



Dundee Sailing and Rowing Club

Training Policy

Background

Developing sailing and rowing through training is essential to keep club members safe and is also fun and rewarding for everyone as competencies grow. While techniques differ between rowing, sailing and powerboating, many of the wider principles are the same. This policy therefore covers all three activities but also pays attention to differences by having specific sections for each and referring to their different governing bodies, namely the Royal Yacht Association (RYA) and Scottish Coastal Rowing Association (SCRA).

Common Aims

1. To ensure participants remain safe and feel confident during their activities, from onshore preparation of the boats to launch, activities on the water, recovery and storing the boats again at the end
2. To enhance the competency and enjoyment of participants by supporting learning and development from basic skills to successful participation in regattas, more challenging conditions on the water, and longer cruises
3. To ensure the sustainability of the club by training trainers

This document has four main sections, some of which may overlap

- 1. Rowing**
- 2. Sailing**
- 3. Powerboat/Safety Boat**
- 4. Additional training common to all (e.g. VHF and First Aid)**

Rowing

Objectives

1. To provide appropriate training/ technique development to all new rowers to ensure they develop a good rowing technique to safely be part of a crew, particularly on longer rows (2 hours or more), and be an effective rower even if weather conditions worsen. i.e. a COMPETENT ROWER.



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2. To provide appropriate training/ technique development to all rowers to allow them to progress to become COMPETENT COXES and then progress to being a RESPONSIBLE PERSON (RP)
3. To provide appropriate training/technique development for REGATTA ROWING to those who want to row in a competitive environment.
4. To provide a programme of talks to cover the theoretical aspects of rowing.

Who will deliver the training?

1. Rowing RPs (Responsible persons)
2. Experienced rowers to assist RPs.
3. Experienced sailors to assist RPs where the activity/subject is of common interest
4. External agencies

Where and how?

1. Dedicated training/technique sessions once weekly during winter and twice weekly during summer months.
2. Dedicated once weekly training/technique rows.
3. Dedicated cox training sessions during summer months.
4. Specific training/technique sessions to cover certain competencies, e.g. MOB, dropping the anchor, preparing for a tow and operation of the quad bike.
5. Ongoing training/technique development as part of regular 2 hr rows.
6. Specific training/technique sessions for those rowers wishing to progress from competent cox to Responsible person. These will be tailored to the individual competent cox's needs.
7. Winter series of talks to cover theoretical aspects of rowing.
8. Provision of courses through external agencies, e.g. VHF licence, Heartstart and First Aid training (*see also last section*).



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Sailing

Objectives

1. To provide appropriate training/ technique development to all new sailors to ensure they can rig, launch, recover and sail a triangular course as by RYA level 2 standards
2. To continue to develop intermediate and advanced skills (theoretical and practical) with the aim of participation in longer cruises and racing. DSRC's strength is in cruising, so there is a focus on cruising and seamanship skills in all training; however, it is recognised that racing skills lead to focus and better sailing techniques, which are also relevant to cruising, so some racing techniques will be included in training

NB DSRC is an RYA affiliated training centre with several members trained to high standards by a combination of courses and personal experience. However, DSRC cannot provide RYA accredited courses without support from external organisations to deliver and sign off RYA qualifications.

Who will deliver training?

1. Weekly training sessions will be led by someone with an RYA dinghy instructor qualification or equivalent experience, supported by other experienced sailors
2. Experienced sailors are happy to share their knowledge, so much training will be informal during evening sails and weekend cruises
3. RYA instructors delivering accredited courses can be made available on a demand basis; costs will have to be largely carried by participants, but the club may subsidise some of these courses; this will be decided on a case by case basis.

Where and how?

1. Dedicated training sessions open to all will take place every Thursday evening
2. Additional training sessions will be scheduled at weekends based on demand – some of these will be in-house, others led by RYA instructors
3. Theory sessions will take place partially as part of regular Thursday training (especially when weather does not allow for sailing) and in conjunction with rowing theory on winter evenings (see programme)
4. Additionally, there will be a provision of courses open to both sailors and rowers through external agencies for VHF , Heartstart and First Aid training (see last section)



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Powerboat and Safety boat

It is DSRC Policy that safety helms need to have undertaken accredited RYA safety Boat training and that the safety crew will hold a PB2 qualification.

Accredited courses will be delivered by external RYA instructors, usually but not necessarily from Grassy Beach.

The committee may decide to subsidise the cost of the courses in return for participants volunteering to support sailing sessions. This will be decided on a case-by-case basis.

The committee will also organise non-accredited refresher courses at the beginning of each season, free of cost to all participants. All club members qualified as PB2 or safety helm are encouraged to participate in these.

Additional training for all members

- **VHF radio** – club members who regularly use VHF radios are encouraged to obtain a VHF licence; there are several VHF course providers in Scotland and the club is happy to help members find a suitable course. Additionally, core principles of using VHF radios can be taught informally to all club members, e.g. during safety briefings, on the water, or during winter theory training sessions
- **First Aid and Heartstart** – all club members are encouraged to train in First Aid and regularly refresh their knowledge and skills. Subsidised First Aid and Heartstart courses will be organised by the club on a needs and demand led basis
- **Club equipment:**
 - **Quad bike:** Training by one of the club officials is mandatory before using the club quad bike; additionally, there are prompt cards available on the quad to remind users of the core steps, but these do not replace an initial brief training session, which also covers awareness of public footpath and basic maintenance (fuel, battery, washing after use, etc)
 - **Power washer:** several club members are trained in the use of the power washer and detailed instructions are available as reminders of what to do
 - **Alarms** (security and fire alarms) – there is no formal training but all club members are invited to familiarise themselves and ask other club members for advice and guidance as required



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Club members interested in training

Club members are encouraged to take part in training, and if any areas of training are not covered by the above, to contact the committee. The committee recognises that club members have vast experience and knowledge between them, and anyone interested in sharing their knowledge by providing training inputs (even short one-off sessions) are most welcome to approach their training officers or the committee (dundee.sc@googlemail.com).