



## 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 eight individual sessions and three stages:

### Stage One

Designed to give a basic understanding of how a sailing boat works, with some experience of steering and handling the boat.

### Stage Two

Pupils will learn a range of sailing skills and knowledge to help them to become a confident sailor.

### Stage Three

Pupils will progress to rigging, launching and sailing in any direction on their own.

Sessions will be scheduled every week on a Saturday, from 10.00 to 3.00 PM. At the end of the basic training course, pupils will have the option to proceed to advance courses which focus more on dinghy racing. 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

### Charges:

RSYC Member : RM 650.00

Non RSYC Member : RM 900.00

Charges are inclusive of, bottled water, life jacket, instructors 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.



# ROYAL SELANGOR YACHT CLUB

## OPTIMIST TRAINING REGISTRATION FORM

### COURSE INTEREST (Please check appropriate box)

COURSE	DURATION	COURSE DATE	
Youth – Basic Dinghy	12 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: \_\_\_\_\_