



Chichester  
Yacht Club

# Club Training and Coaching Programme 2014



CYC Dinghies website



CYC Website

[www.cycdinghies.co.uk](http://www.cycdinghies.co.uk) for more details  
or call 01243 512918



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## CHICHESTER YACHT CLUB

Situated on the foreshore of Chichester Harbour, Chichester Yacht Club has sheltered waters where we offer practical, water-based tuition in dinghy sailing and power-boating. Chichester sailing area offers the excitement of sea sailing but in a safer environment. We also offer a range of shore-based courses to complement the water-based courses so you can build on your sailing knowledge.

We provide group sessions as well as courses for individuals, for all ages and abilities ranging from complete beginners to experienced seafarers.

Chichester Yacht Club has a range of dinghies and performance craft and an experienced instruction and coaching team who will deliver a rewarding and enjoyable experience.



Chichester Yacht Club Sailing Area



Location of CYC in Chichester Harbour

Remember to check [www.cycdinghies.co.uk](http://www.cycdinghies.co.uk) for updates

## GENERAL INFORMATION

Chichester Yacht Club offers both RYA training courses and club coaching. RYA training courses are offered to members and non-members. Club coaching is available for Chichester Yacht Club members only.

Power boating and dinghy sailing are wet sports therefore warm waterproof clothing is required. This gear should include hats, gloves and warm footwear and, of course, a reliable lifejacket or buoyancy aid and sun cream.

For dinghy sailing you will also need ideally a wetsuit, swimming costume or trunks, towel, an old t-shirt or fleece, sports or lightweight long trousers. A pair of trainers or similar that can get wet, and a windproof jacket.

**Please remember the water is often a lot colder than you think and the wind will make it colder out of the water.**



During the lunch break, the Club and beach area remains staffed. Food is available from our restaurant/Tea Bar – please ask for details. We accept NO responsibility for those persons leaving the site. Parents/guardians of children attending courses are welcome to attend the morning safety briefing.

If you have any queries, either before or during the course, please do not hesitate to contact the office or ask one of our fully qualified instructors.

### SAFETY

CYC is governed by the RYA and is an RYA Recognised Training Centre. This means that the RYA has inspected our training provision and accredited Chichester Yacht Club.

All our instructors hold RYA qualifications. We have a full risk assessment which can be viewed on request. Buoyancy aids must be worn at all times on the water.

Remember to check [www.cycdinghies.co.uk](http://www.cycdinghies.co.uk) for updates



