



Felixstowe Ferry Youth Sailing

(Registered Charity No. 1088678)

2015 Season

Hi Everyone,

This year's Youth Sailing season starts on Saturday 25th April, with the first Wednesday session at Alton Water on Wednesday 6th May. We stop for the summer break at the end of the school term and the last Youth sailing session before the summer will be the annual **BBQ**, so make sure you keep Sat 18th July free for a great day out. The Sailing Club are planning to lay on a **Youth Regatta** on the following Saturday (25th July) - watch this space for further details. We return after the break on Saturday 29th August when we'll be sailing up the river for a **Cruise and Picnic**, and our action packed programme runs right through to the **Laying-up Lunch and Awards ceremony** on November 7th.

Our amazing team of instructors and helpers will be back this season, and once again we'll be running a number of different groups to cater for all levels from Beginner right through to Performance Sailing, and even instructor training. With each group having it's own Lead Instructor you'll always have someone to help you make the best of the season. We're looking forward to seeing you all for some great sailing, and with our extensive fleet of dinghies we have a wide range of boats available to suit all levels of experience.

While the main aim of the sessions is to enjoy ourselves on the water, all our students are encouraged to take formal RYA qualifications. We're not a commercial training school (all our helpers and instructors are unpaid volunteers), and although we do work to the same high standards (some would say higher!), we place far more importance on learning by experience and the 'RYA Qualifications' are really an extra, albeit an important one. So, if you just want to learn the basics that's fine with us, or if you really want to become a racing sailor or a qualified instructor then we can manage that too.

The exciting news for the new year is that we have 3 new dinghies to play with! We have a **Hartley 12.2** which will mainly be used by the Improvers as their next step after sailing Wayfarers. We are also very grateful to the Club which has hired two **Dart 16 catamarans**, and these will provide some added zest to the Performance group.

Form an orderly queue please....

Sailing Sessions

Our normal student sessions take place twice a week (see programme below for details):

Saturdays

On Saturday mornings we will meet inside the Felixstowe Ferry Sailing Club in the dining area for registration and briefing before we split into groups and get out on the water. **It's very important that you arrive in time for each session – if you miss the registration time (09.15) you may not be allowed to sail as boats and instructors will have been allocated. Our instructors will always make sure the club is open well before 09.00 so please arrive early to avoid disappointment.**

Once again the sailing club will be running racing on some Saturday afternoons. Please note that as these are not Youth Sailing events, the club will require one of their consent forms to be signed by the parents of anyone under the age of 18 **before** they will be allowed to join the racing.

Saturday Summary

- Mornings from 09.15 prompt to 13.00 (approximately).
- FFSC afternoon racing from 14.30hrs to about 17.00hrs.
(where applicable - see the FFSC racing calendar for dates)

Wednesday Evenings

As before, the first 3 Wednesday evening sessions will be at **Alton Water**. These are for Beginners and Improvers, and this year we're also including Intermediate level sailors. Everyone will be able to helm a Topaz right from the start at these sessions and there will be lots of teaching on the water. Previously these sessions proved to be great fun and a good way to quickly gain lots of experience, so please do come along if you possibly can. Note that you should be **changed and ready** to start by 5.00pm in order to fit in lots of sailing before the centre closes at 8.00pm.

The Alton Water evenings will be followed by the usual fun sessions at **Felixstowe Ferry** for those who already have their RYA Level 2 certificates (i.e. everyone except those in the Beginner and Improver groups). There's no formal training on these evenings so it's an ideal time for some fun sailing, games, racing, and trying out what you've learnt. When conditions are suitable we may join in the club racing.

The earlier start (17.30) to Wednesday evening sessions seemed to work well last year, so once again we'll meet inside the Sailing Club in the dining area at this time for registration and briefing.

Wednesday Evening Summary:

- From 17.00 to 20.00 at Alton Water on 6th 13th & 20th May for all Beginners, Improvers and Intermediate level sailors.
- 17.30 to dusk (29th May to 16th July) at Felixstowe Ferry for everyone with RYA Level 2.

Other Activities

In addition to all our normal sail training, we'll try and find time to fit in a few other activities. As already noted we have our famous **BBQ** event in July. In June we have a **Youth and Parent** sailing session. This has been a great success in the past, so parents, please join us this year and find out first-hand what we all get up to on a Saturday morning. After the success of last year's **Cruise and Picnic**, we'll be repeating this event at the end of August. At the end of our season, we finish with a special lunch and awards ceremony where our students are presented with their certificates and trophies.

The enclosed programme shows all the key dates for the season, so please keep this handy.

