

Know how: COILING A ROPE

Whether the line is being left on deck ready for next time, or stowed away in a locker, it's important to coil it properly so that it doesn't get tangled. Follow these simple steps and you'll have it mastered in no time!

1. If you're right handed, hold the coils in your left hand (and if you're left handed hold them in your right hand).



2. The secret of a good coil is to twist your right hand outward as you make each coil. This stops the coil from kinking up.



3. To keep the coils the same length, use the width of your arm for each coil.



Oops! How not to coil a rope.... If it ends up looking like this, you've been forgetting to twist your hand outwards as you go.

Go back to step two and have another go

Know how: WHAT'S AFOOT?

When you're onboard, you need to be able to move around quickly and easily. And you want warm, protected feet.... Cold feet or stubbed toes will ruin your day.

On a big boat, you'll need boots or deck shoes if the weather is nice. Trainers that leave black marks all over the deck won't be popular with the skipper!

On a dinghy or a windsurfer, wetsuit shoes or boots keep your feet warm and are good for grip. Always think ahead- take our advice and wear the right shoes!



STAY SAFE ON THE WATER

While boating is all about having fun, make sure you stay safe. If you are worried about the way another child or adult is treating you or someone else, you can speak to the Welfare Officer at your Club or Centre. You should be able to find their contact details on the notice board.

If you'd rather speak to someone else, here are some other useful contacts:

**RYA Child Protection Officer,
Jackie Reid - 023 8060 4104**

Childline www.childline.org.uk - 0800 1111

NSPCC www.nspcc.org.uk - 0808 800 5000

**Kidscape (anti-bullying)
www.kidscape.org.uk - 0207 730 3300**

Spotlight: DINGHY SAILING

It's an exciting and easy way for you to begin sailing and once you've learnt you'll be able to take a boat out alone, or with your family.

FAST FACTS

- Dinghies come in many shapes and sizes. Optimist dinghies are specially designed for sailors aged 8-15 years old.
- You don't need to live near the sea to learn to dinghy sail - you can learn on a lake or a reservoir as well.
- Wind and weather will change the way your dinghy sails from day-to-day, making it either faster or slower.

WANT TO LEARN?

- You can try dinghy sailing out by taking a taster day at one of our Training Centres or Sailing Clubs near your home or even while you're on holiday.
- Your Training Centre should provide you with the kit. Although you may want to get your own sailing gloves, sun cream and sunglasses!
- If you're 8 years or older, why don't you find out about your nearest OnBoard scheme, it's a great place to start learning to sail a dinghy. Find out more by visiting www.ruob.co.uk



WHAT IF I CAPSIZE?

Yes it's true, dinghies do capsize occasionally, but don't worry, it's easy to get it back in and start sailing again!

When you're learning to sail, your instructor will teach you how to right your boat. Here are some tips which you should try to remember...once you get the hang of it, you'll be doing it just for fun!

1. Swim to the stern and check the rudder.
2. Hold the mainsheet and swim to the daggerboard.
3. To right the boat, pull on the daggerboard or climb onto it.
4. As you pull on the side of the hull, the boat will right itself and you can climb back in.

