Lyme Regis Sailing Club (LRSC) Training and Coaching Pathway

This document forms part of the LRSC Sailing Strategy. It sets out the objectives and the processes for advertising, administering and delivering the sailing training and coaching to members of LRSC.

Learning to Sail

LRSC offers sail training to junior and youth members as described below (Optimist, Youth Group and Seamanship Group). Adults wishing to learn to sail can do so during the summer with the Lyme Regis Sea School (LRSS), or at any time of the year at a variety of Royal Yachting Association (RYA) training centres. Details of courses can be obtained on the websites of LRSS and the RYA.

Optimist Training and Coaching

LRSC offers sailing training in Optimist dinghies to juniors from the age of 8 years old. The training is organised and delivered by club volunteers and due to the age of the children involved, parents / guardians are required to be members of the club and to be actively involved in supporting the sessions. The training is split into two groups, beginners and intermediates. The beginners group is aimed at building the children's confidence on the water while teaching them the basic skills of sailing. Children will be able to independently sail out of the harbour and demonstrate control of the Optimists speed and direction while sailing on a reach to include tacking round a mark. The intermediate group will build on the skills learnt in the beginner group, to include gybing and sailing on all points of sail, moving on to developing racing skills, with the aim of taking participating in the youth regatta. Sessions are run on Saturday mornings between Easter and October with a break during the school summer holidays. Specific dates are advertised on the club calendar and shared directly with those that obtain a place.

Due to the age and ability of the beginners group as well as the number of volunteers and rescue boats available, numbers are limited to six sailors who are taught in the beginner boats owned by LRSC. When children progress into the intermediate group, they are expected to have their own boats and will need to pay the necessary berthing and launching fees to the club / harbour master. The intermediate group is generally restricted to six sailors although, because of the age of the sailors and varying rates of progress, the precise make-up of the overall group is necessarily flexible.

The group is advertised on the club website through this article and an email is circulated to members to notify them of available places and the deadline for application. Speaking directly with the Optimist training lead is advised to ensure that the child and parents / guardian are fully aware of the commitment involved and to ensure the sailor is confident and enthusiastic.

Tuesday Youth Group

This is a long standing training group that operates on a Tuesday evening between 5:30 and 8pm, Easter until mid-July. It is aimed at people between 10 and 17 years old. The objective is to teach people to sail and then to develop their sailing skills, aiming to get them to RYA Youth Level 4 (equivalent to an RYA Adult level 2) and also to offer them the opportunity to

learn RYA sailing modules. Sailors normally remain in the group for two to three years and some stay on longer to act as training assistants. The group utilises both single and double handed Lyme Regis Sea School boats. Teaching and training is undertaken by a combination of qualified RYA instructors and experienced sailors that are themselves working towards RYA teaching qualifications.
The sessions are run by qualified RYA instructors following the RYA framework. The group operates within the LRSC and RYA safeguarding framework and policies.

There are approximately 30 places for students, 10 in the beginner group and 20 in the intermediate group.

The Tuesday Youth Group is administered and co-ordinated by the club's Youth Co-ordinator. Availability is advertised throughout the year through information on the club website, by speaking directly with existing or prospective members with children and by informing students at the conclusion of Sea School courses. Those expressing an interest are placed on a provisional list that is maintained by the Youth Co-ordinator.

Applicants must meet the following minimum standards:
Age 10-17 years old
They must be a confident swimmer
They must commit to attend every Tuesday session
They must have their own suitable sailing clothing
They must demonstrate a desire to learn to sail or progress their skills
The sailor must be a member (youth or part of a family membership)

Prospective members of the group and their parents / guardians are spoken to by the Youth Group administrator / coordinator to ensure that the requirements above are met before they are added to the provisional list.

An email is circulated to LRSC members in September / October by the Youth Co-ordinator to advertise the Tuesday Youth Group and invite applications from anyone who has not already expressed an interest.

In formulating the Tuesday Youth Group for the following year (from those on the provisional list), priority is given to existing members of the group who have shown a commitment during the previous year, siblings of existing group members and then by the date they were placed on the provisional list. It is common for this group to become oversubscribed.

Saturday Seamanship Group
The objective of this group is to develop the sailor's skills and confidence in both single and double handed boats. The group operates on Saturday morning between approximately 09:30 and 13:30 between Easter and Christmas, with a break during the school summer holidays. Precise dates are published at the beginning of the season.

There are approximately 22 places available. The Seamanship Group is operated by a team of qualified RYA Dinghy Instructors and RYA Race Coaches that are volunteers and members

of LRSC. There is a Seamanship Group Administrator who liaises with the trainers / coaches and the Youth Group Coordinator to select the youths that will form the group each year. The administrator also ensures that the weekly sessions are advertised on the club calendar and that there are sufficient trainers / coaches and shore team for the session to run. The sessions themselves are run by the qualified trainers / coaches who undertake the necessary risk assessment. The group operates within the LRSC Safeguarding framework and policies.

The Saturday Seamanship Group is a natural progression for youths moving on from the Tuesday Youth Group (although not a mandatory route) when sailors have achieved the RYA (Youth) level four plus an additional module. This is equivalent to an adult RYA level three qualification. The group is also advertised on the club website and at the conclusion of the Sea School Courses. An email will be circulated to members in February each year to ensure everyone has an opportunity to apply for places.

Places are allocated by the Seamanship Group Coordinator ahead of Easter each year in consultation with Youth Coordinator to ensure that the following requirements are met:

Age under 18 years old
They must be a confident swimmer
They must commit to attend the majority of sessions
They must have their own suitable sailing clothing
They must demonstrate enthusiasm to progress their sailing skills
The sailor must be a member (youth or part of a family membership)

Race Group
The Race Group is aimed at both youths and adults who wish to begin to participate in club racing or improve their racing skills. The sessions run on most Saturday mornings throughout the year with breaks during the school summer holidays and during January. The sessions are taken by club volunteers who are RYA Level 2 Race Coaches. The majority of participants sail ILCAs (all rig sizes), although sailors in other classes may be accepted after discussion with the coaches (this is to ensure the objectives of the sessions can be achieved if there are a variety of boats). Adults and youths train alongside each other and are actively encouraged to participate in club racing. It should be emphasised that this group is aimed at coaching racing skills and not sail training. Whilst there are no mandatory RYA qualifications required, participants must:

Be keen to develop their sailing skills with the objective of participating in club racing
Have access to an ILCA or another suitable dinghy
Be capable of sailing confidently around a triangular course in a variety of conditions.
They must be capable of righting their dinghy following a capsize
Participants must have their own suitable sailing equipment
They must be a member of LRSC (individual, family or youth)

Although not a requirement, participants will get far more from the sessions if they attend frequently.

There is no application process, other than by making contact with the Lead Race coach to discuss their involvement. There is no limit on the number of people that can be part of the group, although individual sessions may become oversubscribed. Group 'members' are notified of sessions on a weekly basis via a dedicated WhatsApp group and are expected to confirm if they wish to attend. In the (unlikely) event of over subscription, participation will be on a first come basis.

29er Club

There are currently a growing number of LRSC sailors that are racing in the youth skiff 29er class. In an effort to support these sailors and help them develop, LRSC is running 29er specific coaching. Due to the sailing commitments of the sailors and their supporters (parents) these sessions are inevitably on an ad hoc basis. The coaching is run by an RYA Race Coach Level 2 and is normally held after the Saturday race coaching session (see above). Anyone interested in participating in this group should make contact with the 29er Club Coach to discuss participation.