



RSYC Youth Basic Dinghy Sailing Programme

The intention of this programme is to enable children in the age range between 8 – 13 years to participate in the sport of dinghy sailing. The boats used will be the Royal Selangor Yacht Club's (RSYC) fleet of Optimist/ Laser sailing dinghies.



Training will be based at the Royal Selangor Yacht Club with classroom sessions at RSYC and practical training in various locations on the river. The basic training course consists of twelve individual sessions from beginner and move on to intermediate level as well as advance level.

(See Packages for details)

Sessions will be scheduled every week on a Saturday, from 10.00 to 3.00 PM. At the end of the basic training course.

Class size is 6 – 10 trainees.

The ideal candidate will be:

- Between 8 – 13 years old
- Able to float and swim a short distance (life jackets will be compulsory at all times)
- Reasonably healthy – not asthmatic, for example

Preparation : Sunglasses, Sun protection Clothing, Sun screen, Soft bottomed shoe (no flip flop), Sailing gloves (optional for beginner)

(Charges are inclusive of, bottled water, life, jacket, instructor and other safety apparatus.)

The parents of each pupil will be required to sign an application form, together with a disclaimer that the Royal Selangor Yacht Club is not liable in the case of an accident.

Beginner Sailing

Prerequisite: *No experience required*

Duration: 12 days - Saturday 10:00am – 3:00pm

Class size: 10 max

Age: 10-13

Beginner Sailing includes an orientation in RSYC, *first sail*, safety, *shore school*, and much more. The first half lessons cover all the basics including rigging, safety rules, and sailing maneuvers; everyone will learn to sail our beginner boats independently, under instructor supervision. The second half lessons continue with more advanced lessons and games designed to challenge and encourage our students. They'll be on the water every day — active, in the sun, and having fun.

Ratings received upon completion: Completion of Beginner Sailing of RSYC

May be taken upon completion: ***Intermediate Sailing.***

This course covers the following learning objectives for the first five lessons:

- Safety on and off the water / Clothing gear
- Sculling, Steering, Balancing, Propulsion
- Proper tiller extension grip
- Rigging
- Wind direction (On land Theory class)

This course covers the following learning objective for the remaining five lessons:

- Tacking
- Upwind, downwind and sailing at 90° to the wind! (light wind)
- Gybing (light wind)
- Stopping and acceleration

Additional one lesson resources for no wind days include:

- Bailing
- Paddling
- Sprit pole paddling
- Boat parts vocabulary while in the boats

Intermediate Sailing

Prerequisite: *Beginner Sailing*

Duration: 12 days - Saturday 10:00am – 3:00pm

Class size: 8max

Age: 10-16

Intermediate Sailing teaches new skills while also polishing the techniques introduced in *Beginner Sailing*. Students refine their positioning and sail trim, improve their maneuvers and control, and may learn to use a jib, all through a combination of lessons and structured play. The first week focuses on sail trim, boat handling, upwind sailing, and skills needed to sail in heavier winds, including capsize recovery. By week 2, we introduce the second the jib. When a jib is added to the mix, sailing becomes even more fun and sailors really learn to work together as skipper and crew.

Upon completion: may test for advance ratings

- Refine Beginner Sailing
- Capsized recovery
- Strong wind sailing - 14 knots above
- Sail Setting
- Ropework



Monthly Package (Dinghy)

Prerequisite: no experience necessary

Duration: 11 days - Saturday 10:00am - 3:00pm Optimist Training (Beginner)

11 days - Saturday 10:00am (Mentor session) 1:00pm-3:00pm (Intermediate)

Month	Beginner / Club /2019	Join Westport training 2019
May	11 th , 25 th	Ramadan/No training
June	8 th , 29 th	15 th ,16 th ,30 th
July	20 th	20 th , 27 th ,28 th
August	3 rd , 10 th , 24 th	17 th
September	7 th , 28 th	Regatta
October	5 th	Regatta

Class size: 11

Age: 8-13

Fee: RM 935 (Member)

RM 1232 (non member)

(Chargers are inclusive of, bottled water, life, jacket, instructor, boat, fuel safety apparatus.)

Summer program package (Dinghy)

Duration: 10 intensive lessons ; Monday to Friday ; 10am- 3pm

Minimum : 5 pax

Age for keelboat: 15 above

Age for Dinghy: 8-13

Date:

Month	Date / 2019
June	3 rd - 14 th
July	1 st - 12 th or 15 th - 26 th
August	5 th - 16 th

Fee: RM90/lesson (member)

RM120/lesson (non member)

Fee: RM900/Package

RM1,200/Package

(Charges are inclusive of, bottled water, life, jacket)

Shorter courses may be available by agreement



ROYAL SELANGOR YACHT CLUB

OPTIMIST TRAINING REGISTRATION FORM

COURSE INTEREST (Please check appropriate box)

COURSE	DURATION	COURSE DATE	
Youth – Basic Dinghy	8 Sessions		

PARTICIPANT DETAILS

Name:	
Gender:	Nationality:
Identity Card No:	Birth Date:
Passport No:	
Address:	
Tel:	Mobile:
Email:	

SWIMMING ABILITY (Please check appropriate box)

Non Swimmer Can Stay Afloat
Can Swim 25 metres Can Swim Well

MEDICAL INFORMATION - Please inform us should you have any of the following:-

Allergies:
Prescription Medication:
Medical Conditions:

EMERGENCY CONTACT:

1. Name:	Tel No:	H/P No:
2. Name:	Tel No:	H/P No:

SIGNATURE (Parents or Guardian of Trainee)

DISCLAIMER: I, _____ acknowledge that, whilst the RSYC takes all possible safety precautions, sailing and all water sports can be dangerous. I agree that the RSYC shall not be held responsible for any death, injury, loss or damage to any persons nor property, nor consequential loss, howsoever caused.

Signature: _____ Date: _____