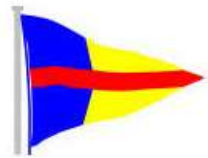


Stokes Bay Sailing Club

Cadets Information Guide

Revision 07/2025

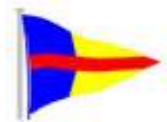


Stokes Bay Sailing Club

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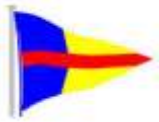
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1 Introduction

This guide is to be used as an aide memoire to advise and assist Stokes Bay Sailing Club (SBSC) member Cadets and Cadet parent/guardians regarding SBSC rules and preferred Cadet activity practises. This guide also provides activity schedules as well as Health and Safety aspects and the roles and responsibilities of adult helpers.

SBSC Cadet activities are wholly supported by voluntary adult/parental/guardian helpers; who plan, organise and ensure the Cadets conduct their activities in an enjoyable and safe environment. **Assistance from adult helpers is paramount to the success of any Cadet activities and is lots of fun too!**

1.1 Cadets

SBSC Cadets is for children between the age of six – sixteen years of age and who are able to swim a minimum of 25m. Cadets usually start in a small boat called a Topper or an Optimist. There is dedicated club equipment to support activities as well as the use of club RIBs and facilities. See Section 4 for equipment details. Cadets must have their own wetsuits, boots, buoyancy aid, gloves and helmet.

Cadets may gain experience and confidence by regularly being involved and buddying-up during activities, until they are confidently able to sail single-handed. Guidance will be provided by adult helpers and senior Cadets to ensure Cadets progress in their skills and are able to take part in club racing if they wish. Parents should be willing to learn how to set up and rig a boat.

2 Schedules

2.1 Cadet Saturdays

Cadets meet most Saturday's between May – September with the occasional sessions taking place on a Sunday within club racing, the exact schedule will be detailed at the start of each year in the club events calendar. **The Saturday morning cadet brief is conducted at 10:00 prompt, with launching straight afterwards, so you will need to arrive by 0900 to rig boats and be changed ready to go on the water.**

At 09:50 there will be a short briefing held for all the adult helpers for that day, before the main briefing.

The briefing will introduce the morning activities, weather and tide details, activity groups etc. The Manager of the Day will lead the brief and give the safety talk and will then hand over to the Officer of the Day (OOD).

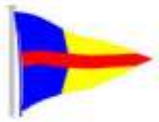
2.2 Cadet Volunteer Roster.

A Cadet volunteer roster will be drawn up at the beginning of each season and put into Google Documents folder. It will also be published in the SBSC Cadet WhatsApp group. During the run up to the start of cadets, parents/guardians will be asked to commit to a number of dates, where they can help in one of the Adult roles. Dates can be swapped with other adult members and the roster updated.

Cadets can only run using this system of volunteering, so it is vital that commitments are kept, with a minimum of one adult present for each Cadet.

2.3 Cadet Week or Weekend

Cadet Week is a dedicated five days of fun and sailing activities - usually within the first few weeks of the school summer holiday. Sometimes it might be a Cadet Weekend run at the end of June/beginning of July.



SBSC Cadet members are only allowed to participate. There can be a high demand for spaces, priority is given to regular Saturday Cadets.

There are a nucleus of adult helpers planning and running the activities, however parental/guardian support is vital during the programme. Cadets are divided into **sailing groups** based on their abilities for sailing. Cadets are also allocated **colour groups** for fun activities, with a mix of ages and abilities in each group.

3 Adult Roles

3.1 Cadet Parent/Guardian

Parent/guardians of Cadets aged 16 or under are required to be present throughout any Cadet activity and will be added to a WhatsApp group for all updates on Cadet Sailing. They are required to assist their Cadet/s in all aspects of preparation, launching, recovery etc. To assist with the launching and recovery effort, parent/guardians are also requested to bring wetsuits or waders if possible and help in the general running and help of cadets each week. A rota for helping in certain duties will be accessed via the Whats App group.

Consent can be delegated to another parent/guardian, as long as that person is present at the club; while the cadet is on the water.

