



Notice of Training.

South West Region

Version 1.0

Published 20th February 2020

The purpose of this Notice of Training is to confirm the generic arrangements for the ITCA (GBR) South West Area training held at various locations during 2020 season.

Overview

The training will generally take place on Saturdays.

- The training is open to any sailor who has completed a beginner sailing course (e.g RYA stage 2 or equivalent)
- Sailors must provide their own Topper
- 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
- More advanced sailors are welcome to sign up, in which case sailors may be set into training groups for on the water exercises.
- The cost of the days training will be £30. Meals and accommodation are not included.

Head Coach

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

Details

1) Venues

Event	Date	Location
ITCA South West Coaching 1	4 th April 2020	Roadford Lake
ITCA South West Coaching 2	16 th May 2020	Bristol Corinthian YC
ITCA South West Coaching 3	30 th May 2020	Saltash SC
ITCA South West Coaching 4	6 th June 2020	Cotswold SC
ITCA South West Coaching 5	27 th June 2020	Salcombe YC
ITCA South West Coaching 6	19 th September 2020	Chew Valley Lake SC
ITCA South West Coaching 7	10 th October 2020	Castle Cove SC
ITCA South West Coaching 8	23 rd October 2020	Paignton SC

2) Entry

- a. Pre entry is required using the on-line entry system at www.itca-gbr.co.uk.
- b. The entry fee is £30
- 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. 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 7-14 days before the event. 50% entry fee less £5 admin charge
 - iii. Cancellation within 7 days of the event. No refunds
 - e. Any sailor who is unwell should not attend a training camp; to do so compromises the sailor's recovery or can compromise the health of other sailors. In such circumstances, please contact Vanessa Ripley arearep.southwest@itcea-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 program will not start before 09:30 on Saturday morning. Plan to be rigged but not changed by then.
 - b. The training 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 training 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) Training Camps cannot run without parental/guardian support. For training events the following will required:
- a. All sailors should have a parent on shore for the duration of the training. 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.

- 7) **Risk Statement.** Sailing is by its nature an unpredictable sport and therefore inherently involves an element of risk. By taking part in the training, 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 Vanessa Ripley at arearep.southwest@itca-gbr.co.uk