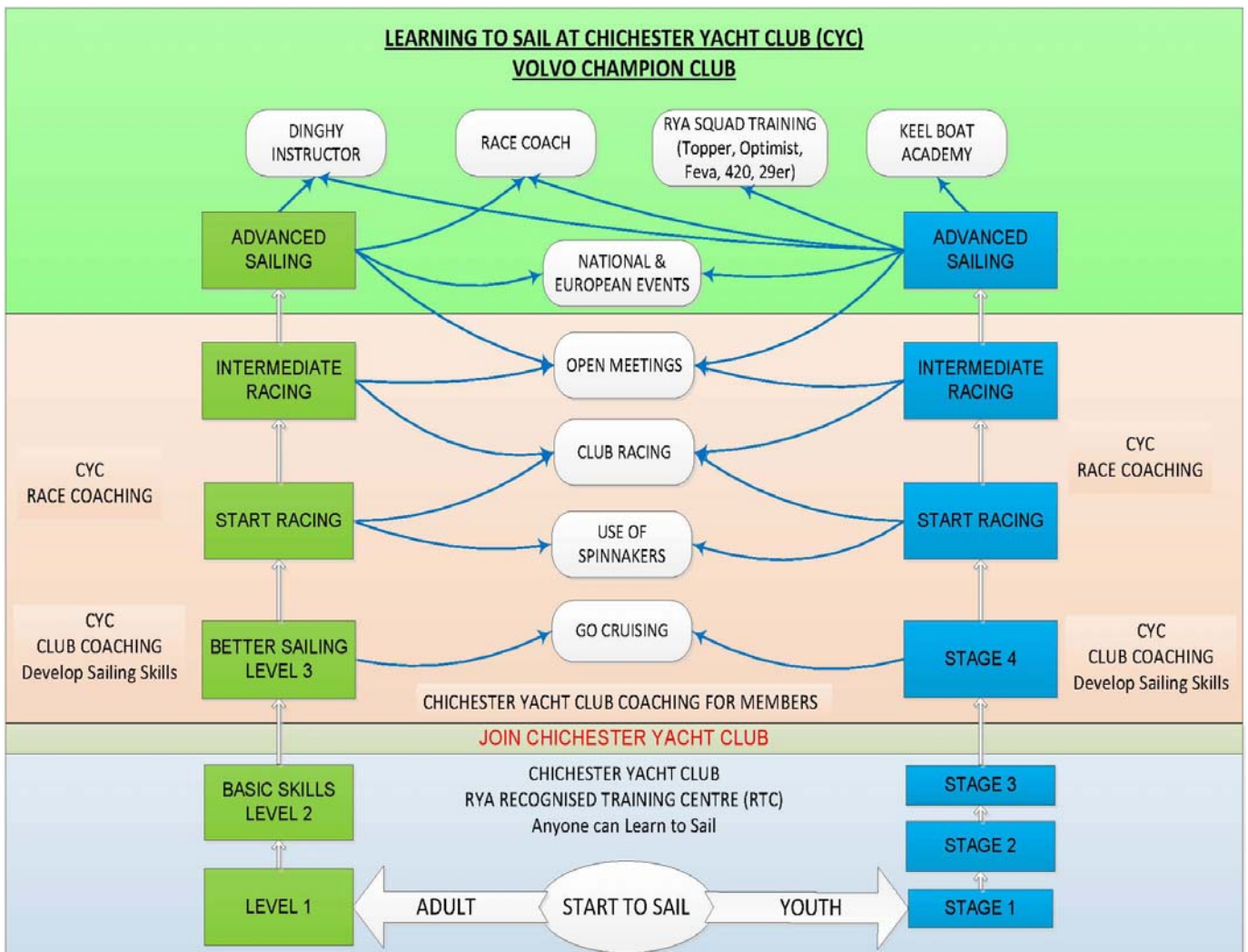


Certified courses are run under the auspices of the RYA training and inspection scheme offering the best possible tuition under the leadership of the Club Principal. We offer a wide range of courses to suit all age groups with varying levels of ability. In addition to sailing and power boat courses, we also facilitate a variety of RYA shore based courses.

The RYA refers to all children’s courses as Youth Courses. This includes Optimist sailing.

## DINGHY SAILING

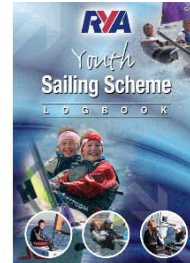
### Our Dinghy Training Pathway at Chichester Yacht Club



Note: the levels and stages indicated in the CYC Club Coaching are an indication of the equivalent RYA proficiency. Certificates will not necessarily be issued.

# YOUTH COURSES

## RYA TRAINING COURSES



	STAGE 1	STAGE 2	STAGE 3	STAGE 4
	A basic understanding of how a boat sails, with some experience of steering and handling the boat	A range of sailing skills and knowledge to help in becoming a confident sailor	Rigging, launching and sailing in any direction. Equivalent to Level 2 in the National Sailing Scheme	Sail a double handed boat as crew or helm, and solve a variety of problems afloat. (optional if Stage 3 was taken in a double hander)
<b>Assumed knowledge</b>	None	Stage 1, unless you are doing a combined Stage 1 and 2 course. Basic knowledge and steering ability	Up to and including the Stage 2 course	Up to and including Stage 3
<b>Minimum duration</b>	2 days	2 days	2 days	2 days
<b>Minimum age</b>	None, but training centres often take children from the age of 8	None, but training centres often take children from the age of 8	None, but training centres often take children from the age of 8	None, but training centres often take children from the age of 8
<b>Course content</b>	Launching and recovery, steering, parts of the boat, basic sailing	Basic sailing skills, ropework, collision avoidance	Rigging, launching and recovery, sailing techniques, capsized recovery, sailing theory	Rigging, launching and recovery, sailing techniques and manoeuvres in crewed boats, recovering a man overboard
<b>Ability after course</b>	Able to steer and understand basic principles	Able to tack and control boat speed, and understand basic principles	Able to launch and sail a dinghy around a triangle in moderate conditions	Can launch and return to a beach, jetty or mooring, and sail a crewed dinghy around a triangle in moderate conditions

For these stages, course books and certificates are provided.

### RYA Stage 1

A fantastic Introduction to sailing. Have lots of fun while gaining confidence on the water. By the end of two days you will have a basic understanding of how a boat sails, and some experience of steering and handling the boat. You will start to understand wind direction and be introduced to rigging, launching and recovering a dinghy.

### RYA Stage 2

An excellent course that builds on the initial skills covered in Stage 1. You'll learn more about the points of sailing, rigging, launching, tacking and gibing and be well on the way to being a confident small boat sailor. When you can hike out and lean back, as your boat cuts through the water, you'll really feel the exhilaration of sailing.

Remember to check [www.cycdinghies.co.uk](http://www.cycdinghies.co.uk) for updates

### **RYA Stage 3**

This builds on Stages 1 and 2, after you have spent some time on the water practising and consolidating what you have already learned. This two day course covers a variety of practical boat skills, such as man overboard, coming along side and picking up a mooring. We'll have you speeding along in no time! To add to the excitement, you will learn some theory, including tidal information, weather and boat controls. Once you are accomplished at this stage, you can join in the Club coaching as a member.

### **RYA Stage 4**

An excellent course that helps you to prepare for moving onto the RYA advanced modules, applying the skills mastered in Stage 3 to two person dinghies. Stage 4 will run according to demand.

**See schedule D for dates and costs.**

**Club boats for Hire: If you don't have your own boat, Optimists, Toppers and Fevas are available to hire for these sessions. See Dinghy Hire page 20.**

**HOW TO BOOK: contact the CYC office on 01243 512918; email: [office@cyc.co.uk](mailto:office@cyc.co.uk)**



Remember to check [www.cycdinghies.co.uk](http://www.cycdinghies.co.uk) for updates

## CLUB OPTIMIST TRAINING



The Oppie fleet continues to go from strength to strength with great progress made by all groups and many young sailors are now regularly participating in club racing, travelling to Open Meetings and have been selected for places in the prestigious national squads. We would like to continue to encourage the fleet as a whole to get a taste for racing and experience enjoyable confident sailing in our beautiful harbour.

