

LOCHCARRON SAILING CLUB HANDBOOK 2023



Regatta 2022

Welcome to the 2023 Handbook

I hope that 2023 will be a good sailing season, and that you will be able to take part in some of the sailing club activities both on and off the water:

- * Thursday night sailing: From 4.30pm school term time, April - October. All members are welcome to come and make use of the club boats, or their own.

- * Dinghy racing: Club races are scheduled most Sundays, around the high tide time, and these are a great opportunity to sail. Everyone is welcome and no racing experience is necessary (junior helms need to be minimum stage 2). We also have the annual Regatta, RYA performance training, and the Gunn Trophy planned this year.

- * Summer Laser series: Thursday night sailing will continue through the holidays as a Laser race night. The club has 3 lasers available for members who want to take part.

- * Onshore activities: At intervals throughout the year there are work parties to help maintain the grounds, clubhouse and equipment. All help is very much appreciated.

- * Training opportunities: As well as training week, which offers a variety of dinghy sailing courses, there are training opportunities throughout the year, including powerboat courses, first aid, and other courses.

- * The Lochcarron skiffs (LCCRA) are also based at the club and there are regular opportunities to try out coastal rowing.

- * Yacht events: This year sees the return of yacht racing, with two races planned. and other events TBA.

Our activities run entirely thanks to the support of club members, and we rely on everyone to be involved in a rota of duties.

The club has been lucky enough to receive a grant for new sails and equipment over the winter, as well as two new boats. Come along and try them out!

Looking forward to good sailing,

Oriel Woods

Subscriptions 2023

Subscriptions are maintained at the same level as previous years

Individual Member £60 Junior Member £35

Family Membership (2 adults 2 children under 18 on 1st January) £100

Yacht/Supporter Membership £15 Associate membership £0 (non-sailing parents of Junior members)

1 month Visitor membership 50% of appropriate annual fee

Hire charges for club boats used at events away from the club and at the club

Regatta £5 per day

INSURANCE All Club members using private boats for racing and other club activities are required to have adequate insurance cover with a minimum of £2,000,000 Third Party Liability.



COMMITTEE 2023

OFFICE BEARERS

Commodore	Oriel Woods
Vice Commodore	Steve Patch
Training Principal	Angela Goodman
Welfare Officer	Teri Stewart
Senior Instructors	David Murray
	Oriel Woods
Minutes Secretary	Jim Goodman
Membership Secretary	John Murphy

Treasurer	John Murphy
Clubhouse manager	Vacant
Bos'n	Vacant
Junior Member	Vivienne Goodman

Committee Members :- Jenny Baker, Frances Westerduin, Steve Smyth.

Contacts

General: lohcarronsc@gmail.com

Welfare matters: LSCwelfareofficer@icloud.com

Website and Facebook

www.lohcarronsailing.com for copies of the Programme and Rota plus upcoming events.

Our Facebook page is '[Lochcarron Sailing Club New Page](#)' and is used regularly to highlight upcoming events and to upload photos. Comments are always welcome!

Training

Lohcarron sailing Club has been a recognised RYA Training Centre since 2004 and is committed to offering relevant training to all members. Currently the Club can offer certificated training in sailing dinghies and powerboats, and First Aid as an onshore course.

Most RYA certificated sail training is completed during the annual Training Week which is generally the first week of the summer school holidays.

Occasional coaching weekends for Juniors are run at the club by RYA Scotland.

RYA Powerboat and First Aid courses are run on a more ad hoc basis according to demand.

All participants on RYA courses must be members of the club.

Club Dinghies

The club currently owns 26 boats for use by members. These can be used by any competent member free of charge for club events (apart from the Regatta) on a first come first served basis.

All club boats may only be used when a safety boat is on the water. Except the Devon Dayboat, by prior arrangement.

Members are expected to treat the boats with respect and return them to storage with the covers (if available) fitted and sails stored in the boatshed.

We know that bits of boats can break and suffer damage during use. It is really helpful to let us know right away so that they can be repaired; either by informing Steve, Ori or Angela directly or through the repairs book in the clubhouse.

Boats can be hired for the LSC Regatta and training or racing at other clubs.

