

Bowmoor Young Sailors – FAQ

How to help the club run safe and fun activities with your child (Otters and Sprints)

All youth activities are organised by member volunteers. Volunteers are not paid and give up their spare time to plan and run fun activities and safe training. There are no employees or staff at this club, it is run by members for the members.

Parents and carers are still fully responsible for their children at all times. Parents can nominate another adult to be the responsible adult, however please let the volunteer in charge (Youth Team Officer of the Day or Duty Otter of the Day!) know of any such arrangement. There have been occasions in the past where parents have left the club grounds and their child has had an on the water incident.

Volunteers ensure that adequate safety boat cover is provided for all activities.

Please note: While Bowmoor does everything possible to reduce the risks of sailing, (i.e, limiting numbers on the lake, good powerboats ratios, highly trained volunteers), sailing is an inherently dangerous activity and therefore parents and carers are ultimately responsible for ensuring that their children are capable of sailing in the conditions at any given time of day.

This document is not meant to replace the [rules](#) or supersede [safety](#) guidelines as stated on the website, which you should familiarise yourself and your family (or visitors) with.

We expect club parents to be respectful to our volunteers. Parents should support their sailors on the water, by assisting to rig the boats and performing a pre-sail safety check. Many boats have to return to shore because they were not rigged correctly.

Frequently asked questions

When can I use a club boat?

To use a club [boat](#) you need to pay the club subscription, have an RYA level 2 qualification and be checked out to ensure you know how to rig that class of boat correctly. Always put away the club boat afterwards and report any problems or lost/broken equipment to a committee member. Damages due to negligence or incompetence will be charged for. RYA courses have first priority for using club boats so check out the sailing [programme](#).

How do I rig a club Tera?

Check out this fantastic [video](#) from one of our sailors. Here is a [rigging](#) guide.

When can I use my own boat?

If you have your own boat, you are free to use the lake during normal sailing times. Check the lake is not closed for an open day on the sailing [programme](#), and that your [activity](#) doesn't clash with the other sports on the lake. Don't interfere with any scheduled racing. Always check the weather for wind direction and strength. Check the [safety](#) page for more details.

How do I do a pre-sail safety check?

Talk through the launching plan with your sailor. Know the wind direction. Decide on your launching direction. Has the dingy been rigged correctly? All bungs, bailers and buoyancy checked?

You **MUST** wear a buoyancy aid if you are to assist your young sailor. Launching and recovering can be a stressful time for children. Get some waders (familiarise yourself with the risks of using waders if you slip in the water) and be in the water with your child. Help with centreboard and tiller. Hold the dingy while they get inside. Check they have the main sheet in hand and set them off avoiding other launching or recovering sailors.

Be ready to help recover them to shore. Sailing is physically and mentally exhausting and they will need a helping hand to reach their trolleys and to stabilise the dinghy.

How do I perform a beach launch?

Here are a set of [videos](#) which will help you guide your young sailor with launching.

How do I perform a beach recovery?

Here are a set of [videos](#) which will help you guide your young sailor with dinghy recovery.

What clothing is needed for sailing?

Essential sailing gear:

- Buoyancy vest (check it's the right buoyancy and it fitted correctly)
- Wetsuit
- Footwear
- Gloves
- Long hair must be tied up!

Optional sailing gear:

- Thermal layers
- Socks
- Long johns
- Spray top
- Hat

Winter extras:

- Dry suit (not all sailors enjoy wearing dry suits, try one before buying)
- Glove liners
- Dry robe for onshore keeping warm between sailing sessions
- Spare dry items (socks, gloves, hat)

How else can I be useful at the coaching events?

Shore Support:

From time to time we need parents on the shore to assist the volunteers. Such as notifying the parents when the fleet are returning to shore or notifying a specific parent when an individual sailor needs help. Ask our youth team they will love your support.

Powerboat Support:

Occasionally we need parents to sit alongside our volunteers in the powerboats as they support the sailors. We would expect you to wear wet weather gear and a buoyancy aid. Waders would not be suitable for this activity.

Our powerboat assistants usually help launching and recovering the powerboats before and after the training sessions. This is heavy work and the volunteers appreciate the assistance.

Parents may like to consider taking the RYA [Powerboat](#) Level 2 & RYA Safety boat courses so they are capable of assisting appropriately when a boat capsizes on the lake.

How do I join in?

No need to book. Our volunteers are working hard to create exciting activities which suit most families. We will release the dates of the Activities on the WhatsApp group (Bowmoor Young Sailor - **this group is for members only**). Check out Bowsprit and Facebook, plus the youth pages on the website.

How do I find out more?

You can contact Youth@bowmoor.com to speak to our youth team and talk to the member training manager by using Membertraining@bowmoor.com.