3.2 Sailing Manager

The Sailing Manager oversees the whole activity. They ensure all adult helper positions are fulfilled, monitor weather conditions, communicate with all adult helpers and Cadets' parent/guardians. If predicted weather conditions are borderline prior to or during the activity, then it's the Sailing Manager's decision if the activity continues or is postponed. The Sailing Manager may provide a weather and activity status at approx. 09:00 on the day of the activity, via the Cadets WhatsApp group.

The sailing manager will be the main contact point for all issues on the day.

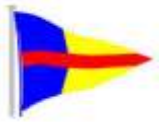
3.3 Officer of the Day

The OOD leads the activity brief. They will introduce the planned activities, update the weather and tide status and detail the Cadets' activities.

3.4 RIB Lead

The RIB Lead directs the RIB preparation assisted by other adult helpers. The RIBs are to include the following:

- Full tank of fuel
- VHF Radio (to be collected from Bridge) by the Beach Master
- Engine tested
- First aid kit
- Tow Rope



3.5 Beach Master

The Beach Master is to lead all launching, recovery and lookout throughout the activity. They are to check and maintain communications with the RIBs as soon as they are launched. The Beach Master may also need parents to act as spotters, while the cadets are afloat.

The beach master will coordinate a record of all Cadets afloat, either by using the club's elastic tallies or taking names on a list on the slipway or ensuring Cadets sign themselves in/out on the list. If Cadets participating in the sailing activity are to wear an elastic tally it is to be on their right upper arm. Once the Cadet has left the water, the tally must be handed in or they must be signed off.

3.6 Training

Training will be given for all of the roles mentioned, if you are new to cadets.

4 Equipment

4.1 SBSC Club Boats

Club boats can be used during Saturday morning cadets. The Club have the following boats:

- 2 x Toppers (Plus some 4.2 sails)
- 3 x Lasers
- 2 x Fusions (New boats for 2018)

To use a club boat please check with the Manager of the Day on the process on how to book a club boat out.

Add link to Club Boat Rules Doc

[Book Club boats HERE](#)

SBSC Kayaks

There are 5 Club kayaks located in the garage. These are to be used during Cadet activities and other club organised activities. Buoyancy aids must be worn.

There are also a number of body boards for use by the cadets, also in the garage.

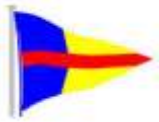
5 Beyond SBSC Cadets

a. Wednesday Evening Racing

Cadets are very welcome to participate in the Wednesday evening racing series, as stated in the club calendar. This is a racing event on a Wednesday evening, commencing at 1900 for most of the summer. A dedicated Cadet course will be provided.

b. Sunday Morning Race Series

Cadets are very welcome to participate in the Sunday Morning race series, as stated in the club calendar. This is a racing event on every Sunday, commencing at 1100. A dedicated Cadet course will be provided.



JETS

For more advanced winter training, each winter there is a select squad of club Cadets that meet at several local regional locations. The aim is to bridge the gap between Club Sailors and the National Youth Squad. Aspiring, keen and able Cadets will be invited to be selected at the end of the summer season.

c. Topper Travellers

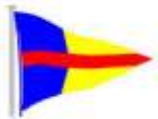
Topper Traveller events allow more able Topper sailors to compete at a number of local clubs. Further details may be found at <https://www.itca-gbr.co.uk/calendar/>

● 6. Club rules

● 6.1 Health and Safety

The following tips are recommended during SBSC activities:

2. Buoyancy aids MUST be worn at all times when afloat (cadets & parents).
3. Depending on the tally system in-use, Cadets shall either wear the tallies at all times while afloat or ensure they are signed in/out.
4. Be aware of prevailing weather conditions (wind strength, wind direction and strength of tide etc).
5. Listen to warnings of other experienced sailors. Consider the possibility of worsening conditions.
6. If a Cadet RIB asks a Cadet to return to the shore, they shall do so immediately
7. Never take valuables afloat. Items like wallets, rings, mobile phones, keys and non- waterproof watches etc. should be left ashore and placed in the lockers provided.
8. At all times when afloat be aware of what's going on around you. The Solent is used by a number of other users, some more experienced than others. Never take it for granted that they have seen you or will take avoiding action.
9. You must give all possible help to any person or vessel in danger.
10. Deciding whether it is safe for a Cadet to start or continue racing or training, is solely the responsibility of the Cadet parent/guardian, and not for the organisers running the race or event.
11. The RIB/s are there primarily for the safety and welfare of the sailors; if there is a problem whilst on the water, make contact with a RIB.
12. First aid equipment is available to anyone; located within the club and on each RIB.
13. Sailing helmets are recommended to be worn but it is down to individuals if they wish to wear one.
14. Suitable clothing or UV protection should be worn depending on the conditions. Always seek advice from more experienced members or at the briefing.



