



Cargreen Yacht Club Cadet Programme 2020

Week	Planned Sessions
Sun 15 Mar 20 0900-1600	Club equipment check and repairs Instructors and adult helpers
Friday 20 Mar 20 Shorebased Tuck shop open on completion 1900-2030	<p>CADETS Sign up & Safety Induction Registration for season & payment</p> <p>Introduction to the season and information for parents Personal buoyancy 50N sized for cadet Correct Clothing, footwear , gloves, wetsuits & spray tops</p> <p>Instructions & Distress signals Local hazards: Moored boats, other water users, mud Staying with the boat Routine & Signing out board Handover responsibility to Parents at end of debrief</p>
Sat 4 Apr	CYC Club Clear up day 1000
30 Mar -13 Apr 20	Easter Holidays Devon & Cornwall
Fri 10 Apr19	Good Friday
Mon 13 Apr 19	Easter Monday
FIRST ON THE WATER DATE 1800-2030 Friday 17 April 20 LW 2132 BST 2.3 Cargreen	Boat rigging demonstration & Safety Induction
	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 buoyancy 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 24 April 20 HW 1953 BST 5.2 Cargreen	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
Friday 1 May 20 LW 1850 BST 2.2 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
Friday 8 May 20	May Day



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Friday 08 May 20 HW 1947 BST 5.7 Cargreen	Introduction to start racing
Friday 15 May 20 LW 1912 BST 2.3 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
Friday 22 May 20 HW 1853 BST 5.2 Cargreen	Sailing techniques and manoeuvres 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
25 - 29 May 20	Half Term Devon & Cornwall
Mon 25 May 20	Spring Bank Holiday
Friday 29 May 20 HW 2337 BST 4.8 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 05 Jun 20 HW 1838 BST 5.5 Cargreen	Sailing Trip THE WQSC BBQ Parents encouraged to attend
Friday 12 Jun 20 LW LW 1749 BST 2.0 Cargreen	Seamanship Sailing skills
Friday 19 Jun 20 HW 1613 BST 4.6 Cargreen	Day Sailing skills
Sun 21 Jun 20 HW 0741 BST 5.0 LW 1248 BST 1.2 HW 1858 BST 5.2	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 26 Jun 20 LW 1626 BST 1.4 Cargreen	Log Book practical sign up



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Friday 03 Jul 20 HW 1737 BST 5.1 Cargreen	Sail Training/Race Introduction to race start and triangle racing - Open to family
Friday 10 Jul 20 LW 1631 BST 1.5 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 17 Jul 20 HW 1631 BST 4.7 Cargreen	Sailing Games
24 Jul - 2 Sep 20	Summer holidays Devon & Cornwall
Friday 24 Jul 20 HW 2130 BST 5.5 Cargreen	Leisure sailing no formal instruction Safety boat and crew on water
Friday 31 Jul 20 HW 1623 BST 4.7 Cargreen	Leisure sailing no formal instruction Safety boat and crew on water
Friday 07 Aug 20 HW 1948 BST 5.3 Cargreen	Cadets & Adult - Racing no formal instruction Safety boat and crew on water
Friday 14 Aug 20 LW 2101 BST 2.3 Cargreen	Leisure sailing no formal instruction Safety boat and crew on water
Friday 21 Aug 20 HW 2033 BST 5.7 Cargreen	Cadets & Adult - Racing no formal instruction Safety boat and crew on water
Friday 28 Aug 19 LW 2059 BST 2.2 Cargreen	Leisure sailing no formal instruction Safety boat and crew on water
31 Aug 20	Late Summer Bank Holiday
Friday 04 Sep 20 HW 2026 BST 5.4 Cargreen	Assessments/ Sailing Trip to Weir Quay
Friday 11 Sep 20 LW 1824 BST 2.4 Cargreen	Sail Training /Assessments/ Race
Sat 12 Sep 18 HW 1324 BST 4.3	Cargreen Regatta & raft race



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Friday 18 Sep 20 HW 1948 BST 5.9 Cargreen	Sail Training /Assessments/ Race
Friday 25 Sep 20 LW 2023 BST 2.4 Cargreen	Sail Training /Assessments
26 - 30 Oct 2020	Half Term Devon & Cornwall
Friday 16 Oct 20 1900-2000	Theory evening – Buoyage
Friday 13 Nov 20 1900-2000	Theory Evening - Spinnakers
Friday 4 Dec 20 1900-2000	Cadet Award night
Friday 15 Jan 21 1900-2000	Theory Evening - Knots
Friday 19 Feb 21 1900-2000	Theory Evening – Rule of Road
Friday 19 Mar 21 1900-2000	Sign up evening