



BYRA

Bayview Junior Sailors

Learn to sail



Bayview Yacht Racing Association

1824 Pittwater Road, Bayview, NSW, 2084



SAILING IS FUN !!!

Welcome aboard at BYRA and your introduction to Learn to Sail 1 Course. The course is focused on having FUN and will be covering sailing principles on why and how a boat sails, basic seamanship and safety on the water. But first..... a few handy hints:

WEAR SUITABLE CLOTHING You DO get wet out sailing, even if you don't have a swim! So.... Bring a change of clothes, consider the weather.... If it is hot, we suggest wearing shorts or swimmers, t-shirt, sunscreen cream and a floppy hat (that will not be lost at sea) for protection and if it's cooler.... A woollen jumper or a spray jacket may be appropriate. If you have a wetsuit, this will be very suitable.

TAKE CARE WHEN LAUNCHING AND LANDING BOATS It is an unfortunate fact that most of our beach foreshores (and sometimes our sailors feet) suffer from broken bottles, cans and sharp rocks. and here at BYRA we have ramps that can be slippery. Try to remember this as you land your boats DO NOT jump out! Lower yourself over the side while keeping hold of the boat, this will prevent any risk of injury and allow any marine life to scuttle away before landing on them. WEAR FOOTWEAR (OLD SANDSHOES IF YOU HAVE THEM)

As the course covers basic seamanship and safety on the water, buoyancy jackets shall be worn at all times on the water (BYRA will supply these if you don't have one). Should the wind and weather conditions be unsuitable for practical, on-the-water lessons other on-shore tuition and activities will be arranged. If at any time you are in doubt about an instruction, any point of sailing, or any part of the course, please ask for clarification. . . .

We welcome questions because learning anything is basically finding out what it is you do know and what you need to know. It is essential when going sailing that we all speak the same nautical language and know the basic theory of WHY a boat sails. . . .

In BYRAs LTS1 it is run over a 8 week period will include things like how to:

- Select the right clothing to suit conditions and why
- Launching and recovering your boat
- Identifying key components on your boat and be able to rig with assistance
- Know where the wind is coming from
- Recover from a capsize
- Learn to set your sails ... fully in when going upwind, fully out when going downwind and halfway in between.
- Balance your boat as the wind increases.
- Steer the boat in a basic direction
- Change directions by tacking.



- Understand that the boat needs to "zig zag" upwind.
- Understanding the basic right of way rules

How to fast track the learning

A great way to fast track learning, is to try to get a crew spot in one of the two handed junior boats participating at BYRA in the Junior racing and learn from a peer. BYRA Junior racing (Green Fleet) is run immediately after LTS and the juniors have a short race with the instructors following the fleet giving guidance and tuition as the junior's sail.

After a season or 2, you may be able to jump to skipper or continue crewing in the afternoon races.

BYRA has a good selection of club boats to team up with someone else (from LTS 2 or LTR) or you can look at getting your own boat.

The more time spent on the water, the better. It is about building skills and having FUN.

- Tacking and gybing,
- Sailing competently upwind
- Balancing the boat effectively, rarely capsize up to 8 knots,
- Tasting 10 knots occasionally with support.
- Allow at least a season Building Skills

Although all classes of boat are welcome at BYRA, currently BYRA has the following progression paths for junior sailor:

BYRA Training Boats

Optimist

Pittwater Juniors

Envy

Junior Single Handed Boats

Open BICs

Spirals

Lasers

Junior Two Handed Boats

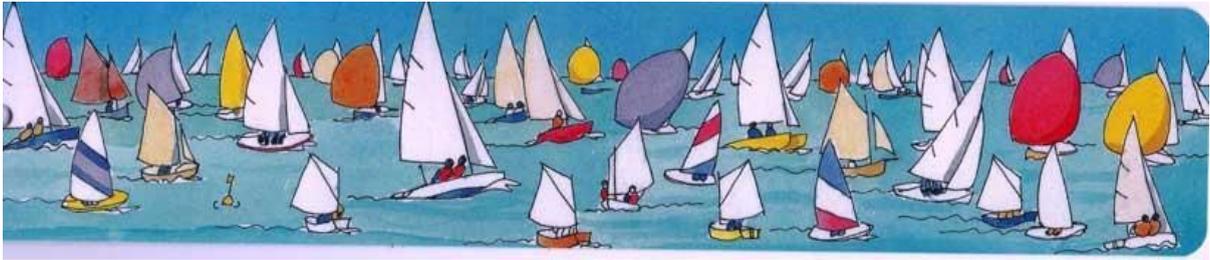
Manly Juniors (Combined Crew 50-60kg)

Flying 11s (Combined Crew 70-100kg)

NS14s

Parents can Help

- An integral part of children's success is the parents taking an active part. Sailing is a lot of fun but generally does require practice and a commitment from you.
- It takes some effort to achieve success.
- Prior knowledge helps but is not essential. Talking, learning and helping does.



