



THURSDAY CLUB

WHAT WE ARE ABOUT

2015

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 10 – 16 to give them a taster of sailing/windsurfing and if they choose the option to learn to sail or windsurf.

The instructors at HISC Thursday Club are all RYA qualified.

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

Read our Disclosure and Barring Service Policy Document.

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

Beginners (Yellow)

Introduction to sailing and sailing basics for youngsters with little or no experience.

Youngsters will sail in Thursday Club Tera 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, Quba, 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, Quba,

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.

The same Card System is in place for Windsurfer Instruction. Training is modified to suit windsurfers as necessary.

Yellow Colour Cards

Ref	Description
Y1	Look, listen and follow your instructors instructions
Y2	Aware of wind direction
Y3	Able to put on buoyancy aid
Y4	Confident in water with buoyancy aid
Y5	Assist in rigging allocated boat
Y6	Able to cleat halyard
Y7	Able to secure boat to trolley
Y8	Able to do tacking land drill
Y9	Assist in launching allocated boat
Y10	Able to go about
Y11	Able to steer when being towed
Y12	Able to paddle, row around short triangle course
Y13	Able to use mainsheet to control speed
Y14	Able to return to beach in controlled manner
Y15	Able to capsize and stay with boat
Y16	Know basic principles of stopping and controlling speed
Y17	Know what to wear when sailing
Y18	Know basic parts of boat
Y19	Know how to call for assistance
Y20	Know how to prepare to be towed alongside
Y21	Able to wash down boat
Y22	Able to stow equipment and replace boat cover
Y23	Participate in dry land or waist deep water capsize
Y24	Understand what is meant by the "no-go" zone
YK1	Round turn and two half hitches
YK2	Figure of eight
YK3	Stopper knot
Y25	Yellow sailing test

Red Colour Cards

Ref	Description
R1	Look, listen and follow your instructors instructions
R2	Able to rig allocated boat
R3	Able to get under way and return to the shore in an offshore wind
R4	Able to right allocated boat following capsize
R5	Able to do tacking land drill using a dagger grip tiller extension
R6	Able to beat to windward using dagger grip tiller extension
R7	Able to get out of "irons"
R8	Able to do gybing land drill using dagger grip tiller extension
R9	Able to gybe in light winds
R10	Able to sail triangular course
R11	Able to stop a dinghy by lying to
R12	Have the basic knowledge of the port / starboard rule
R13	Know what is meant by "no-go" zone
R14	Know how to choose the right personal buoyancy
R15	Know what is meant by offshore and onshore winds
R16	Know what is meant by windward and leeward
R17	Know how to prepare to be towed behind
R18	Know different ways of finding wind direction
R19	Have a basic knowledge of the wind scale
R20	Have a knowledge of the "five essentials"
R21	Have a basic knowledge of the "rules of the road"
RK1	Round turn and two half hitches
RK2	Figure of eight
RK3	Stopper knot
RK4	Bowline
RK4	Reef Knot
RK6	Clove Hitch
R22	Red sailing test

White Colour Cards (DOUBLE HANDED BOATS)

Ref	Description
W1	Look, listen and follow your instructors instructions
W2	Able to rig allocated boat
W3	Able to do tacking land drill using tiller extension
W4	Able to do gybing land drill using tiller extension
W5	Able to gybe in light winds
W6	Able to get under way and return to shore in an offshore wind
W7	Able to right allocated boat after capsize
W8	Able to beat to windward using tiller extension
W9	Able to get out of "irons"
W10	Able to steer a triangular course using tiller extension
W11	Able to stop a dinghy by lying-to
W12	Able to come alongside a RIB
W13	Know what is meant by the "no-go" zone
W14	Know how to prepare to be towed in a multiple tow
W15	Know how to choose the right personal buoyancy
W16	Know different ways of finding the wind
W17	Know what is meant by onshore and offshore winds
W18	Know what is meant by windward and leeward
W19	Know and understand the port / starboard rule
W20	Have a basic knowledge of the Beaufort wind scale
W21	Know the "five essentials"
W22	Know the "rules of the road"
W23	Have a knowledge of racing starts
WK1	Round turn and two half hitches
WK2	Figure of eight
WK3	Stopper knot
WK4	Bowline
WK5	Reef Knot
WK6	Clove Hitch
W24	White sailing test

Green Colour Cards

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

Safeguarding and Child Protection Policy

The Thursday Club has adopted the Hayling Island Sailing Club Safeguarding and Child Protection Policy.

Copies of this policy are available via the HISC Office or by following the link on the HISC Website. https://www.hisc.co.uk/media/12376/cp_policy.pdf