



Cargreen Yacht Club Cadet Programme 2016

Week	Planned syllabus		
	Level1-2	Level 3+	Standby Theory
3 Jan 16	DI Pre-assessment day – Tim Cross RYA Development Coach		
16-20 Jan 16	DI Course – Tim Cross RYA Development Coach		
22 Jan 16	Theory Evening - RYA Syllabus		
3 Feb 2016 1830 -2000	Cadet Instructors & Adult Helpers Meeting		
15 -19 Feb 16	Half term		
Sat 20 Feb 16 0900-1600	First Aid Course – Stuart Jones (Plymouth Youth Sailing) at CYC 12 members booked course full		
Saturday 27 Feb 16 1830-2000	Cadet party and prize giving – bar open for Parents		
18 March 16	Theory Evening & Registration		
24 March -11 April 16	Easter Holidays		
2 nd April	CYC Club Clear up day 1000		
4 th & 5 th April	Single handed race training – Saltash SC open to other youth classes contact Tim Cross tc@crosswindsports.co.uk		
7 th & 8 th April	RS Feva race training – Plymouth Youth Sailing @MBC open to other youth classes contact Tim Cross tc@crosswindsports.co.uk		
FIRST ON THE WATER DATE Friday 15 April 2016 1910 BST LW 2.2m Cargreen	Safety Induction		
	Stage 1: Can call for assistance		
	Stage 1: Understands the action to take to help those in distress		
	Stage 1: Understands local hazards		
	Stage 1: Can Put on personal buoyancy correctly		
	Stage 1: Understands the importance of staying with the boat		
	Stage 2: Can choose and correctly adjust a personal buoyancy aid		
	Stage 2: Has knowledge of Telling someone ashore		
	Stage 1 & 2 Understands personal safety- and knows what to wear for sailing (including head and footwear)		
	Stage 3 Understands the importance of boat buoyancy		
	Stage 3 Understands the importance of personal safety equipment		
	Stage 3 Understands the importance of basic safety equipment e.g anchor, paddle, bailer		
	Handover responsibility to Parents at end of debrief		



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Sat 16-17 April 2015 1441 BST HW 4.3m	Safety Boat Course open to all Powerboat level 2 – 6 places book with Mick		
Friday 22 April 19:06 BST HW 5.3m Cargreen	Stage 2: Can put a boat head to wind for rigging Stage 2: Can rig a dinghy	Can demonstrate the basic principles of picking up a mooring & Can demonstrate the basic principles of coming alongside a moored boat	Stage 3 : Understands the dangers of hypothermia and the importance of first aid training
23 rd April	St Mawes RS Feva Onboard Cup contact Tim Cross tc@crosswindsports.co.uk		
Friday 29 April 23:14 BST HW 4.6m Cargreen	Stage 2: Can launch and recover a small dinghy in an offshore wind	Spinnaker	Ropework Figure 8, round turn, reef knot, bowline, rolling hitch & clove hitch
30/04/2016 01/05/2016	RS Feva South West Open Training 2015/16 Royal Torbay YC		
Friday 06 May 18:30 BST HW 5.6m Cargreen	Race Night - Open to Cadets and family		
Friday 13 May 23:41 BST HW 4.6m Cargreen	Stage 1: Can control speed and stop by lying to Stage 1: Can get out of irons Stage 1: Understands how to prepare for a tow	Race starts	Sailing rules of road
May 14th 2016	RS Feva Train and Race event at Exe Sailing Club juniors@exe-sailing-club.org or see www.exe-sailing-club.org		
14 th May 2016	RWYC RS Feva Inter Club team racing event contact Tim Cross tc@crosswindsports.co.uk		
Sun 15 May 1000 11:56 HW 4.4m	WQSC Dinghy Race fun day		
Friday 20 May 1800 BST HW 5.1m	Reaching & tacking then Capsize drills	Anchoring	Five essentials
Sun May 22 1311 BST LW 1.1m 19.14 BST HW 5.3m	Three Rivers Challenge Sponsored fund raiser for CYC On water treasure hunt visiting the Tamar, Tavy and Lynher open to All		
Friday 27 May 22:09 BST HW 5.0m Cargreen	Upwind sailing & Tacking practice	Gybing with Spinnakers	knowledge of Sail controls and foils
30 May -3 Jun 16	Half Term		



