



Cargreen Yacht Club Cadet Programme 2019

Week	Planned Sessions
15 March 19 Shorebased Tuck shop open on completion 1900-2030	<p>CADETS Sign up & 2018 Presentations Presentation of Young Sailor of year Cadet Cup Most Improved Cadet Most Improved New Cadet Youth Sailing Scheme Certificates Registration for season & payment Introduction to the season and information for parents Personal buoyancy 50N sized for cadet Correct Clothing, footwear , gloves, wetsuits & spray tops Handover responsibility to Parents at end of debrief</p>
Sun 31 March	Club equipment check and repairs Instructors and adult helpers
Friday 5 th Apr HW 1914 BST 5.2 Cargreen	Safety boat driver training – on / off water
Sat 6 Apr	CYC Club Clear up day 1000
8-22 Apr 19	Easter Holidays Devon & Cornwall
Fri 19 Apr19	Good Friday
Mon 22 Apr 19	Easter Monday
FIRST ON THE WATER DATE	Boat rigging demonstration & Safety Induction
Friday 26 April 19 HW 2303 BST 4.5 Cargreen	Instructions & Distress signals
	Local hazards: Moored boats, other water users, mud
	Personal buoyancy check 50N sized for cadet
	Staying with the boat
	Routine & Signing out board
	Correct Clothing, footwear , gloves, wetsuits & spray tops
	Routine & Signing out board Stage 1: Can call for assistance, Understands the action to take to help those in distress, Understands local hazards, Understands the importance of staying with the boat, Can Put on personal bouyancy correctly Stage 1 & 2 Understands personal safety- and knows what to wear for sailing (including head and footwear) Stage 2: Has knowledge of Telling someone ashore
Friday 3 May 19 HW 1804 BST 5.1 Cargreen	<p>Rigging Clothing and equipment Stage 1: Can name basic parts of the boat (i.e.Hull, mast rudder centreboard, sheets etc) Stage 1: Can assist with rigging a boat Stage 2: Can put a boat head to wind for rigging Stage 2: Can rig a dinghy Stage 1: Has knowledge of wind direction</p>
Mon 6 May 19	May Day



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Friday 10 May 19 HW 2229 BST 4.9 Cargreen	Launching and recovery Stage 2: Understands how to manoeuvre a trolley clear of other boats and overhead cables Stage 1: Can launch a dinghy and get under way with instruction Stage 2: Can launch and recover a small dinghy in an offshore wind Stage 1: Can secure boat to a trolley Stage 1: Can assist with recovery and stowage of dinghy and gear
11 May 19 HW 1110 4.6	Club Yacht Man Overboard practise Safety Boat and instructors
Friday 17 May 19 HW 1749 BST 5.4 Cargreen	Sailing techniques and manoeuvres Stage 2: Understand the principle of the five essentials Stage 1: Understands the effect of basic boat controls Stage 1: Can be a responsive crew under instruction (not single handers) Stage 1: Understands the basic principles of stopping (lying to), controlling speed and getting out of irons
Sun 19 May 19 HW 0653 BST 5.5 LW 1354 BST 0.5 HW 1915 BST 5.5	Three Rivers Challenge visiting the Tamar, Tavy and Lynher open to All Leave the club 0930 returning about 1900 bring food, water & money for a day sail.
Friday 24 May 19 HW 2157 BST 4.8 Cargreen	Stage 1: Can paddle or row (with sprit paddle or oars) Stage 1: Can steer on a reach and go about (Reach to reach) Stage 1: Understands how to prepare for a tow Stage 1: Can steer when sailing and being towed Stage 2: Can be scooped in during capsize recovery (Not single handers) or Can right one type of dinghy
27 - 31 May 19	Half Term Devon & Cornwall
Mon 27 May 19	Spring Bank Holiday
Friday 31 May 19 HW 1643 BST 4.7 Cargreen	Sailing techniques and manoeuvres Stage 2: Can go about (close reach to close reach) Stage 2: Understands the No Go Zone Stage 2: Understands what is meant by windward, leeward and gybe Stage 1: Is confident in the water wearing personal buoyancy
Friday 7 June 19 HW 2139 BST 5.3 Cargreen	Sailing Trip THE WQSC BBQ Parents encouraged to attend
Friday 14 June 19 HW 1632 BST 5.0 Cargreen	Seamanship Sailing skills
Friday 21 June 19 HW 2106 BST 5.1 Cargreen	Day Sailing skills



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Friday 28 June 19 HW 1457 BST 4.5 Cargreen	Log Book practical sign up
30 th June 19 HW 1651 BST 4.9	Young farmers raft race Halton Quay to Pentillie Quay CYC providing safety boats
Friday 5 July 19 HW 2047 BST 5.6 Cargreen	Sail Training/Race Introduction to race start and triangle racing - Open to family
Friday 12 July 19 HW 1504 BST 4.6 Cargreen	Sail Training Stage 2: Understands the No Go Zone Stage 2: Understand the principle of the five essentials Stage 3 Can demonstrate the basic principles of sailing on all points of sailing a triangular course
Friday 19 July 19 HW 2017 BST 5.3 Cargreen	Sailing Games
26 July - 3 Sep 19	Summer holidays Devon & Cornwall
Friday 26 July 19 LW 1900 BST 2.2 Cargreen	Leisure sailing no formal instruction
Friday 02 Aug 19 HW 1948 BST 5.7 Cargreen	Leisure sailing no formal instruction
Friday 09 Aug 19 LW 1922 BST 2.0 Cargreen	Leisure sailing no formal instruction
Friday 16 Aug 19 HW 1923 BST 5.3 Cargreen	Leisure sailing no formal instruction
Friday 23 Aug 19 HW 2319 BST 4.6 Cargreen	Leisure sailing no formal instruction
26 Aug 19	Late Summer Bank Holiday
Friday 30 Aug 19 HW 1843 BST 5.7 Cargreen	Sailing Trip to Weir Quay



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Friday 6 Sept 19 HW 2346 BST 4.5 Cargreen	Sail Training/Race
Sat 7 Sept 18 HW 1228 4.4	Cargreen Regatta & raft race (QHM WED)
Friday 13 Sept 19 HW 1824 BST 5.3 Cargreen	Sail Training /Assessments
Sunday 15 Sept 19 HW 1934 BST 5.4	WQSC Barts' Bash. Small cruisers, dayboats & dinghies
Friday 20 Sept 19 HW 2206 BST 4.8 Cargreen	Sail Training/Race
Friday 27 Sept 19 HW 1734 BST 5.6 Cargreen	Sail Training – As required for log book signing
Friday 4 Oct 19 HW 2225 BST 4.9 Cargreen	Sail Training /Assessments
Friday 11 Oct 19 HW 1718 BST 5.2 Cargreen	Sail Training /Assessments
22 - 26 Oct 2019	Half Term Devon & Cornwall
8 Nov 19 1900-2000	Theory Evening - Day Sailing
13 Dec 19 1900-2000	Cadet prize giving
17 Jan 20 1900-2000	Theory Evening - Knots
21 Feb 20 1900-2000	Theory Evening – Rule of Road
20 Mar 20 1900-2000	Sign up evening