



## **THURSDAY CLUB**

# **WHAT WE ARE ABOUT**

## **2019**

Sandy Point  
Hayling Island  
Hampshire  
PO11 9SL

HISC Thursday Club is a Community Club operating every Thursday afternoon between May & September. It is open between 4pm and 6.30pm for youngsters aged 8 – 18 to give them a taster of sailing/paddle boarding and if they choose, the option to learn to sail or paddleboard.

The instructors at HISC Thursday Club are all RYA qualified.

All activities at HISC Thursday Club are carried out with safety as the priority.

## **Roles and Responsibilities**

The management of the Thursday Club is the responsibility of Mike Baker. Mike Baker is the Senior Trustee of Hayling Island Sailing Club, Past Commodore and Founder of the HISC Community Youth Sailing Scheme known as "The Thursday Club".

The Thursday Club Training Officer has overall Control of the Training.

**Training Officer** is Catherine Massey:

All training will take place under the control of the Training Officer or nominated senior instructor. The Training Officer timetables the training and organises the groups and all the resources required and normally gives a briefing to all sailors and introduces instructors.

## **Courses/Training**

All youngsters must be booked in and the required forms filled in, including their medical information.

The booking in team carries this out.

The youngsters are split into groups as follows using a colour card system:

**Introduction to Water (Blue)**  
**Beginners (Yellow)**  
**Improvers (Red)**  
**Intermediate (White)**  
**Experienced (Green)**  
**Race Coaching. (White & Green)**

### **Introduction to Water (Blue)**

Absolute Beginners introduction to paddle boards and basic boat use for youngsters with very little or no experience. Youngsters will get to use paddle boards and practice balance in an Optimist without sails. They will be accompanied by experienced Dinghy Instructors and Assistant Dinghy Instructors.

### **Beginners (Yellow)**

Introduction to sailing and sailing basics for youngsters with little or no experience. Youngsters will sail in Thursday Club Teras and learn to handle / control a boat under sail in benign conditions. They will be accompanied by an experienced helm or assistant instructor. The instructor will inform the Administration Officer when the youngster is ready to sail independently.

### **Improvers (Red)**

To improve sailing ability in more challenging conditions. Also use the Thursday Club boats, Tera, Zest, and Feva.

### **Intermediate (White)**

Would normally sail on the waters shaded green on the site plan. Learn to sail in all weathers and conditions. Once again in Thursday Club boats. Vision, Venture, Tera, Feva, Zest.

### **Experienced (Green)**

As with Intermediate but with the addition of being prepared, and able, to take out a beginner in a two-man boat to give encouragement and a certain amount of coaching.

### **Race Coaching. (White & Green)**

Youngsters who are judged to be of a suitable standard can take part in race coaching and are taught racing skills. Race coaches run this with no more than 10 in a group. All Thursday Club boats are used.

### Blue Colour Cards

Ref	Description
B1	Aware of the wind direction
B2	Able to put a buoyancy aid on
B3	Confident in the water with a buoyancy aid
B4	Know what to wear when going sailing
B5	Know how to call for assistance
B6	Have an awareness of tide. (knowledge of what tide is, its strength and an understanding of what the "state" of the tide is at any particular time)
B7	Able to balance on a paddleboard kneeling, then standing up
B8	Able to paddle the board on a towrope
B9	Able to paddle the board on their own
B10	Row an Optimist without sails.
B11	Star jumps and balance practising in an Optimist
B12	Participate to learn how many people does it take to sink an Optimist
B13	Able to sail an Optimist out and back under supervision. (From one instructor on the beach to an instructor in a rib who turns them around and sends them back to the beach)
B14	Able to rig and de-rig an Optimist
B15	Wash the boat or paddleboard and help put it away