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Friday 3 June 17:15 BST HW 5.3m Cargreen	Race Night - Open to Cadets and family		
4 th & 5 th June 1815/5.5	THE WQSC 50th JUBILEE REGATTA		
Friday 10 June 22.25 BST HW 5.0m Cargreen	Stage 2: Understands the principle of returning to a beach or pontoon (offshore wind)	Can make best possible use of crew and equipment to sail effectively on all points of sailing including symmetric or asymmetric spinnakers. on triangle course	Tides, rule of twelfths, ebb and flow
TBC	Devon School games regatta – open youth classes other than RS Feva		
Friday 17 June 16:43 BST HW 4.8m Cargreen	Downwind sailing & Gybing	Sailing Backward, reef afloat, heave to , Can demonstrate the basic principles of the five essentials	Understands terminology: windward, leeward, abeam, forward, aft, ahead, astern, to weather, downwind, amidships, quarter, pinching, sailing by the lee, luff, bear away, planing, sternway, broaching.
Sat 18 June	Eddystone Pursuit Event Cadets in Yachts		
June 18, 2016 – June 19, 2016	Plymouth Youth Sailing Topper Nationwide event		
June 19, 2016	Raft Race TBC		
Friday 24 June 21:30 BST HW 5.2m Cargreen	TRSC/SSC/CYC Sail-in & BBQ - Sue Coomber		
Jun 29th 9:00 am - 4:30 pm	Cornwall School games Mylor,- open youth classes other than RS Feva contact Tim Cross tc@crosswindsports.co.uk		
Friday 1 July 15:55 BST HW 5.0m Cargreen	Practice Five essentials on water	Can spot and use wind shifts and gusts to effect best course up / down wind.	Charts
Friday 8 July 21:25 BST HW 5.3m Cargreen	Race Night - Open to Cadets and family		
Sat 2 nd & Sun 3 rd July	PPSA Regatta and PYS summer regatta. RS Feva Onboard Cup contact Tim Cross tc@crosswindsports.co.uk		



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Friday 15 July 15:06 BST HW 4.5m Cargreen	Sail a triangle course	Race starts	International regulations for Prevention of Collisions at Sea (IRPCS): meeting other sailing vessels, meeting power driven vessels, following or crossing narrow channels, action by stand-on vessel.
Sat – Sun 16th - 17th 1620 HW 4.7m	WQSC Cotehele dinghy camping trip Sue Coomber 1000 start		
Friday 22 July 15 20:31 BST HW 5.5m Cargreen	Sailing to a buoy	Onshore wind landing,	Reefing
22 July - 5 Sep	Summer holidays		
Friday 29 July 15 14:24 BST HW 4.6m Cargreen	Leisure sailing no formal instruction		
Friday 05 Aug 20:26 BST HW 5.5m Cargreen	Leisure sailing no formal instruction		
Sat 6th Aug LW 1508/0.9	WQSC Dinghy Cruise to Barn Pool		
TBC	CYC Bere Ferrers Dinghy Expedition		
Sat 27 Aug 1200 1417/4.5	WQSC Tamar Bridge Race Nick Ferneyhough/Matt Newton		
Friday 12 Aug 19:16 BST LW 2.3m Cargreen	Leisure sailing no formal instruction		
Sat 13th Aug 1420/4.5	WQSC Dinghy trip to Lopwell Allan Seward 1000		
Friday 19 Aug 19:32 BST HW 5.6m Cargreen	Leisure sailing no formal instruction		
Friday 26 Aug 18:53 BST LW 2.0m Cargreen	Leisure sailing no formal instruction		
Friday 2 Sept 19:25 BST HW 5.5m Cargreen	Race Night - Open to Cadets and family		
Friday 9 Sept 23:21 BST HW 4.4m Cargreen	Sail a triangle course	Spinnaker sailing	Spinnaker use



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11th Sept	Rock SC RS Feva Onboard Cup contact Tim Cross tc@crosswindsports.co.uk		
Friday 16 Sept 18:26 BST HW 5.6m Cargreen	Race starts	Recover from total inversion	Racing
Sat - Sun 17th - 18th 1915/5.8	WQSC Barts' Bash. Small cruisers, dayboats & dinghies (& canoes?) take the year's biggest tide to Cotehele or Calstock		
Sat 17 Sep 19:11 BST HW 5.8 Cargreen	Cargreen Regatta		
Friday 23 Sept 23:44 BST HW 4.6m Cargreen	Single hander Pico races	Seamanship skills	Seamanship module
Friday 30 Sept 18:24 BST HW 5.5m Cargreen	Assessments		
2nd Oct	Peter Bartlett Cup Roadford – Onboard level competition RS Fevas also open youth classes other than RS Feva contact Tim Cross tc@crosswindsports.co.uk		
Friday 7 Oct	Sailing kit maintenance		
15th Oct	Feva Frenzy team racing event Siblyback contact Tim Cross tc@crosswindsports.co.uk		
Friday 11 Nov	Theory Evening		
Friday 9 Dec	Theory Evening		
TBC	Cadet party and prize giving		
Friday 12 Jan 17	Theory Evening		
Friday 10 Feb 17	Theory Evening		
Friday 10 Mar 17	Registration & Theory Evening		