



# **GRYC SAILABILITY 2019 /2020**

## **NOTES FOR SAILORS, VOLUNTEERS & CARERS**

Revision 9 Issued September 2019

### **MISSION STATEMENT**

"To promote sailing as a fun, safe and rewarding activity in which people with any disabilities or disadvantage can participate at a social, recreational and competitive level; and promote the inclusion of people with disabilities the elderly, the financially & socially disadvantaged within all mainstream yachting activities".

### **OBJECTIVE**

To run a Sailability program enabling new participants to quickly, safely and easily progress to sailing independently or as part of a crew with a minimum of instruction and with the minimal use of technical yachting jargon.

### **SAFETY RULES**

During recreational (social) Sailing sessions boats will be accompanied by a support vessel at all times with no more than 8 boats sailing per support boat. When the number of boats is 4 or more a second support vessel and crew will be at the dock ready to be deployed. No sailing boat will leave the dock unless the support vessel is deployed. When 9 or more sailing boats are deployed both support vessels will be monitoring the fleet. Sailors and crew will at all times follow the directions from the support vessel crew.

In the event of dangerous conditions or an incident tying up the support vessel, a general recall will be issued and all boats must immediately return to dock.

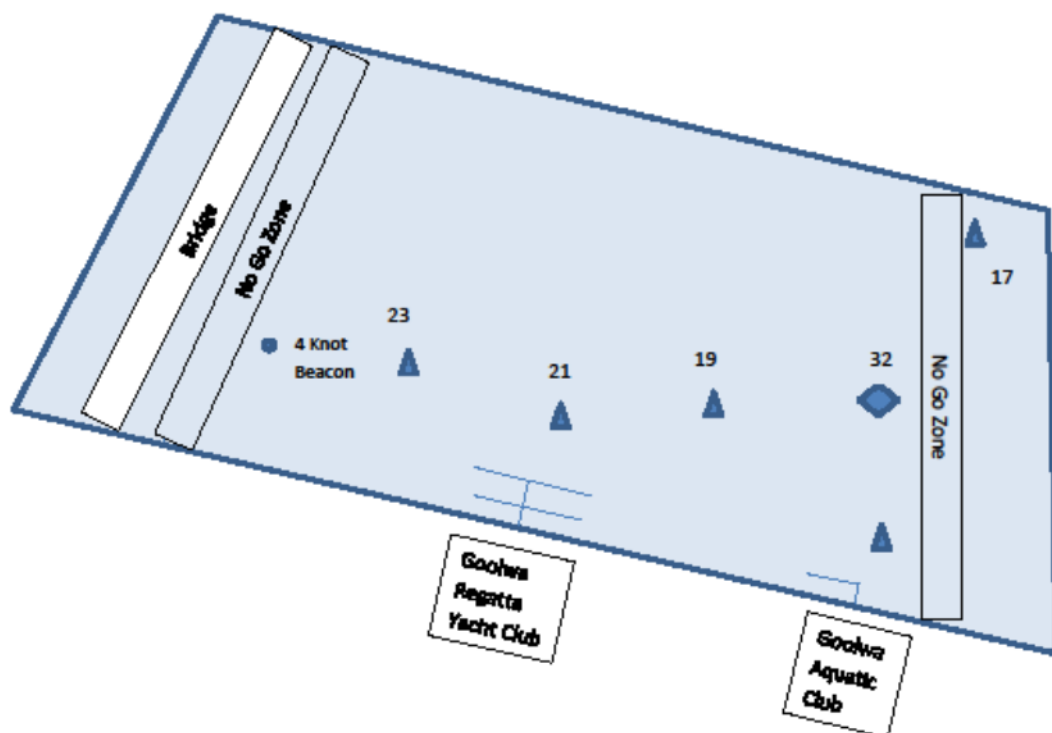
Each support boat will be equipped with two operators with at least one of them qualified in boat handling and First aid.

All support vessels will be equipped with either UHF and/or Marine Radios. The UHF radios will be for communication between dinghies, support boats and the dock. The Marine radio is to communicate with the GRYC and Marine Safety Services. Dinghies MUST carry radios and report to base on departure from and arrival back at dock.

Boats will be limited in travel to an area bounded by the 4 knot buoy this side of the Bridge and a line projected from the Aquatic Club boat ramp jetty and beacons 32 and 17 (see page 2 for diagram/map).

Boats in breach of the above rules will be requested to return to the dock as safety would be compromised.

Support boats are not in a position to take people out for a ride, as their purpose is solely for safety.



## **SAFETY RULES RACING**

When racing in Sailability and Access class (Hansa), AYF rules will apply, but aggressive behaviour will not be tolerated in this inclusive leisure and sporting pursuit. Further instructions will be available prior to racing from our Notice of Race and Sailing Instructions.