Our sessions, coached by RYA Instructors will aim to help the transition from coaching to club racing and provide a fun and challenging format to build confidence and improve skills at all levels.

**Sailors joining the Oppie Group should have the ability to sail confidently around a triangular course in most weather conditions.** Beginners have the opportunity to gain their RYA Stage 1, 2 & 3 through the CYC RTC programmes, See page 5

To begin the season an Easter Training Week is planned offering full day sessions. This week will be an exciting mix of training, racing and fun water and shore based activities.

Throughout the spring and summer, coached sessions to improve boat handling, boat speed, develop race techniques and learn the racing rules, will be held at weekends. They will include mini races and trophies to win!

We also plan to have sail-away days to East Head or Dell Quay (see the harbour map at the beginning of the brochure!)

2013 saw an exciting development with the introduction of two Oppie Summer Race Series, running alongside club racing and with a dedicated Optimist start line. These races have a coach boat for support and encouragement for those new to racing.

As this is a voluntary, parent led group that will support the instructors, the parents must remain on site and be responsible for their children during all the sessions and we actively encourage all parents to get involved!

We look forward to seeing you on the water....

**See schedule B for dates and costs.**

**Club boats for Hire: If you don't have your own boat, Optimists are available for hire for these sessions. See Dinghy Hire page 20.**

**HOW TO BOOK: contact the Optimist club training coordinator on [optimists@cycdinghies.co.uk](mailto:optimists@cycdinghies.co.uk)**

Remember to check [www.cycdinghies.co.uk](http://www.cycdinghies.co.uk) for updates



## RYA CHAMPION CLUB YOUTH TRAINING



Chichester Yacht Club was granted Champion Club status in 2008. This means we were able to expand our training programme at club level, with support from the RYA. This training is available for Club members and continues under the new RYA Champion Club status earned in 2013.

This training is designed to follow on from the RYA courses. Participants need to be able to sail a triangle in reasonable wind conditions and to have achieved RYA stage 3 **or equivalent**. Water tests can be arranged for sailors who have not done RYA stages.

With an ethos based on fun and enjoyment, we run challenging and constructive training programmes to provide sailors with the techniques and opportunity to master sailing skills and develop at Club level. The training is provided by qualified RYA race coaches and instructors.

We divide into groups of 6-8 sailors according to ability. The programme starts with *Confidence Building* then moves on to *Starting to Race* which leads into *Advanced Racing*. In this way, the students are encouraged to join in with Club racing. We also teach sailors the skills to progress into regional competition and ultimately the very best chance of being selected for RYA squad based training.

We usually have Topper and Feva groups on these days, but can include Lasers depending on demand.

Chichester Yacht Club can award certificates for the RYA Start, Intermediate or Advanced racing.

Coaching days are normally 6 hours, based around high tide, and usually consists of two on-the-water sessions with briefings, de-briefings and video feedback for those good and not so good moments. There is plenty of opportunity to learn, practise and ask questions in a friendly environment.

These sessions are run by members for members, with many of the coaches giving their time freely. We ask parents to support and help on the training days, so we can keep costs and training fees to a minimum. Refer to [www.cycdinghies.co.uk](http://www.cycdinghies.co.uk) for further information.

**See schedule C for dates and costs.**

**Club boats for Hire: If you don't have your own boat, Toppers and Fevas are available for hire for these sessions. See Dinghy Hire page 20.**

**HOW TO BOOK: contact the Youth Club Training coordinator on [coaching@cyc.co.uk](mailto:coaching@cyc.co.uk) Please write "FAO Youth training" in subject line.**

Remember to check [www.cycdinghies.co.uk](http://www.cycdinghies.co.uk) for updates

**LASER COACHING** - open to Youth and Adult Sailors, see page 13

## **TIME ON THE WATER**

Informal sessions aimed at those young sailors who need to improve their skills after taking their RYA stage 2, and spend more time practising before entering for their RYA Stage 3. Open to sailors not doing RYA stages also. Run in Oppies and Toppers mainly.

Can be expanded to run an adult group if there is demand. Please ask.

Have some fun and sort out your boat handling at the same time!

**See schedule B for dates and costs.**

**Club boats for Hire: If you don't have your own boat, Optimists, Toppers and Fevas are available to hire for these sessions. See Dinghy Hire page 20.**

**HOW TO BOOK: contact the Time on the Water coordinator on [coaching@cyc.co.uk](mailto:coaching@cyc.co.uk)  
Please write "FAO Time on the Water" in the subject line.**

## **AFTER SCHOOL SAILING**

These evenings aim to encourage young sailors to get on the water for some fun, gaining confidence and learning what the boat will and won't do outside of formal training or racing. We'll play games 'at sea' and you'll find that your boat handling skills improve, without even thinking about it! The sessions will be held on Fridays in the summer term, when there is water.

**See schedule C for dates and costs.**

**Club boats for Hire: If you don't have your own boat, Optimists, Toppers and Fevas are available to hire for these sessions. See Dinghy Hire page 20.**

**HOW TO BOOK: contact the After School Club coordinator on [coaching@cyc.co.uk](mailto:coaching@cyc.co.uk)  
Please write "FAO After School" in subject line.**

## COURSES FOR ADULTS

### Chichester Yacht Club RYA training courses, run by our RYA Recognised Training Centre

For these levels, course books and certificates are provided.

