



## Notice of Winter Coaching.

### Southern Area

Supported by

# RYA

Version 1.0

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The purpose of this Notice of Coaching is to confirm the generic arrangements for the ITCA (GBR) Southern Area coaching held at various locations during 2024/25 Winter season.

### Overview

The coaching will generally take place on weekends generally on Saturdays.

- The coaching is open to any sailor who has completed a minimum of a beginners sailing course (e.g RYA stage 2). More advanced sailors are welcome to sign up, in which case sailors may be set into coaching groups for on the water exercises.
- The coaching is aim to improve racing skills.
- Sailors must supply their own Toppers
- It will be expected that all sailors can prepare and launch their boats and sail in all directions in light and medium winds, including tacking and gybing.
- Either a 5.3 or a 4.2 sail can be used
- The cost of a days coaching will be £40. (**Early Bird refund of £30 (£5 per session) if you sign up for ALL individual sessions using the entry “Early Bird Special All Winter Training” before 4 Oct 24**)
- Meals and accommodation are not included.

### Head Coach

The Head Coach will oversee and run all aspects of the coaching camps, contacted details will be confirmed prior to each session.

### Details

#### 1) Venues

Event	Date	Location
ITCA South Winter Coaching 1	12 Oct 24 (Entries Close 4 Oct)	Spinnaker Sailing Club - Ivy Ln, Ringwood BH24 3LY
ITCA South Winter Coaching 2	16 Nov 24 (Entries Close 8 Nov)	Spinnaker Sailing Club - Ivy Ln, Ringwood BH24 3LY
ITCA South Winter Coaching 3	14 Dec 24 (Entries Close 6 Dec)	Spinnaker Sailing Club - Ivy Ln, Ringwood BH24 3LY
ITCA South Winter Coaching 4	11 Jan 25 (Entries Close 3 Jan)	Spinnaker Sailing Club - Ivy Ln, Ringwood BH24 3LY
ITCA South Winter Coaching 5	15 Feb 25 (Entries Close 7 Feb)	Spinnaker Sailing Club - Ivy Ln, Ringwood BH24 3LY
ITCA South Winter Coaching 6	15 Mar 25 (Entries Close 7 Mar)	Spinnaker Sailing Club - Ivy Ln, Ringwood BH24 3LY

**Other coaching events may be planned during this period.**

#### 2) Entry

- a. Pre entry is required using the on-line entry system at [www.itca-gbr.co.uk](http://www.itca-gbr.co.uk).
- b. The entry fee is £40 (If you sign up for ALL sessions **using the entry “Early Bird Special All Winter Training”** before 4 Oct you will receive an **Early Bird refund of £30 (£5 per session) Refund will be back to the PayPal account used for purchase by 31 October 2024.**
- c. In all cases, the number of entries will be limited by the availability of coaches and safety boats. Once the initial entry limit has been reached, a waiting list will be maintained pending availability of additional places
- d. Refunds –

- i. If due to adverse weather conditions and it isn't possible to run land coaching), and the event is cancelled then it will be planned to provide a full refund (however this may be less any unrecoverable costs of the Organising Authority).
  - e. If an entry is cancelled by the participants their entry fee will be refunded as follows:
    - i. Cancellation more than 14 days before the event. Entry fee less £5 admin charge
    - ii. Cancellation more than 7-14 days before the event if place can be resold. Entry fee less £5 admin charge
    - iii. Cancellation within 7 days of the event. No refunds
    - iv. **There will be no refund if and ALL session Early Bird refund has been applied.**
    - v. Space can not be sold or given away to other sailors, space on coaching need to be managed by ITCA through Clubadmin..
  - f. Any sailor who is unwell should not attend a coaching camp; to do so compromises the sailor's recovery or can compromise the health of other sailors. In such circumstances, please contact Andrew Goodman at [training.southern@itca-gbr.co.uk](mailto:training.southern@itca-gbr.co.uk), in advance.
- 3) **Camp Timings:** Final detailed plans for the weekend will be provided prior to the camp. Outlined below are the normal timings:
  - a. The Saturday's coaching programme will not start before 09:30 on Saturday morning. Plan to be rigged but not changed by then.
  - b. The coaching camp will normally be finished by 17:00hrs on Saturday afternoon
- 4) **Equipment and Clothing:** You need to make sure you bring the following to all coaching camps:
  - a. A reliable boat and suitable sailing gear for the conditions.
  - b. Tracksuit or suitable kit for warm up runs and games.
  - c. Suitable running trainers for exercising (not fashion trainers!).
  - d. Notepad and pen.
  - e. Water bottle and energy bars.
- 5) **Parent/guardian support.** ITCA (GBR) Coaching Camps cannot run without parental/guardian support. For coaching events the following will required:
  - a. All sailors should have a parent on shore for the duration of the coaching. Where this is not possible a responsible adult acting "in loco parentis" must be clearly identified and the head coach/shore parent advised
  - b. At least one "shore parent" each day to remain at the club and to keep in contact with the coaches on the water
  - c. Rib assistants to go out on the water with the coaches. Typically one for every 6-8 sailors.
- 6) **Weather:** It is not our policy to cancel camps unless it is unsafe to travel. In the unlikely event that we do need to cancel a camp, we will aim to send an email before 13:00 on the day before the camp is due to commence and will endeavor to post a notice on the ITCA website. Whilst every effort will be made to rearrange a cancelled camp it cannot be guaranteed. Unfortunately refunds will not necessarily be available if it is necessary to cancel in the interest of sailors safety or if you are unable to attend the rescheduled date.
- 7) **Risk Statement.** Sailing is by its nature an unpredictable sport and therefore inherently involves an element of risk. By taking part in the coaching, participants (and their parent(s) or guardian(s) in the case of a participants under 18 years of age) agree and acknowledges that:
  - a. They are aware of the inherent element of risk involved in the sport and accept responsibility for the exposure of themselves, their crew and their boat to such inherent risk whilst taking part in the event;
  - b. They are responsible for the safety of themselves, their crew, their boat and their other property whether afloat or ashore;
  - c. They accept responsibility for any injury, damage or loss to the extent caused by their own actions or omission;
  - d. Their boat is in good order, equipped to sail in the event and they are fit to participate;
  - e. The provision of patrol boat cover is limited to such assistance, particularly in extreme weather conditions, as can be practically provided in the circumstances;
  - f. It is their responsibility to familiarise themselves with any risks specific to this venue and to attend any briefing held for this event.
- 8) **Insurance.** Each participating boat shall be insured with valid third-party liability insurance with a minimum cover of £ 3,000,000 per incident or equivalent. [DP]

- 9) **Media Rights.** We may arrange for photographs or videos to be taken of dinghy activities or using event facilities and published on the ITCA or Club's website or social media channels to promote ITCA or the Club. If you do 'not' consent to your / your sailor's image being used by the Club in this way, please advise us at registration.
- 10) **Further Information.** For further information please contact **Andrew Goodman** at [training.southern@itca-gbr.co.uk](mailto:training.southern@itca-gbr.co.uk)