

Diary dates

- **19 April** Tripartite sailing competition—Attenborough, Trent Valley and Nottingham Sailing Clubs. Not 24 April as previously advertised.
- Race Training for Beginners/Improvers, **Saturday 25 April**
- **6 June** Open day
- **27 June** 50th birthday summer ball
- **29 August** Family fun day
- **6 Nov** Bonfire night
- **12 Nov** AGM

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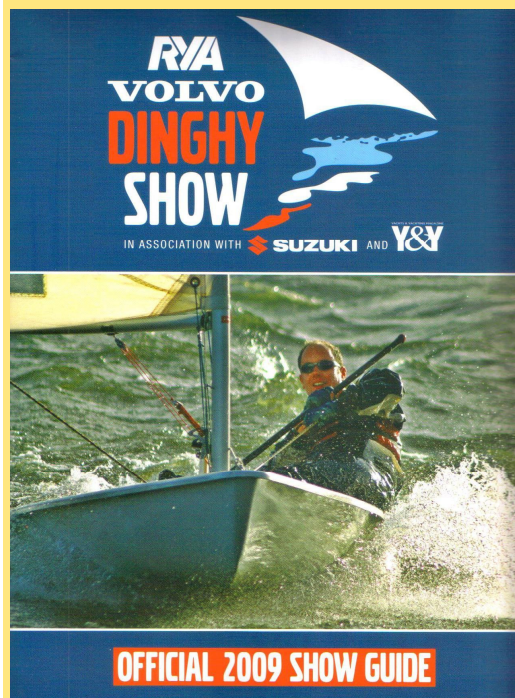
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2009 Issue 3

April 2009

Starring role in dinghy show



Attenborough Sailing Club had a starring role on the front cover of the programme for this year's dinghy show in London.

This picture of club member Jon Adams was taken by club treasurer Roger Day and used by the RYA for the event in March.

Several club members attended the show and had a great day looking at the stalls and making one or two purchases—*most* managed to resist the temptation to buy a new boat!

Social sailing—just for fun

Friday evening casual sailing (or cruising as it's called in the handbook) has now begun at Attenborough Sailing Club. This will continue until 18 August.

By popular demand from members who are not so keen on racing, from 10 May, we're also expanding this to Sunday mornings from 10.30am.

Come down and practice your skills or just bob around to your heart's content with the security of having other people around.

If you want to find a crew or helm to join you, you could sign up to the club's yahoo user group by following the link from the club's website www.attenboroughsc.org.uk By signing up to yahoo group you can quickly email all other members who are signed up to the service to see whether they are free to sail or planning on popping down to the club.

Hope to see you there.

You can also sail at any other time during the in-season but we strongly recommend, for your own safety, that you only sail when there is someone else at the club. See page two for safety code.

Do's and don'ts for safe sailing

A reminder to all club members of the safety code that the club runs to protect you (and others and your boats) from harm.

Sailing: Club Races

- 1 Buoyancy aids must be worn at all times by persons on the water
- 2 During the months of Nov—March inclusive it is strongly recommended that a wet suit or dry suit be worn when sailing and by at least one person in the safety boat
- 3 Non swimmers must wear a life jacket
- 4 The boat sailed and the helm must have adequate insurance with a minimum third party liability cover of £2,000,000
- 5 The boat owner/helm must ensure the boat sailed is in a safe condition and has adequate buoyancy
- 6 The helm/crew must ensure they are competent to sail in the prevailing conditions
- 7 If conditions become unsafe all persons must leave the water and take shelter and racing must be abandoned—a lightening storm is an example of unsafe conditions.

Independent sailing / cruising

- 8 all the above conditions plus:
- 9 It is recommended that non swimmers do not sail when there is no safety cover
- 10 Sailing is only permitted if there is on the water, or on the shore, a person capable of rendering assistance on the water to any sailor in difficulty. This person must have a first aid kit available
- 11 Junior sailors (under 18 years old) must only sail if they are under supervision of a parent or nominated adult.

General/in the compound

- 12 No swimming, fishing or skating is allowed
- 13 Parents must supervise children and guard against accidents
- 14 Children are not allowed in the bosun's store or on the pontoons unless preparing to sail or returning from sailing
- 15 The first aid kit is kept in the clubhouse near the bar. Members sailing outside the hours when the clubhouse is open must provide their own first aid kit
- 16 The nearest emergency telephone is the network rail telephone at the level crossing on Barton Lane. Network Rail will pass on a genuine emergency call to the appropriate services
- 17 The nearest public payphones are in the retail park on Barton Lane (only accessible when the stores are open).

More information is included in your handbook.

Noticeboard

If you have any ideas for articles which you would like to be included in a future issue of Telltales, please send them to julierippon@hotmail.com

Race Training for Beginners/
Improvers **Saturday 25 April**
10.30am—4pm

**For more details contact
Mike Pritchard**

**19 April from
11am**

Tripartite sailing
competition.

**Three clubs:
three races**

Attenborough,
Trent Valley and
Nottingham Sailing
Clubs.

www.attenboroughsc.org.uk

Officers on Duty walk through

About 20 people attended the informal OOD training led by Steve Coupe and Mike Pritchard.

The session ran through what was expected of people while they are Officers On Duty. The session was well received and it is planned to repeat this on an annual basis.

Sail setting

We also had a good turnout to the sail setting talk. Thank you to Julie Rust for organising a good venue and spread and to Alverbank Sails for spreading their knowledge of sails to members.

I'm sure many members will be busy tweaking and setting the cut of their jib over the coming weeks.

Social diary



The fitting out supper attracted almost 40 people to the clubhouse for pizza, a quiz and raffle.

Paul Warren was quiz master for the occasion and I think it's fair to say that Anne Robinson's job is safe.

Quiz winners had the choice of a box of Thornton's chocolates or a bottle of wine. Raffle prize winners also had their pick of the goodies.

Training round-up



Power boat course

Five of our members satisfactorily completed their level 2 RYA Powerboat course. These courses are run

at minimal cost to club members to enable them to gain the skills necessary to handle the safety boats.

Although the course is not designed to teach recovery techniques it gives people the confidence of making approaches to objects and people in the water in a proper and safe manner.

There is another course planned for October so why not get your name down early and have some fun on the water at the same time as learning new skills?

Junior dinghy training (8 to 16 years)

We shall be running a junior sailing course based on the RYA Youth Training scheme over two weekends in May.

The course is based on building competency, from helping to rig a boat to being able to sail a triangular course (which is the same level as the adult level 2).

Youngsters will get their log book signed off and receive certificates as modules are completed. This not only allows the younger members of the club to reach a competency level during the two weekends but also means we can work with them on a more continuous basis.

The Club has applied for a grant with the intent of purchasing two RS Feva youth boats. If all goes to plan, these boats plus the Toppers we already own, and hopefully loaned Optimists for the smaller trainees, will be used for the May course.

Adult dinghy training

The May level 2 course is now full.

The next course will be held in September. Bookings are already being made and a number of enquiries have been received so if you want a place it is suggested you book early.

Details are on the club notice board or more information and application forms can be had from training@attenboroughsc.org.uk.

All of our instructors who will be involved with this training have recently undergone CRB checks and our Children's Welfare Officer will be overseeing shore based arrangements.

The course will cost £75 for each youngster and application forms can be found on the notice board in the club or available from training@attenboroughsc.org.uk