	LEVEL 1 Introducing you sailing with all you need to know to get afloat under supervision	LEVEL 2 Setting out the foundations of sailing for you	LEVEL 3 Consolidating skills and trying new ones
<b>Assumed knowledge</b>	None	Sailing skills to the standard of Level 1	Sailing skills to the standard of Level 2
<b>Minimum duration</b>	2 days	2 days, but is often combined with the Level 1 course into a 4 or 5 day course	2 days or equivalent
<b>Minimum age</b>	16	16	16
<b>Course content</b>	How to sail in all directions, including an awareness of launching and recovering	Rigging, launching, sailing in all directions. Capsize recovery and essential safety knowledge	Coaching of level 1 and 2 skills and taster sessions from the advanced modules
<b>Ability after course</b>	Able to sail in light winds under supervision	Able to sail and make decisions in good conditions	More confident in sailing skills and techniques, and ready to progress onto the advanced modules

#### **RYA Level 1 - *Start Sailing***

This course provides the perfect balance of theory and practical instruction in dinghy sailing for the **complete** beginner. It is a gentle introduction to sailing, where you will learn the basics of rigging a dinghy and how to get afloat for the first time. By the end we expect that you will be able to sail in light winds, under supervision. It is recommended that you consolidate this introduction with the Level 2 course.

#### **RYA Level 2 - *Basic Skills***

The next step after RYA Level 1 is to develop competence and independent sailing skills so you can really get to grips with the sport. By the end of the course, you should be able to sail independently in good conditions in any direction and rig and launch your boat. Members of Chichester Yacht Club will be able to hire Club dinghies (except Lasers) to sail when there is safety cover available.

Level 2 provides you with the sailing techniques, manoeuvres and knowledge to become a confident dinghy sailor in good conditions. Chichester Yacht Club members who have completed this course will be able to progress to Club Adult Training.

#### **RYA Level 3 - *Better Sailing***

The RYA Level 3 course is fully integrated in the National Sailing Scheme. Level 3 will give you the opportunity to practise techniques introduced at Level 1 and Level 2. Level 3 will develop your performance by teaching skills in seamanship, racing and spinnaker use.

RYA Level 3 courses are run according to demand. Level 3 is also covered without certification by the Adult Club Training for members.

**See schedule D for dates and costs.**

**Club boats for Hire: If you don't have your own boat, Lasers, Fevas, and a 2000 are available to hire for these sessions. See Dinghy Hire page 20.**

**HOW TO BOOK: contact the CYC office on 01243 512918; email: [office@cyc.co.uk](mailto:office@cyc.co.uk)**

Remember to check [www.cycdinghies.co.uk](http://www.cycdinghies.co.uk) for updates

## **RYA ADVANCED DINGHY MODULES, run by our Recognised Training Centre.**

Some sailing experience is required after completing Youth Stage 4 or Adult Basic Skills Level 2 before taking part in any of the following modules.

These modules can be run, according to demand, and are RYA certified.

### **RYA Dinghy Seamanship Skills**

An excellent course covering boat control, solving problems afloat and becoming a more confident and accomplished sailor.

### **RYA Dinghy Day Sailing**

Explore Tidal Chichester Harbour on our day sailing course. There are many creeks to explore in our picturesque harbour, and it is a superb location to spend time learning basic navigation and the planning skills needed to enjoy a day trip.

### **RYA Start Racing**

Racing is one of the best ways to develop your sailing skills and to get involved at the CYC. This course will help you to increase your boat speed and feel confident of the rules and start line tactics. Go for it and find your competitive gene!

This course is run as part of the Club Youth Training for members also, certificates awarded.

### **RYA Dinghy Sailing with Spinnakers**

A great RYA course. We will help you develop your knowledge of downwind sailing. Before you know it you will be blasting along and gybing with the spinnaker up and pulling.

Covered in the club member courses, but not certified.

### **RYA Dinghy Performance Sailing**

Sail high performance boats, master spinnaker skills and gain confidence to sail these dinghies in all conditions. To gain the most from this course, we recommend at least two seasons of sailing after completing Level 2.

**HOW TO BOOK: contact the CYC office on 01243 512918; email: [office@cyc.co.uk](mailto:office@cyc.co.uk)**



## ADULT CLUB TRAINING, for Chichester Yacht Club members



These are fun, innovative and constructive weekend sessions led by qualified RYA coaches who are Club members with the occasional guest coach. They consist of briefings on shore and plenty of on the water practice. The content of these sessions is tuned to the level of experience of the participants.

Basic sailing knowledge RYA level 2 is assumed, so they provide a great continuation from the RYA training courses that CYC provides.

Participants will be grouped according to ability, usually with a single handed group, an improver group, a start to race and a race group.

Boats usually sailed include Lasers, 2000, RS200, Vision, but other boats are welcome.

See [www.cycdinghies.co.uk](http://www.cycdinghies.co.uk) for further information, gallery and some previous course notes.

**See schedule A for dates and costs.**

**Club boats for Hire: If you don't have your own boat, Lasers and a 2000 are available to hire for these sessions. See Dinghy Hire page 20.**

**HOW TO BOOK: contact the Adult Club Training Coordinator via email: [coaching@cyc.co.uk](mailto:coaching@cyc.co.uk) Please write "FAO Adult training" in subject line.**

Some informal coaching is done for keen aspiring racers for the 2000 class, approximately once a month. Thursday evening workshop, Saturday coaching and Sunday club racing, throughout the year. Other 2 handed racing dinghies welcome

Email [coaching@cyc.co.uk](mailto:coaching@cyc.co.uk) FAO 2TARTS ( ie 2 Thousand Adult Race Training Sessions)

Remember to check [www.cycdinghies.co.uk](http://www.cycdinghies.co.uk) for updates

## WOW – WOMEN ON THE WATER



These coached sessions are held during the week to encourage women to sail. Conducted in a very friendly way, full of banter, but with a specific purpose and sailing goal at each session.