## **CARERS:**

Carers are very important to the smooth running of sailing days at GRYC Sailability. Without the help of carers it would be impossible to accommodate the people wishing to sail. To facilitate everyone the following points should be noted.

### **1. IN THE WEEK PRECEDING THE SAILING DAY :**

Please ***notify*** by return email before 6 PM Friday, your attendance and the number of people in your group for the next sailing day. Specify the number of people attending and their general level of ability if they are new sailors. Sailing starts at 9.30 AM and you are asked to arrive from 9.00 AM onwards. Please also advise how many people will be staying for lunch so we may confirm our catering arrangements, and if there are any dietary requirements (eg gluten free / vegetarian).

### **2. CASUAL SAILING**

First month's sailing is considered 'Come n' Try' for a fee of \$5.

Paperwork: ie personal details, email etc to be completed on first week's attendance.

### **3. CLUB SAILABILITY MEMBERSHIP**

After the initial month's sailing it becomes compulsory to join GRYC as a member (membership is \$36 per year) to be covered by our insurance policy, and that of Yachting Australia.

### **4. SAILABILITY RACING**

To race in the state championships the sailor must be a member of Sailability South Australia (\$45 yearly)

### **5. LUNCH**

Lunch is provided on Sailability day at a cost of \$6

### **6. CRITERIA FOR SAILING**

Should the forecast at 6 PM the night before the sailing day be for a maximum of 35 Degrees Celsius or higher the event will be cancelled (including social and lunch). The forecast will be taken from *weather.com.au/sa/goolwa/current*.

We will endeavour to make contact by email on the Friday night in the event of cancellation. To check, please phone the manager of the GRYC on 08 8555 2617.

If during the sailing event the temperature should reach 33 Degrees or the wind exceeds 20 knots or gusts to 25 knots then sailing will cease from that time, but the lunch and social aspect will continue.

A PFD Type 1 or 2 must be worn at all times on the water whilst sailing. Inflatable PFDs shall not be used in dinghies unless dispensation is given by submission for approval by YA. Sailors and crew must be equipped with their life jackets and be ready for boarding before entering the dock area.

### **8. ON ARRIVAL:**

Please report to Ian Barker (Dock Co-ordinator) who will be wearing a yellow safety jacket. This is most important to ensure your arrival time is noted and your turn to sail registered.

Tables and chairs are provided around the bar and outside under the verandah canopy for you to sit while awaiting your turn to sail, or for just socializing.

The Star Tent will be available near the dock.

### **9. PREPARING TO SAIL:**

This is the time to check that your sailor has a drink, is fully sun-screened and hatted (one that will not blow off), and has been fitted with a well-fitting life-jacket. In cold weather a spray jacket or waterproofs should be worn to prevent chilling. A change of clothes would also be beneficial in event of becoming wet.

**Please note:** PFDs are available at the radio trolley or adjacent to the landing. Ask a volunteer for help if necessary.

#### **10. ON THE PONTOON / DOCK:**

***Do not go onto the dock if you have not been called for a sail.***

When your sailor is called for a sail, they must have their PFD on and be ready to sail and you must take them to the dock or landing.

*Never take your sailor down if they are not wearing a life-jacket.*

On the dock, please explain about your sailor to the dock Co-ordinator who is wearing a **YELLOW** safety jacket and the skipper who is waiting to go sailing. e.g. how well they understand simple instructions, if they like to help sailing, if they cannot talk, if they are liable to have seizures or become anxious etc. (not in detail).

Help your sailor at the boat but do not try to get them into the boat by yourself; wait until one of the volunteers is with you. Please be patient as sometimes there can be an unexpected delay.

Note the sail colour so you can watch for when they are returning, to be on hand when they are getting out of the boat. Please don't wait on the dock as it can get quite busy. Each trip is about 45 minutes.

When your sailor is getting out of the boat be on hand in case they need to see you but it is the responsibility of the volunteers to get them safely back onto the dock. This is for safety reasons.

If you use a wheelchair please keep it on the grassed area adjacent to the main jetty and be ready to bring it onto the dock on the return of your client.

After they have sailed, remove PFD (life jacket) & return it to the PFD rack, then take your client back to the tent or club rooms. Please don't leave immediately, as this is a good time to have any refreshments and socialise with the other carers and their sailors in the very pleasant situation at the club rooms. On Sailing days, coffee/tea & biscuits are available free and a BBQ and salad lunch will be available at 12.30 PM for a small fee. After lunch sailing will be reconvened and we ask sailors to indicate their intentions during the lunch break. We aim to finish the day around 3.00 PM.

**NOTE:** The toilet at the back room is for clients with a disability. There are toilets off the bar room for clients who can walk, and for carers. The most important thing is for you and your clients to enjoy the day in a happy, relaxed and safe atmosphere.