6.2 Parent/Guardian Consent and Supervision

This form is required for all participants under 18 years of age. It must be acknowledged by the parent/guardian of the young person as part of SBSC club rules when signing up to your membership.

Risk Statement

Sailing is by its nature an unpredictable sport and therefore inherently involves an element of risk.

By allowing my child to participate in Cadets at Stokes Bay Sailing club I the parent/guardian of the child mentioned above agree and acknowledge that:

- a) I am aware of the inherent element of risk involved in the sport and accept responsibility for exposing my child to such inherent risks;
- b) I have satisfied myself that my child has the necessary skill and knowledge to take part in cadet activities and will be able to deal with the conditions that may arise.
- c) I will not allow my child to take part in cadet activities whilst under the undue influence of alcohol, drugs or whilst otherwise unfit to participate;
- d) Where I am providing the boat I am responsible for ensuring that the boat is in good order, equipped and insured (including third party insurance of at least £2million) to take part in cadet activities.
- e) I am responsible for my child's property whether afloat or ashore;
- f) I accept responsibility for any injury, damage or loss to the extent caused by my own action or omissions or actions or omissions of my child;
- g) The provision of a cadet team, patrol boats and other officials and volunteers does not relieve me of my parental/guardianship responsibilities or my child of his/her responsibilities
- h) The provision of patrol boat cover is limited to such assistance, particularly in extreme conditions, as can be practically provided in the circumstances.
- i) My child is bound by the rules of Stokes Bay Sailing Club.
- j) Failure to help in the running of cadets may result in you and your child/children being asked not to attend.

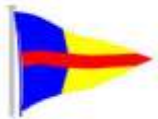
I will be responsible for my child throughout cadets and during the time that they are afloat.

6.3 Safeguarding at Stokes Bay Sailing Club

Policy Statement

Stokes Bay Sailing Club is committed to safeguarding children taking part in its activities from physical, sexual or emotional harm, neglect or bullying. We recognise that the safety, welfare and needs of the child are paramount and that any child, irrespective of age, disability, race, religion or belief, sex, sexual or gender identity or social status, has a right to protection from discrimination and abuse.

Stokes Bay Sailing Club takes all reasonable steps to ensure that, appropriate operating procedures and training, it offers a safe and fun environment to children taking part in its events and activities.



For the purposes of this policy anyone under the age of 18 should be considered as a child. All members of the Club should be aware of the policy.

Concerns

Anyone who is concerned about a young member's or participant's welfare, either outside the sport or within the Club, should inform the Club Welfare Officer immediately, in strict confidence. The Club Welfare Officer will follow the attached procedures (*see RYA Flowcharts 1 and 2*).

Any member of the Club failing to comply with the Safeguarding policy or any relevant Codes of Conduct may be subject to disciplinary action under Club Rule 14.

PROCEDURES

If there is a concern, the designated person would:

- Be the first point of contact for any concerns or allegations, from children or adults, ensuring that confidentiality is maintained in all cases.
- Decide on the appropriate action to be taken, in line with the organisation's procedures and in conjunction with the person in charge (Commodore, Principal etc).
- Keep the RYA informed as necessary.

[LINK to SAFEGUARDING DOC](#)

Club Welfare Officer: Andy Wealthy

RYA Designated contact:

RYA Safeguarding and Equality Manager, tel. 023 8060 4104, RYA Safeguarding Officer, tel. 023 8060 4226, e-mail safeguarding@rya.org.uk