Sailed in single and double handers either separately or a mixture of both.

**See schedule A for dates and costs.**

**Club boats for Hire: If you don't have your own boat, Toppers, Fevas, Lasers and a 2000 are available to hire for these sessions. See Hire page 20.**

**HOW TO BOOK: contact the WOW training coordinator [lorraine.proud@btinternet.com](mailto:lorraine.proud@btinternet.com) or contact via the CYC office.**

## LASER COACHING



We have 3 pre-season coaching dates for Club Laser sailors. **Youth sailors and Adults** are welcome. Participants must be able to sail to take part in these training sessions as emphasis is placed on racing techniques and skills specific to the Laser.

There are 3 further sessions planned in season.

**See schedule C for dates and costs.**

**HOW TO BOOK: Contact the Laser Coaching Coordinator on [coaching@cyc.co.uk](mailto:coaching@cyc.co.uk) Please write "FAO Laser Coaching" in the subject line.**

**Club boats for Hire: If you don't have your own boat, Lasers are available to hire for these sessions. See Dinghy Hire page 20.**

Remember to check [www.cycdinghies.co.uk](http://www.cycdinghies.co.uk) for updates

## POWERBOATS/RIBS

### Honda Youth RIB Championship Challenge



This challenge is open to **ALL young members** and is more than just a competition. Most of the participants have, in the past, been novice powerboat drivers and have spent time learning basic boat handling skills and becoming familiar with other facets of powerboats. Apart from the RIBs we also use other small outboard boats and this variety quickly develops knowledge and skill.

We plan to utilise the skills of competitors from previous years to demonstrate the techniques and the challenges and encourage those new to RIB driving.

The Honda Rib Challenge dates will be coaching, learning and practice sessions to enable the participants to progress from complete novice to being able to compete in a club competition. That will determine who represents CYC at the Southern Regional Finals. The winner will go forward to compete at the National Championship at the Southampton Boat Show in September. The prize is a RIB for CYC, so worth going for!

In previous years we have won the southern regional final and been placed 7<sup>th</sup> and 2<sup>nd</sup> at the Nationals.... tantalisingly close to that, as yet elusive, RIB prize! Could **you** be the one to deliver?

#### Guidelines

- Activity is open to juniors from 8 to 16 years (as at Finals Day, in September at the Southampton Boat show ). There are two classes: **8-12 years** and **13-16 years**.
- Harbour rules prevent us running at above 8 knots so full competition conditions can only apply outside Chichester Harbour. However, we shall be measuring the peak speeds during early trials to confirm this.
- Events in Hayling Bay would benefit from support from Cyclone, yachts & motors providing mother ships.
- Basic training will concentrate near Chichester Yacht Club but may use any area where interference with other Harbour users can be avoided. For training above 8 knot we will go out to sea, just off the beach, in Hayling Bay.

Remember to check [www.cycdinghies.co.uk](http://www.cycdinghies.co.uk) for updates

- **Weather conditions are critical for all events but particularly for those held out in Hayling Bay and events may be subject to late cancellation. Due to the high costs of fuel, the number of training and practice days will be restricted if the number of entrants is low.**
- Low speed competition course may be laid in the area south of Marina channel and east of the old Birdham YC pontoons & Birdham Pool channel and west of our western dinghy pontoon or, perhaps, north of the Marina channel alongside Salterns Copse.
- A competent adult, connected to the kill cord, will be in the boat at all times.

### **Entry**

The competition is open to any junior member of the Club with some experience of boats though experience in handling powerboats is not required.

Competitors should contact the Club Office to enter.

Entry Fee will be £60.

Non members will be welcome but will need to join as temporary members at an additional cost of £6 per day.

### **Essentials**

As with any water sport, suitable, warm and waterproof clothing will be necessary especially for the early season training sessions. This gear should include hats, gloves and warm footwear and, of course, a reliable lifejacket or buoyancy aid and sun cream.

Competitors should bring their own food and drink although some simple drinks may be provided from the Tea Bar.

### **Help wanted**

We shall be very grateful for all help to run this event, particularly adults with RYA Powerboat Level 2 qualifications or some experience prepared to ride in the RIBs to provide safety control and guidance for the drivers.

Nick Colbourne      07768 862 582 or arionnick@aol.com

**Note:** the RYA has not yet announced the details of events in the National and Regional competitions.

Some adjustments to the programme may be necessary due to date of the Regional Final.

**HOW TO BOOK: Contact Nick Colbourne: 07768 862 582 or arionnick@aol.com**

Remember to check [www.cycdinghies.co.uk](http://www.cycdinghies.co.uk) for updates



## RYA National Powerboat Certificate (Level 2)

(I.C.C. practical test included)



This two day practical course provides a full introduction to boat handling in rigid inflatable boats (RIBs). Available to both members and non-members.

This certificate is a requirement for members who drive the RIBS and safety boats in support of the Winter race series held at CYC (For safety boat support of open meetings and Club racing in the summer, it is enough to have done the members safety boat course).