Where bad weather prevents us from running a normal Saturday sailing session we make good use of the time, either with a reduced programme (including some thrilling sailing with the instructors at the helm, power boat rides, etc) and/or by catching up on some of the theory work involved. So please make sure you attend each session - even if the weather doesn't look so good.

All students who attend our sessions will be taught how to prepare the boats for sailing and how to put them away at the end of sailing. This is a vital part of the session so please don't slip away before this work is complete - anyone found doing so may well be invited to spend the following session cleaning all the boats out!!

Useful Contacts:

FFYS Membership Secretary - Diane Harvey	01394 282951 22 Mill Lane, Felixstowe, IP11 7RU
Lois Seddon - FFYS Child Protection Officer	01473 657082
Peter Ryles - Chief Instructor	01394 270221
Paul Smith - Beginner & Improver Groups	01394 284076
Bev Chesterman - Intermediate Group	01473 659200
John Turnbull - Advanced Group	01473 823791
Paul Williams - Performance Group	01394 671083

We look forward to seeing you all in April

The FFYS Team

2015 Programme of Events

Date	HW (BST)	Start Time	Activity	Notes
Sat 28/3	6.37 (GMT)	09.30	Boat preparation and testing & Adult Sail Training	All helpers/instructors
Sat 4/4	12.52	09.30	Boat preparation and testing & Powerboat Level 2 course	All helpers and advanced students
Sun 5/4	13.22	09.30	Powerboat Level 2 course	
Sat 11/4	16.51	09.30	Boat preparation and testing & Powerboat practice/rehearsal Assistant Instructor Course	All helpers and advanced students Powerboat drivers should try to attend
Sat 18/4	12.15	09.30	Session 'dress rehearsal', launch, safety briefing etc.	All helpers and instructors should try to attend - Please bring sailing gear
Sat 25/4	17.16	09.15 (latest)	Youth Sailing season starts + registration	Open to all students
Mon 27/4	19.22	18.00	Informal Adult Sailing	Adult (18+) Instructors/Helpers only please
Sat 2/5	11.46	09.15	Youth Sail Training	All students
Mon 4/5	12.52	16.00	Informal Adult Sailing	Adult (18+) Instructors/Helpers only please Note early start
Wed 6/5		17.00	Youth Sailing - First Session at Alton Water	Beginners, Improvers and Intermediates only
Sat 9/5	15.53	09.15	Youth Sail Training	All students
Mon 11/5	17.40	18.00	Informal Adult Sailing	Adult (18+) Instructors/Helpers only please
Wed 13/5		17.00	Youth Sailing - Alton Water	Beginners, Improvers and Intermediates only
Sat 16/5	11.02	09.15	Youth Sail Training	All students
Mon 18/5	12.38	18.00	Informal Adult Sailing	Adult (18+) Instructors/Helpers only please
Wed 20/5		17.00	Youth Sailing - Alton Water	Beginners, Improvers and Intermediates only
Sat 23/5	16.04	09.15	Youth Sail Training	All students
Mon 25/5	17.37	16.00	Informal Adult Sailing	Adult (18+) Instructors/Helpers only please Note early start
Wed 27/5	19.39	17.30	Youth Sailing - fun session First Wednesday at FFSC	Open to all students with RYA Level 2
Sat 30/5	10.22	09.15	Youth Sail Training	All students
Mon 1/6	24.02	18.00	Informal Adult Sailing	Adult (18+) Instructors/Helpers only please
Wed 3/6	13.03	17.30	Youth Sailing - fun session	Open to all students with RYA Level 2
Sat 6/6	15.05	09.15	Youth & Parent Sailing	All students & parents
Mon 8/6	16.37	18.00	Informal Adult Sailing	Adult (18+) Instructors/Helpers only please
Wed 10/6	18.36	17.30	Youth Sailing - fun session	Open to all students with RYA Level 2
Sat 13/6	9.40	09.15	Youth Sail Training	All students
Mon 15/6	23.52	18.00	Informal Adult Sailing	Adult (18+) Instructors/Helpers only please
Wed 17/6	12.05	17.30	Youth Sailing - fun session	Open to all students with RYA Level 2
Sat 20/6	15.03	09.15	Youth Sail Training	All students
Mon 22/6	16.19	18.00	Informal Adult Sailing	Adult (18+) Instructors/Helpers only please
Wed 24/6	17.48	17.30	Youth Sailing - fun session	Open to all students with RYA Level 2
Sat 27/6	8.29	09.15	Youth Sail Training	All students
Mon 29/6	22.46	18.00	Informal Adult Sailing	Adult (18+) Instructors/Helpers only please
Wed 1/7	12.00	17.30	Youth Sailing - fun session	Open to all students with RYA Level 2
Sat 4/7	14.14		Suffolk Scouts/Guides	**** No Youth Sailing ****
Sun 5/7	14.58		Wet Weekend	