## Yellow Colour Cards

Ref	Description
Y1	Aware of wind direction
Y2	Able to put on buoyancy aid
Y3	Confident in water with buoyancy aid
Y4	Able to rig allocated boat
Y5	Able to cleat halyard
Y6	Able to cleat painter
Y7	Able to do tacking land drill
Y8	Able to launch allocated boat
Y9	Able to go about
Y10	Able to pick up tow, steer and drop tow
Y11	Able to paddle, row around short triangle course
Y12	Able to use mainsheet to control speed
Y13	Able to return to beach in controlled manner
Y14	Able to capsize and stay with boat
Y15	Know basic principles of stopping and controlling speed
Y16	Know what to wear when sailing
Y17	Know basic parts of boat
Y18	Know how to call for assistance
Y19	Know how to prepare to be towed
Y20	Can assist with recovery and stowage
YK1	Round turn and two half hitches
YK2	Figure of eight
YK3	Stopper knot
Y21	Yellow sailing test

## Red Colour Cards

Ref	Description
R1	Able to rig allocated boat
R2	Able to get under way and return to the shore in an offshore wind
R3	Able to right allocated boat following capsize
R4	Able to do tacking land drill using a dagger grip tiller extension
R5	Able to beat to windward using dagger grip tiller extension
R6	Able to get out of "irons"
R7	Able to do gybing land drill using dagger grip tiller extension
R8	Able to gybe in light winds
R9	Able to sail triangular course
R10	Able to stop a dinghy by lying to
R11	Know the basic port / starboard rule
R12	Know what is meant by "no-go" zone
R13	Know how to choose the right personal buoyancy
R14	Know what is meant by offshore and onshore winds
R15	Know what is meant by windward and leeward
R16	Know how to prepare for a multiple tow
R17	Know different ways of finding wind direction
RK1	Bowline
RK2	Reef Knot
RK3	Single sheet bend
R18	Red sailing test

### White Colour Cards (DOUBLE HANDED BOATS)

Ref	Description
W1	Able to rig allocated boat
W2	Able to do tacking land drill using tiller extension
W3	Able to do gybing land drill using tiller extension
W4	Able to gybe in light winds
W5	Able to get under way and return to shore in an offshore wind
W6	Able to right allocated boat after capsizing
W7	Able to beat to windward using tiller extension
W8	Able to get out of "irons"
W9	Able to steer a triangular course using tiller extension
W10	Able to stop a dinghy by lying-to
W11	Able to come alongside a RIB
W12	Know what is meant by the "no-go" zone
W13	Know how to prepare for a multiple tow
W14	Know how to choose the right personal buoyancy
W15	Know different ways of finding the wind
W16	Know what is meant be onshore and offshore winds
W17	Know what is meant be windward and leeward
W18	Have basic knowledge of port / starboard rule
WK1	Clove hitch
WK2	Bowline
WK3	Reef knot
WK4	Double sheet bend
W19	White sailing test

## Green Colour Cards

Ref	Description
G1	Able to rig allocated boat unaided
G2	Able to reef dinghy ashore
G3	Able to sail backwards away from pontoon / shore in an offshore wind
G4	Able to lie-to and heave-to
G5	Able to demonstrate all points of sailing in a medium wind
G6	Able to apply the five essentials
G7	Able to return to the pontoon /shore safely in an onshore wind
G8	Able to pick up a man overboard
G9	Able to pick up a mooring
G10	Able to reef boat on a mooring
G11	Able to rig, launch and return to the pontoon /shore in an offshore wind
G12	Able to rig, launch and return to the pontoon /shore in an onshore wind
G13	Able to participate safely in simple races
G14	Able to apply the basic "rules of the road"
G15	Able to right allocated boat after capsizing
G16	Know the points of sailing
G17	Know the principles of anchoring
G18	Know how a sail works
G19	Know the basic "rules of the road"
G20	Know the basics of beginners racing
G21	Know how to obtain weather and tidal forecasts
G22	Know when to reef
G23	Know what action to take to help those in distress
G24	Know the dangers of hypothermia
G25	Know the importance of boat, buoyancy, personal and basic safety equipment
GK1	Round turn and two half hitches
GK2	Bowline
GK3	Single and double sheet bend
GK4	Clove hitch
GK5	Reef knot
GK6	Rolling hitch
GK7	Able to throw a tow line
G26	Green sailing test