It is also a pre-requisite to be able to become a Dinghy Instructor.

Power Boat Level 2 Assessment and Certification. Club members can also benefit from a stand alone PBL2 Assessment and Certification arranged with the RTC Principal. This will be at cost.

**See schedule D for dates and costs.**

**HOW TO BOOK: contact the CYC office – [office@cyc.co.uk](mailto:office@cyc.co.uk) or 01243 512918**

Remember to check [www.cycdinghies.co.uk](http://www.cycdinghies.co.uk) for updates

## COURSES TO SUPPORT SAILING

### **RYA National Powerboat Certificate (Level 2)**

see RIB Section, page 16.

### **Safety Boat Courses**

#### **For CYC members**

Familiarisation with the Club's safety boat equipment needed on board the boats, the radios and practical instruction on Club protocol.

This leads to a 'Local Certificate' from the RTC which allows you to volunteer for safety boat duties and run safety boats at CYC.

**See schedule D for dates and costs.**

### **Race Officer Training**



A blend of theory and practical skills.

This one day course is an introduction to the process of running Club races and leads to an RYA Club Race Officer certificate. The course covers all aspects of running Club races including weather, tides, what to consider when setting courses, safety, flag etiquette, starting and finishing. It is of great value to anyone who has started racing at a Club level or is thinking of doing so whether or not you want to become involved in the running of the races.

**HOW TO BOOK: contact the CYC office – [office@cyc.co.uk](mailto:office@cyc.co.uk)**

### **RYA First Aid**

This is arranged according to demand, for groups of 12. Contact the CYC Office to register interest. It covers First Aid, specific issues at sea, and collapse. It is a practical, interactive and at times entertaining course! Very worthwhile.

This course is a prerequisite for those wishing to take the Dinghy Instructors course.

**HOW TO BOOK: contact the CYC office at [office@cyc.co.uk](mailto:office@cyc.co.uk)**

**See schedule A for dates and costs**

Remember to check [www.cycdinghies.co.uk](http://www.cycdinghies.co.uk) for updates

## **Instructors Courses**

### **RYA Dinghy Instructor courses**

These are run according to demand. Contact the office for further information

### **Assistant Dinghy Instructor**

These are run according to demand. Contact the office for further information

**HOW TO BOOK: contact the CYC office at [office@cyc.co.uk](mailto:office@cyc.co.uk)**

## **Personal Tuition**

This is a perfect way to address your personal queries and goals, at a time convenient to you. CYC has several club members who are RYA qualified and who have a wide range of experience. Contact the office to talk about your goals, and they will be able to put you in touch with the coach who can best meet your needs.

**HOW TO BOOK: contact the CYC office at [office@cyc.co.uk](mailto:office@cyc.co.uk)**

## MOTOR and YACHT SECTION

### Shore- based Courses

**RYA VHF radio** and **RYA First Aid** courses are organised at CYC, and are run depending on demand. Please register your interest with the CYC office.

Other Shore-based Courses covering all RYA levels can be arranged in house if there is enough demand. We have access to instructors who can run most shore-based courses.

Also, we have a Partnership with Marine Matters, who offer CYC members a discount on their courses.

Please contact at the following address:

Marine Matters UK Ltd  
Unit 4, Stone Pier Yard  
Shore Road  
Warsash  
SO31 9FR  
01489 579589

[www.marine-matters.co.uk/rya-courses](http://www.marine-matters.co.uk/rya-courses)

RYA Day Skipper motor/power practical  
ICC (power) to RYA Yachtmaster motor/power training  
up to RYA Yachtmaster Instructor (power)  
RYA 1 day theory courses: Radar, Sea Survival  
5 day theory courses for RYA Day Skipper theory and RYA Yachtmaster theory

### Evening Lecture Series

Both the Motor and Yacht sections run good evening lecture series at CYC, details of which are available in their separate brochures.



Remember to check [www.cycdinghies.co.uk](http://www.cycdinghies.co.uk) for updates



## CYC Boats for hire



**Optimist**



**Topper**



**Feva**



**Laser**



**2000**

Optimist	£12 per day
Topper	£14 per day
RS Feva	£18 per day
GP14	£15 per day
Laser	£25 per day
2000	£30 per day

All hire charges are plus £50 with the exception of the Laser which is £75. Deposit payable at time of booking. Booking forms must be completed. Please telephone the Club office to request a form and to book your preferred boat. Deposits will only be returned when the boat has been checked out and this may not be on the same day. See booking form for further details.

## How to Book for RYA training courses:

Please check availability by telephoning 01243 512918 then complete the booking and emergency details form. This can be found on the back of the brochure or online, where indicated in the specific course details. For the RYA training courses, return the form together with appropriate payment to: Chichester Yacht Club, Chichester Marina, Birdham, West Sussex PO20 7EJ.

### Booking Conditions

Course reservations may be made by telephone or email and will be kept for a maximum of one week, pending receipt of your booking form and payment. Applications are accepted on a first come, first served basis. We reserve the right to cancel or reschedule a course if bookings have not met the minimum numbers within 2 weeks of the commencement date.

Chichester Yacht Club has full Public Liability insurance, but personal accident cover is not provided, nor can we accept responsibility for loss or damage to any personal effects.

Participants will be required to register and will recognise the authority of the Management or designated Officer of the Day and his staff. Participants in water sports must be confident in water. Weak/non swimmers may still be able to participate in water-based activities but only with prior notification.