Date	HW (BST)	Start Time	Activity	Notes
Mon 6/7	15.42	18.00	Informal Adult Sailing	Adult (18+) Instructors/Helpers only please
Wed 8/7	17.17	17.30	Youth Sailing - fun session	Open to all students with RYA Level 2
Sat 11/7	8.04	09.15	Youth Sail Training	All students
Mon 13/7	22.46	18.00	Informal Adult Sailing	Adult (18+) Instructors/Helpers only please
Wed 15/7	12.08	17.30	Youth Sailing - fun session	Open to all students with RYA Level 2
Sat 18/7	14.08	09.15	Youth Sailing Cruise to the Rocks and BBQ	All students All day event (we should be back by ~17.00)
Mon 20/7	15.15	18.00	Informal Adult Sailing	Adult (18+) Instructors/Helpers only please
Sat 25/7	6.19	09.15	FFSC Youth Regatta - details to be announced	
Sat 1/8	13.14		Summer Vacation – No Youth Sailing - Possible Instructor/Helper Cruise	
Sat 8/8	6.28		Summer Vacation – No Youth Sailing	
Sat 15/8	13.14		Summer Vacation – No Youth Sailing - Possible Instructor/Helper Cruise	
Sat 22/8	17.02		Summer Vacation – No Youth Sailing - Dart Nationals at FFSC (Thurs to Sun)	
Sat 29/8	12.06	09.15	Youth Sailing Cruise & Picnic	All students - Bring a Picnic! All day event (we should be back by ~17.00)
Sat 5/9	17.22	09.15	Youth Sail Training	All students
Sat 12/9	12.14	09.15	Youth Sail Training	All students
Sat 19/9	15.53	09.15	Youth Sail Training	All students
Sun 20/9	16.30		Bart's Bash - More details to follow	
Sat 26/9	10.48	09.15	Youth Sail Training	All students
Sat 3/10	16.08	09.15	Youth Sail Training	All students
Sat 10/10	11.03	09.15	Youth Sail Training	All students
Sat 17/10	14.55	09.15	Youth Sail Training	All students
Sat 24/10	9.15	09.15	Youth Sail Training	All students
Sat 31/10	15.01	09.15	Youth Sail Training	**Last Saturday Session** Halloween Party at FFSC
Sat 7/11		09.30	Laying Up Lunch	Pack Up Boats in the morning Fireworks at FFSC

Parent Note - the actual time of reaching the shore will often be affected by the wind and tide conditions. Our instructors will always plan the session to get back at the stated time but this is not always possible so please bear with us!

Parents and guardians are very welcome to wait in the clubhouse until their charges have been signed out. Our students are not allowed to stay in the Club outside normal Club opening hours so please make sure you are ready to collect them at the end of the session.

Things you need to know about sailing with FFYS:

What is FFYS?

FFYS is the youth training section of the Felixstowe Ferry Sailing Club and was set up specifically to teach young people (between the ages of 11 and 18) how to sail dinghies in an enjoyable, challenging and yet safe environment. In 2001 we gained Charitable Status and are registered with the Charity Commission. We are also an RYA Registered Training Establishment, and are inspected every year to ensure that our safety, teaching, equipment and procedures are up to the required standards.

How to join

You can apply to join FFYS by completing the enclosed consent form (this is essential as you cannot go on the water without it) and sending it to our membership secretary (address above). We have an annual membership fee of £1, which **we need to collect from you at your first session.**

Youth Sailing is part of the Felixstowe Ferry Sailing Club and we use these premises and facilities for our events, so you **also** need to join the Sailing Club with the enclosed Sailing Club application. The annual membership fee is £22 for Cadets (under 18) and £42 for Young Adults (18-25).

Note that Felixstowe Ferry Sailing Club has a family discount scheme, so now might be a good time for the whole family to get involved. If any adults (26 or over) in the family wish to join, then Cadets would be **free** and Young Adults would be **half price**. The adults would also be subject to a **half price offer for the first year** of membership.

For example: 1 Adult + any number of cadets = £54.00 (first year)

2 Adults + any number of cadets = £81.00 (first year)

So to join FFYS, please send to Diane Harvey (Membership Secretary):

- The FFYS Consent Form, and
- The Sailing Club Membership form (unless you're already a member), and a cheque for sailing club membership (payable to Felixstowe Ferry Sailing Club). If you have already joined the Sailing Club this year please indicate this on the consent form.

Parent Note - In previous seasons we have reached our maximum number of students in the first week or two of the season, so if you want to join us this year please get your application form back to the Membership Secretary by 6th April.