Prior to lunch: remember to sign the appropriate register (sailor/volunteer/carer or parent) which may enable your lunch cost (\$6) to be refunded via our lunchtime draw.

## **Sailing Dates 2019 - 2020**

Saturday, 19 October 2019	Sailability	9:00
Saturday, 9 November 2019	Sailability	9:00
Saturday, 30 November 2019	Sailability	9:00
	Xmas Lunch	13:00
Saturday, 11 January 2020	Sailability	9:00
Sunday, 19 January 2020	Sailability Challenge	10:00
Saturday, 15 February 2020	Sailability	9:00
Saturday, 14 March 2020	Sailability	9:00
Saturday, 28 March 2020	States @ Goolwa	9:00
Sunday, 29 March 2020	States @ Goolwa	9:00
Saturday, 9 May 2020	Sailability	9:00
Saturday, 13 June 2020	Sailability	9:00
<b>July, 2020</b>	<b>NO SAILABILITY</b>	
Saturday, 15 August 2020	Sailability	9:00
Saturday, 12 September 2020	Sailability	9:00

## **YOUR COMMITTEE:**

Ian Barker	Chairperson / Membership / Dock Co-ordinator
Brian Southcott	Sailability SA Liaison
Lyn Roberts	Catering
Paul Smith	Committee
Robbie Parker	Committee
Andrew Cartwright	Committee
Jim Hunt	Committee
Trish Faulkner	Committee

## **Roles:**

### Dock Coordinator / Membership

Ian Barker

### Radio & Scheduling

Brian Tapping

### Support Boat Skipper (licensed)

Brian Southcott

Ian Barker

Peter Gubbins

Trevor Baldock

Jim Hunt

Howden Jennings

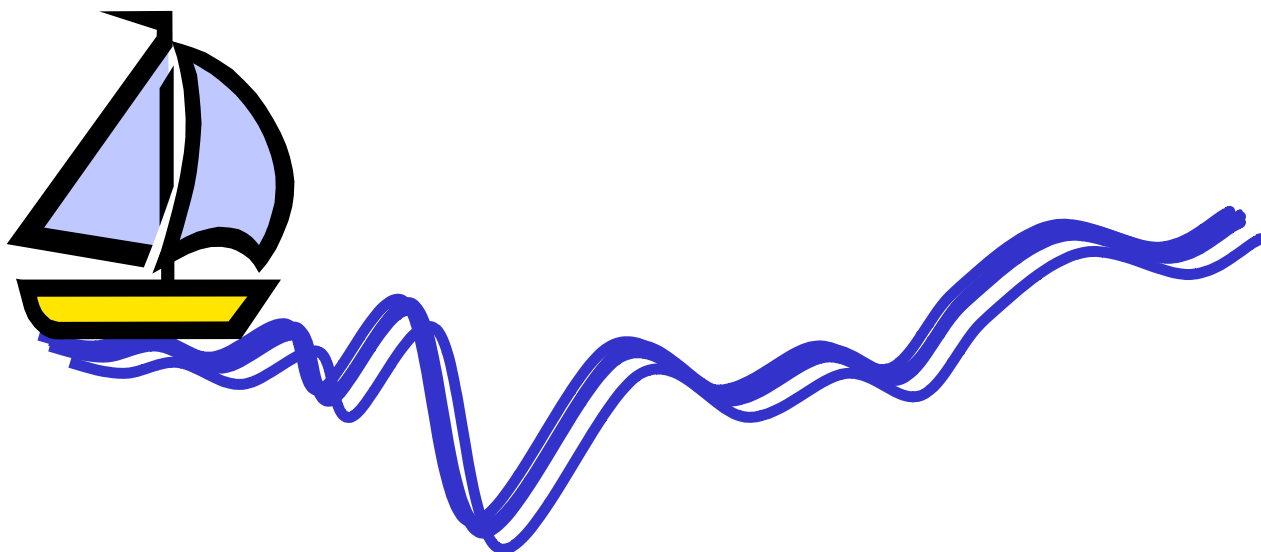
Tony Mills

Ron Faulkner (Assistant) Rob Makin (Assistant)

## First Aid

Lyn Roberts  
Paul Smith  
Sheila Hunt  
Chris Angley

Brian Southcott  
Ian Barker  
Peter Nikic  
Angela Murray



# *HAPPY SAILING*

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## *Contacts for sailing*

*Chairperson / Membership / Dock Co-ordinator:- Ian Barker 8555 0541 or 0411 207 446*  
[ianbarker946@gmail.com](mailto:ianbarker946@gmail.com)

*Sailability SA Liaison:- Brian Southcott 0408553210 [brian45@gmail.com](mailto:brian45@gmail.com)*

*Catering:- Lyn Roberts 0438275576 [globerts@picknowl.com.au](mailto:globerts@picknowl.com.au)*

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