Should the weather conditions prove unsuitable for water activities we reserve the right to arrange alternative programmes or cancel sessions and rearrange for another date. Chichester Yacht Club's decision shall be final.

Remember to check [www.cycdinghies.co.uk](http://www.cycdinghies.co.uk) for updates

## Cancellation Policy

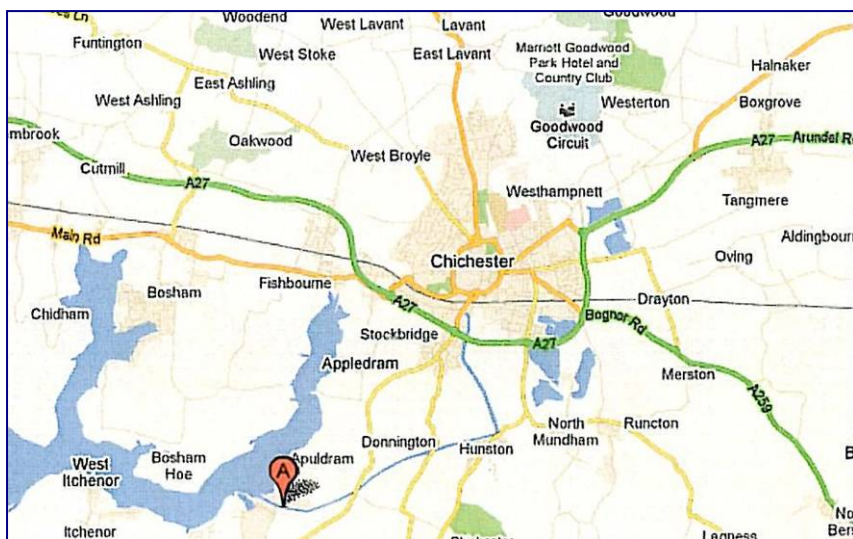
Should Chichester Yacht Club cancel a course or activity, alternative arrangements will be made to rearrange participants to a new course. Should this not meet with your needs then a full refund will be made.

Notice of cancellation must be made to the office or by writing or by email.

Refunds due to cancellation by the client are made in accordance with the following scale:

Less than 7 days before the start date - No refund.

More than 7 days before the start date - Full refund less £10 administration charge per person, per course.



## Parking and Accommodation

Parking at CYC is free and although the area is provided by a level of security through Premier Marina security staff, we do indicate that all personal effects are left at the owner's liability.

There is a direct bus connection with Chichester Bus and Train Stations with a bus stop at the top of the Marina road.

For information on hotels, guesthouses and campsites in the area, please contact us. Information can also be obtained from [www.chichesterweb.co.uk](http://www.chichesterweb.co.uk)

Remember to check [www.cycdinghies.co.uk](http://www.cycdinghies.co.uk) for updates

# Price List 2014

## Schedule A

### ADULT TRAINING & WOW

### Time Duration Price Contact

#### MEMBERS COURSES:

	Date	Time	Duration	Price	Contact
				single double	
Adult Training 1	12/04/2014	Saturday	0830h	£10.00	£15.00 coaching@cyc.co.uk
Adult Training 2	18/05/2014	Sunday	1230h	£10.00	£15.00 coaching@cyc.co.uk
Adult Training 3	15/06/2014	Sunday	1130h	£10.00	£15.00 coaching@cyc.co.uk
Adult Training 4	19/07/2014	Saturday	1500h	£10.00	£15.00 coaching@cyc.co.uk
Adult Training 5	20/09/2014	Saturday	0900h	£10.00	£15.00 coaching@cyc.co.uk

#### per sailor

WOW - Training	28/04/2014	Monday	1000h	4 hours approx	£10.00	lorraine.proud@btinternet.com, or CYC office
WOW - Training	13/05/2014	Tuesday	1000h	4 hours approx	£10.00	lorraine.proud@btinternet.com, or CYC office
WOW - Training	12/06/2014	Thursday	1000h	4 hours approx	£10.00	lorraine.proud@btinternet.com, or CYC office
WOW - Training	27/06/2014	Friday	1000h	4 hours approx	£10.00	lorraine.proud@btinternet.com, or CYC office
WOW - Training	11/07/2014	Friday	1000h	4 hours approx	£10.00	lorraine.proud@btinternet.com, or CYC office
WOW - Training	09/09/2014	Tuesday	1000h	4 hours approx	£10.00	lorraine.proud@btinternet.com, or CYC office
WOW - Training	23/09/2014	Tuesday	1000h	4 hours approx	£10.00	lorraine.proud@btinternet.com, or CYC office

#### First Aid Course

29th March Saturday 0900h All day TBC office@cyc.co.uk

## Schedule B

### OPTIMIST TRAINING

### Date

### Time

### Duration

### Price

### Contact

#### MEMBERS COURSES:

Optimist Coaching stage 3+					single	
	<b>x5 days</b>					
	14/04/2014	Mon	0930h	5/6 hours approx	£125.00	optimists@cyclinghies.co.uk
	15/04/2014	Tues	0930h	5/6 hours approx		optimists@cyclinghies.co.uk
	16/04/2014	Wed	1000h	5/6 hours approx		optimists@cyclinghies.co.uk
	17/04/2014	Thurs	1130h	5/6 hours approx		optimists@cyclinghies.co.uk
	18/04/2014	Fri	1200h	5/6 hours approx		optimists@cyclinghies.co.uk