To help towards our running costs we make a charge of £8.00 per student per Saturday session, though students who act as instructors during a session will not be charged. There is a £5.00 fee per Wednesday evening session at FFSC, and £8.00 per Wednesday evening session at Alton Water. This will be collected when you register for each session.

(If anyone has difficulty meeting these costs please contact our membership secretary to discuss other options, as we don't want to prevent anyone from sailing)

Health and Safety

Safety is our prime consideration at all times. **NO YOUNG PERSON OR ADULT WILL BE ALLOWED ON THE WATER WITHOUT A LIFEJACKET OR BUOYANCY AID APPROVED BY HIS OR HER LEAD INSTRUCTOR.** Buoyancy aids will be provided for students in our beginner group where required. After their first year with us, **students are expected to bring their own buoyancy aids** since we don't have enough to supply everyone.

In addition we always have support boats in attendance whenever and wherever we sail. These are manned by qualified safety-boat drivers who can assist should you need any help. We have a high number of RYA qualified instructors present at all our training sessions so the instructor/ student ratio is kept high.

(We also have a written Child Protection policy, a designated Child Protection Officer and all our instructors and helpers have enhanced Criminal Records Bureau checks.)

Our safety procedures insist that all students sign in at the start of each session (morning, afternoon and evening sessions) and provide a contact number for a parent/guardian, so please make sure you know which one to supply. Students must also sign out before leaving - don't forget as failure to sign out may result in a pointless search being undertaken by the instructors. Any young person who is taking medication, has a medical condition or an allergy must include this information on the consent form.

All decisions relating to sailing will be made by the Senior Sailing Instructor and must be adhered to. This is for the safety of all those involved.

Will I need to be able to swim?

We do ask that our students are capable of swimming 50 metres in light clothing and we ask parents to confirm this on the consent form.

What should I wear?

Please ensure you have a towel and a change of clothing at each session, and please make sure that you've got sufficient clothes to keep you warm when you're on the water. You don't need the latest and greatest sailing gear, just plenty of layers and even a wetsuit will need layers over the top in all but the warmest conditions. Every season we have students who get very cold out on the water because they don't realise just how much cooler it is off-shore.

Though not necessary when you start with us, as you progress to the more advanced groups (Intermediate and above) a wet suit, wet boots and gloves become essential (these days they're very cheap at supermarkets).

Heavy boots and shoes are not allowed in the boats. **Soft-soled trainers (old ones please) are ideal as you can guarantee these will get wet.** A hat and sunscreen is also essential for protection as you can burn very quickly while sailing.

Will I get wet?

To be quite honest we'd be amazed if you didn't! Feet and legs will always get wet when launching and landing and training sessions sometimes finish with water fights between the boats!

What will I do if I join?

To start with you will sail with one of our instructors before moving on to crew with some of the other students. After suitable training you'll find yourself sailing solo in one of our popular Picos or with your own crew in a RS Feva!

If the weather is bad we'll run a reduced programme and you'll get a chance to show off your newly acquired sailing knowledge as we cover some of the theory required for the RYA qualifications.

Where will we sail?

This all depends on the tide and weather but generally we'll either sail up the River Deben towards Ramsholt or out to sea in front of Bawdsey Manor or 'The Dip'.

What will I sail in?

We have a number of dinghies in which you will sail. Initially you'll start off with an instructor in a Wayfarer with 2 or 3 other students. As you gain more confidence, you'll get the opportunity to crew and helm one of our smaller 2 man dinghies such as a Hartley 12.2, RS Feva or Pico. For our older and more experienced students we have faster boats such as Lasers, 2000s, Buzzes and of course the new Dart 16 catamarans.

Will I get any formal qualifications?

FFYS is a RYA Recognised Training Establishment and we use its training programme, which leads to formal qualifications and certificates at all levels. These qualifications are recognised around the world by sailing establishments, and you may include them in your National Record of Achievement at school and they can be counted towards gaining Duke of Edinburgh Awards.

Helpers and Instructors

The success of Youth Sailing depends totally on our volunteer instructors and helpers and it takes a lot of effort to run our sailing sessions. Many of these instructors and helpers have come to us as a consequence of having children who sail (or sailed) with FFYS. Many have stayed with us long after their own children have moved on, which is a measure of the satisfaction and pleasure they experience in working with our youngsters. In most cases these parents have either honed or learnt the skills and obtained their qualifications with us. To this end we are always keen to introduce interested parents to our activities and to provide training and courses for them to gain RYA powerboat and sailing qualifications. Some of this training is done during our normal sessions and some is done on Monday evenings during the season. If you are interested in helping then please have a word with us - it's much more fun than cutting the grass on a Saturday morning!