- If the parent can be an active part of the organising, it makes a huge difference to everyone (including your children as you "learn the ropes"), some roles do not require any prior experience.

The next progression – Learn to Sail 2

The next stage of progression with BYRA is LTS2. LTS2 builds upon the knowledge and skills developed on the prior course but its main focus is still to have FUN. In LTS2 the juniors develop skills, but also undertake adventure type sailing, exploring parts of Pittwater.

In LTS2 which is also run over a 8 week period will include things like how to:

- Knows the right clothing and safety equipment to suit conditions and why
- Identifying all components on your boat and be able to rig without assistance
- Launching and recovering your boat
- Able to demonstrate correct sail trimming
- Recover from a capsize
- Change directions by gybing
- Successfully sail a triangle course.
- Centreboard positions for different points of sail
- Perform heave to manoeuvre and man overboard recovery
- React and understand gust and lulls.
- Apply the right of way rules and different points of sail

After completing LTS2 it is actively encouraged to become a member of BYRA after “Learning the ropes” and enjoy the other social, sailing and development activities that the club has to offer.

Sailing is a game of knowledge

- Listen to the instructors / coaches / officials and try to do (and remember) what they suggest.
- Be open minded, many people are held back by failing to take on suggestions.
- It’s all about helping. BYRA and its members are here to help each other, including you.
- Juniors also need to take responsibility for their learning and looking after the boats.
- If you don't want to learn, no one will force you.
- But having FUN is compulsory!!!



Crew path

- A new crew can potentially step into a competitive boat, but normally it takes a season or two and lots of practice to build and refine good crewing skills.
- Crews are an integral part of any boat's success, if they do their job well, it allows the skipper to focus on other things.
- We recommend crewing for at least a season for everyone, it gives some compassion and understanding as to what the crew does.

Skipper Path

- Spend a season or two as a crew above (is preferable, but not essential), then, skipper with lots of work takes a minimum of 3 years to get seriously competent as a skipper.

Can I do Both? (Skipper & Crew) Yes, but ...

- Doing both, can be a great pathway if the child really enjoys spending the time sailing. eg Skipper an MJ & Crew on a F11.
- Suggest that if they do both on a Sunday then may need to cut back a bit (or relax the pressure) on the training commitments for one or both of the boats.
- Still need to manage the regattas, as to which ones will you go to?
- If child really wants lots of sailing, have they considered other extras? eg school sailing, other clubs on different days, yachts on other days etc.

Progress to Learn to Race ... and never stop ... it has no top end ...

BYRA final stage of junior progression LTR 1& 2. LTR is about developing racing skills and tactics. LTR is worked together with the Junior Racing "Green Fleet" to develop the confidence to participate and enjoy afternoon racing.

LTR 1 & 2 is run over a 8 week periods and will include things like how to:

- Rig boat for optimum performance and adjust trim controls to suit conditions
- Boat handling in various winds from 0 to 25 knots and start line control
- Observing racing rules
- Adjusting for wind changes to gain advantage
- Use Spinnakers effectively
- Come along side another vessel or pontoon



- Understand starting procedures
- Show the importance of teamwork

Finally,

Some sailing parents can have high expectations of their children's skills and learning pace, unfortunately too much pressure can have the opposite effect and turn them off forever. Tread carefully, after the line is overstepped, it can be impossible to step back. As parents are you ready and able to step back a bit and "chill" if things are not going to plan. The main thing to remember that all the juniors are treated equally and they are all having fun.

BYRA would hope that any junior that completes the above course would have caught the sailing "bug" and are eager to continue and develop their skills. BYRA would like to encourage all Juniors and their parents to participate in the club and enjoy the merits of the fantastic facilities and location that we have to offer, in a friendly supportive family environment. There is no top end to sailing for aspiring juniors, the possibilities are endless, to competing in national regatta's, world titles or trying out and/or possibly competing at the Olympics.

Thank you

BYRA

Junior Sailing