Optimist Coaching stage 3+	26/04/2014	Saturday	0830h	5/6 hours approx	£25.00	optimists@cyclinghies.co.uk
Optimist Coaching stage 3+	03/05/2014	Saturday	1300h	5/6 hours approx	£25.00	optimists@cyclinghies.co.uk
Optimist Coaching stage 3+	11/05/2014	Sunday	0900h	5/6 hours approx	£25.00	optimists@cyclinghies.co.uk
Optimist Coaching stage 3+	01/06/2014	Sunday	1300h	5/6 hours approx	£25.00	optimists@cyclinghies.co.uk
Optimist Coaching stage 3+	05/07/2014	Saturday	1600h	5/6 hours approx	£25.00	optimists@cyclinghies.co.uk
Optimist Coaching stage 3+	13/07/2014	Sunday	1130h	4 hours approx	£20.00	optimists@cyclinghies.co.uk

#### Time on the Water for Optimists and Toppers & others on request

Junior Time on the Water 1	06/04/2014	Sunday	1600h	2 hours approx	tbc	coaching@cyc.co.uk
Junior Time on the Water 2	12/08/2014	Tues	1200h	2 hours approx	tbc	coaching@cyc.co.uk
Junior Time on the Water 3	13/08/2014	Weds	1230h	2 hours approx	tbc	coaching@cyc.co.uk
Junior Time on the Water 4	16/08/2014	Saturday	1500h	2 hours approx	tbc	coaching@cyc.co.uk
Junior Time on the Water 5	28/08/2014	Thurs	1230h	2 hours approx	tbc	coaching@cyc.co.uk
Junior Time on the Water 6	29/08/2014	Friday	1300h	2 hours approx	tbc	coaching@cyc.co.uk



**YOUTHS & ADULTS RYA****DINGHY SAILING COURSES**

	<b>Date</b>	<b>Time</b>	<b>Duration</b>	<b>Price</b>	<b>Contact</b>
RTC Youth Course stage 1+2 ; stage 3 ( 3 DAY )	14th April	Mon 0900h	(Easter Hols)	£185.00	CYC office
	15th April	Tues 0930h			
	16th April	Wed 0945h	6 hrs approx per day		
RTC Youth Course stage 1+2 ; stage 3 ( 3 DAY )	27th May	Tues 1030h	May half term	£185.00	CYC office
	28th May	Wed 1130h	5 hrs approx per day		
	29th May	Thurs 1230h			
RTC Cadet Week (5 DAY) stage 1+2 and games stage 3 if demand	25th July	Fri 0900h	(Dinghy week)	£200.00	CYC office
	26th July	Sat 0930h	5 hrs approx per day		
	27th July	Sun 1000h			
	28th July	Mon 1030h			
	29th July	Tues 1100h			

RTC Adult Course level 1&2 ( 2 DAY)	19th April	Sat 0900h		£180.00	CYC office
	20th April	Sun 1000h	5 hrs approx per day		

**POWERBOAT LEVEL 2**

Power Boat Level 2 (2DAY)	8/9 March	Sat/Sun 0900h	8 hrs per day	£240.00	CYC office
Power Boat Level 2 (2DAY)	22/23 March	Sat/Sun 0900h	8 hrs per day	£240.00	CYC office

Power Boat Level 2 Assessment & Certification	TBA		MEMBERS ONLY	at cost	RTC Principal via CYC office
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**SAFETY BOAT COURSE**

Members safety boat course	15th March	Sat 0900h	MEMBERS ONLY		CYC office
Members safety boat course	6th April	Sun 1200h	MEMBERS ONLY		CYC office





### RTC COURSE BOOKING FORM

Course Date:	Course Date:	Course Date:
Course Type:	Course Type:	Course Type:
Name (Mr, Mrs, Miss, Ms):		Telephone Nos:
Address:		Home:
Post Code:	Age:	Mobile:
		Email:
Experience: Please indicate level of performance and list awards held:		Details of any physical disability: YES/NO
Details of special diet required: YES/NO		
Person with parental responsibility for young person (if under 18 years) please complete this section:		
Date of Birth:		
I give my permission for my son/daughter to participate in the above course and confirm that they can swim 50 metres in light clothing.		
Signature of person with parental responsibility:		
Print Name:		
NB. A detailed medical questionnaire will be sent out for all under 18's once a booking has been made.		
Course Fee: £	Cheques to be made payable to Chichester Yacht Club Ltd. Payment may be made by debit or credit card at the office or by telephone.	
I understand that:		
<ul style="list-style-type: none"> <li>• Refunds due to cancellation will be in accordance with our booking conditions.</li> <li>• It is my responsibility to arrange appropriate insurance against cancellation, personal accident and personal liability.</li> <li>• I am declaring I can swim 50 metres in light clothing (all courses with water activity) and declare that I am physically fit to take part except for any medical conditions which I have details above.</li> <li>• I accept all booking conditions by signing this form.</li> </ul>		
Signature		Date
Data Protection Act 1998. The above information will be used only to process the booking and for our mailing list. Occasionally we take photos of participants for publicity, including for use on our own website. If you object, please tick here		
<input type="checkbox"/>		
<i>Office Use Only</i>		
Amount Received £	Receipt No.	Date
Date entered on course list and joining instructions sent.		