



The Role of Parents at Christchurch Sailing Club



Organising junior sailing is great fun and we always need parents to become involved.

As we work to increase the number of organized sailing events, and get more kids afloat, our dependency on parents & volunteers increases. So, without your help, we won't have enough volunteers and the children can't sail.

Every time the fleet goes out there must be a team of suitably qualified and experienced coaches and instructors, however, running training or racing sessions requires more than just coaching support, it requires parent power.

To take a fleet of 12 boats into the harbour we need 2 or 3 support boats with a driver and a crew in each. On shore, we need parents to help rig dinghies where necessary (Juniors are encouraged to rig their own boats), launch and recover at the end of the session.

RIB drivers need to hold a minimum of RYA Power Boat Level 2 and ideally an RYA Safety Boat qualification with at least one of the supervisors or assistants on the water holding an up-to-date first aid certificate.

Christchurch Sailing Club invests in training for junior coaches and volunteers each year to ensure we always have a good range of skills and qualifications within the coaching team. We always need more qualified helpers and are keen to train new coaches and instructors. Please see 'Getting Qualified' further along in this document.

Can Parents come out on the water whilst the children sail?

We welcome volunteers either as crew or, if you have a suitable qualification, as coaches and safety boat drivers.

We also rely on members' RIBS and support boats to help us provide cover so if you're able to help us, please get in touch.

Helpers do not need to be qualified instructors, experienced sailors or safety boat drivers - just by crewing in a safety boat you will gain experience and be able to consider obtaining your own qualifications when the time is right.

Having parents on the water whilst their child is training or racing isn't always considered to be "good news" by coaches, so a few ground-rules should be established to ensure things run smoothly:

- ✓ Allow the coaches to do the coaching! Please don't offer advice or guidance to sailors unless invited to do so
- ✓ Keep communications with your own child to a minimum while training is underway. They'll appreciate your presence on the water but please don't shout words of advice, criticism or encouragement – they'll find this distracting. Even your body language is important so if they're not doing too well avoid rolling your eyes, muttering under your breath or making gestures!
- ✓ Don't speak to the coach too often unless spoken to. In particular, do not discuss your own child's performance. The coaches need to be attentive to every child in the group and it can be distracting for them to be constantly reminded about one sailor! There will be plenty of opportunities to speak with the coaches after the session has ended and they will be pleased to give you feedback on your own child's performance.

Anyone helping with the junior squad sessions will be required to complete a self-declaration form for child protection and a medical questionnaire.

Do parents have to stay at the club whilst children sail?

In short, yes or we need someone acting “in loco parentis” available ashore in case we need to bring any sailors back early. If you are nominating someone to act as in loco parentis, please ensure the coaching team know the name of your nomination.

It's very important to be able to contact all parents at all times, so make sure we have your up to date contact details.

Many of your children need help rigging, launching and recovering their boats with younger sailors needing help putting their boats away at the end of the session. Parents are expected to be in attendance to help their children complete these tasks correctly.

What other support can parents provide?

The most important role of a parent is to encourage and support your children.

We can't teach children to love sailing, and without a passion for the sport and a desire to learn, coaching really doesn't help. The coaching team is there to help improve their skills but the biggest influence in your child's sailing development is you.

Ensuring they are well rested and fed, properly equipped for the conditions and that the boat is rigged and working properly are all key to children's enjoyment and success in sailing.

Running the junior section involves more than just arranging a spot of sailing, there is a huge amount involved with, parent help is vital for success. If your talents are more land based then there is also plenty of work to be done ashore, for example:

- Organizing social events
- Registration
- Slipway duties
- Helping with boat maintenance
- Fund raising
- Merchandise
- Publicity

Together, our parents helping afloat and ashore are known as the Parent Helper Team. There is space and a place for everyone to pitch in with their talents and efforts to help make the junior section run smoothly and successfully so please make yourself known and talk to us about how you can help.

Getting Qualified

There are many ways to get qualified and the club can help with this. The club is a recognized RYA Training Centre offering a number of courses to members. We even have a discount scheme in place which allows anybody who wishes to obtain RYA Powerboat Level 2 or RYA Safety Boat course to receive 50% off the course if they sign up for 5 duties in one season. The club also provides regular first aid training dates.

If you want to get out on the water and help with the coaching and instructing and have regularly raced a dinghy before, you could qualify as an RYA Club Race Coach. This is a weekend long course, speak to one of the team who will happily point you in the right direction.

Finally, if you don't suffer from sea sickness and are physically fit, you can be a rescue boat crew immediately



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Guidelines on behaviour around the club

The Junior Squad coaching team are only responsible for your children from the beginning of a session until it ends. Once the sailors have been dismissed for the day/evening they are your responsibility.

As part of the Christchurch Sailing Club we are all members and all must abide by club rules. The club rule book can be found on the website under the downloads page. The bylaws within the club rule book are standard etiquette on how to treat everybody with respect. These rules also apply to the Junior Squad, your children. It is vital that you and your families respect the club and be respectful to other members using it. Please enforce the following guidelines to keep the club a happy club:

- ✓ If we are running a Junior Squad BBQ, food is for consumption outside on the hard please, only Graham's provisions are for inside the club house
- ✓ The entrance hall must be kept clear by either leaving kit bags in the changing rooms or move straight to your cars
- ✓ The Training Room is a great place for the younger sailors to socialise after sessions but it's not a playground. Please stop your children from running and bouncing around in the room
- ✓ Similarly, it's great for the sailors to socialise outside but running around and causing havoc isn't an option, this includes climbing on any club racking, member's boats or any of our fences or trees
- ✓ All sailors under 12 need to be accompanied and supervised by a responsible adult whilst at the club site