenings provide an opportunity for junior members to get on the water assisted by club support boats. These will be helmed by volunteers who have had training at TSC in how to drive safely and how to assist in recovering capsized dinghies (Tudor PB2). The crew will have general Power Boat Training (Tudor PB1). There may be times when one of the boats is involved in a rescue or taking a child to shore. It is important that cadets stay in the designated area and follow instructions.

It should be emphasised that parents are responsible for the safety of their children and should only allow their child on the water if they are confident that they are competent in the boat that they are sailing and that they can deal with the conditions. If you have any concerns, please talk to the session leader.

Cadets will not be allowed on the water if weather conditions are deemed not suitable by the session leader, or conditions are forecast to become unsuitable. In no event will cadets be allowed on the water if the wind is stronger than F5 (max 21 knots) – however, local conditions may mean that it is not suitable to run a session in winds less than this. Wind should be measured as per the Cambermet service which can be found at [www.cambermet.co.uk](http://www.cambermet.co.uk), ChiMet, found at <https://www.chimet.co.uk/> and on the club anemometer. Club Oppies, Qubas and Teras may not sail in winds stronger than F4 (max 16 knots). The Cadet Session Leader will assess the conditions and may decide on alternative activities in stronger winds, such as downwind jib-only sailing or outings with adults in the larger club dinghies.

Cadets may be advised to reef, if possible, in windier conditions, and a helmet should be considered to mitigate risk of boom injuries.

Tudor Sailing Club has a Club Welfare Officer and a Safeguarding Policy based on the RYA policy. Volunteers responsible for running the Cadet Evenings have DBS checks, and other regular non-parent volunteers make a self-declaration. All volunteers and parents are asked to abide by the Cadets Code of Conduct.

We expect our cadets, parents and instructors to adhere to our Code of Conduct (see below).



# Tudor Cadets - Safety and Procedures

## What to Wear

Cadets runs from late April to early September, during which time we see a wide range of sea and air temperatures. Therefore, the following list gives you an idea of what to wear.

- Buoyancy Aid or Life Jacket
- Wet Suit, Shorty or Wet Suit Shorts + Wet Suit Top
- Spray Top or cheap water proof jacket and/or Rooster AquaFleece (or equivalent) .
- Sailing shoes, sailing boots or old trainers that can get wet.
- Sailing gloves
- Sun hat or helmet (depending on conditions)
- Sunglasses (depending on conditions)
- Suntan lotion (depending on conditions)

Don't forget to bring :-

- Towel
- Warm clothes to change into
- A drink to keep hydrated

Cadets will not be allowed on the water unless they are appropriately dressed for the conditions that evening.



## Tudor Cadets - Safety and Procedures

### How does a Cadet Evening work?

Each evening follows the same format, namely : - registration, briefing, launching, recovery and relaxation.

<b>5:30 PM</b>	<b>Registration - Open</b>  <b>Cadets</b> As soon as you arrive, please sign on. You will be given a wrist band that must be handed back when you sign off.  We can only allow 30 cadets on the water – we work on a first come, first served basis.  If you would like to use a club boat, please pre-book or register your interest at the desk on arrival. Boats will be allocated to the cadets who have used the club boats the least that season. Consideration will also be given to cadets without a boat.  Please get changed and then start rigging your boats.  <b>Parents</b> The whiteboard outside the men's changing room will have a list of duties available that night (e.g. Patrol boat, Galley, Launch / Recovery). Please write your name against the duty you would like to perform.
<b>6:00 PM</b>	<b>Club Boat Allocation</b> Once you have been allocated a boat, retrieve the boat & sails and start rigging.
<b>6:20 PM</b>	<b>Registration – Closed</b> No further registrations will be allowed for the evening. This is so that we can ensure we have the correct number of patrol boats to cover the number of children on the water.
<b>6:30 PM</b>	<b>Briefing</b> The briefing will cover safety notices, the plan for the evening, wind direction & speed. A quick check will be carried out to ensure the cadets are appropriately dressed for that evenings conditions.  <b>Patrol Boats on the water</b> Please help to launch the patrol boats.
<b>6:45pm</b>	<b>Launch</b> Only cadets wearing a club wrist band and that are appropriately dressed for that evenings conditions will be allowed on the water
<b>8:00pm</b>	<b>Recovery</b> Please take your dinghies up the slip, wash them down and de-rig them.  <b>Sign-Off</b> Return your wrist bands to the desk.  <b>Club Boats</b> Please ensure you have returned the boats & sails to their original location.  <b>Patrol Boats off the water – Parents to help pull the boats up the slip</b>



# Tudor Cadets - Safety and Procedures

## Tudor Cadets Code of Conduct

It is the policy of Tudor Sailing Club that all everybody shows respect and understanding for each other, treats everyone equally within the context of the sport and conducts themselves in a way that reflects the principles of the club/class. The aim is for all participants to enjoy their sport and to improve performance.

Abusive language, swearing, intimidation, aggressive behaviour or lack of respect for others and their property will not be tolerated and may lead to disciplinary action.

### Cadets

- **Do your best at all times**
- **Listen** to and accept what you are asked to do to improve your performance and keep you safe.
- **Respect** other participants, coaches, instructors, officials and volunteers.
- **Abide** by the rules and play fairly.
- **Never bully** others either in person, by phone, by text or online.
- **Take care of all property** belonging to other participants, the club or its members.

*Failure to abide by these rules will lead to a warning. If you receive 3 warnings, you will be excluded from Cadets for the rest of season.*

### Parents

- Support your child's involvement and help them enjoy their sport
- Never force your child to take part in sport
- Inform the club or event organisers of relevant medical information
- Ensure that your child wears suitable clothing and has appropriate food and drink
- Provide contact details and be available when required
- Take responsibility for your child's safety and conduct in and around the venue
- Help your child to recognise good performance, not just results
- Never punish or belittle a child for losing or making mistakes
- Encourage and guide your child to accept responsibility for their own conduct and performance
- Respect and support the Cadet Leaders
- Accept Cadet Leaders' judgements
- Recognise good performance by all participants
- Use established procedures where there is a genuine concern or dispute

### Cadet Leaders, Officials and Volunteers

- Consider the welfare and safety of participants before the development of performance
- Encourage participants to value their performance and not just results
- Promote fair play and never condone cheating
- Ensure that all activities are appropriate to the age, ability and experience of those taking part



## Tudor Cadets - Safety and Procedures

- Build relationships based on mutual trust and respect
- Work in an open environment
- Avoid unnecessary physical contact with young people
- Be an excellent role model and display consistently high standards of behaviour and appearance
- Do not drink alcohol or smoke when working directly with young people
- Communicate clearly with parents and participants
- Be aware of any relevant medical information
- Follow RYA and club/class guidelines and policies
- Holders of RYA Instructor and Coach qualifications must also comply with the RYA Code of Conduct
- RYA Race Official appointments must also comply with the RYA Race Officials Code of Conduct.

If you are concerned that someone is not following the Code of Conduct, you should inform your Club Welfare Officer or the person in charge of the activity.