Club dinghies:

Topper x 7	Fusion x2	Pico x 2	Comet x 2	Laser 1 x 3	Wayfarer x 2
Feva x 2	Vago x 2	Omega	GP 14	420	Devon Day boat

Some Portsmouth yardsticks 2023

Comet	1210	Omega	1075	GP 14	1133
Comet trio	1096	Pico	1330	Vago	1071
Laser 4.7	1210	RS Feva	1248	Fireball	952
Laser radial	1150	RS Vareo	1093	420	1100
Laser full	1101	Topper	1369	Fusion	1300
Laser 2000	1114	Wayfarer	1105	Dayboat	1184



Gunn Trophy 2022

Dinghy Racing Series

Club Races are open to all club members, including Juniors who have attained Stage 2 or above.

Results are calculated using the RYA Portsmouth Yardstick scheme to determine average lap times.

Dinghy races are controlled from the clubhouse with flags and sound signals using the standard 5 4 1 minute starting procedure.

Various trophies are awarded as detailed below.

General rules for Club dinghy racing

1. Club races are run according to the Sailing Instructions which are posted on the Noticeboard in the Clubhouse. Rules for racing are laid down by the IYRA and the RYA.
2. All competitors **must** sign in and out.
3. Dinghies must not set off from the beach until the safety boat is operational and clear of its moorings. Sailors should respect the instructions of the safety boat crew at all times.
4. The safety boat has the prime function of ensuring the safety of boats racing. It may also be involved in controlling the race, and timing boats finishing. The rescue boat must not be distracted by other boats carrying out unusual manoeuvres, nor by keeping an eye on boats sailing beyond the area of the course set for the race.
5. Any boats retiring must sail clear of the course set whilst remaining in sight of the Rescue boat.
6. Similarly boats which have completed the course and finished the race should sail clear of the finishing line and course.
7. Boats which have retired or finished should limit the chance that they may require assistance. They should not undertake intricate manoeuvres, engage in competition with other boats, and must not undertake practice capsizes.
8. When the day's racing is fully completed – all club boats having finished or retired should proceed ashore, unless approval of other actions has been obtained from the safety boat.
9. Members sailing their own boats should be aware that the safety boat will not generally be operational once all the club boats have returned ashore.
10. Personal buoyancy aids must be worn at all times when sailing dinghies.

Safety

All club members are expected to be fully aware of the dangers involved in sailing. This code of practice is a brief guide for members sailing their own boats, but is obligatory when members are sailing Club boats.

Code of practice

1. Ensure boat is in good order and that buoyancy is adequate and efficient
2. Assess current and pending weather conditions before setting sail – reef as necessary. Seek advice from more experienced members as appropriate. Club boats may only be taken out on authority of an Officer or a member of the Committee when a safety boat is in operation.
3. Confirm that the club rescue boat is available and on the water. **Club boats may only be sailed when a rescue boat is in service.** The only exception to this is the Devon Day boat which may be sailed by instructors or members approved by the Senior Instructor. A radio must be taken and another left with a responsible person onshore.
4. In dinghies and safety boats buoyancy aids must be worn at all times.
5. On yachts we recommend the wearing of life jackets at all times but this is at the skipper's discretion.

TROPHIES

All presented annually. The low point scoring system is used.

The **RNLI Shield** is awarded to the junior member (under 18 on January 1st) scoring the lowest points in the series of Dinghy Races, counting half the total number of races in the series, rounding up if necessary. Points will be awarded for each place in a race as per note 9 of the sailing instructions. In the event of a tie, discarded races will be added until the tie is broken.

The **Stan Forrester Trophy** has been introduced to give encouragement to the younger members of the club. It is awarded to the highest placed sailor, under 15 years old, sailing a Topper in the Regatta.

The **Shipmate Trophy** is awarded by the committee to the Junior Member who in their opinion has contributed most to the club onshore and afloat throughout the year.

The Camallt Trophy is awarded by Carron Restaurant for the best performance by a club sailor in the club Regatta.

The **Graham Family Trophy** is awarded for the season's best Race Average Result. A minimum of 12 races must be sailed. No race discards are allowed so this trophy recognises the true sailing performance of a sailor throughout the year. The Race Average is calculated by dividing the total number of points awarded by the number of races sailed.

The **Gunn Trophy** is awarded to the club winning the annual team racing event for Junior members of North of Scotland sailing clubs. Participants must still be attending school and sail in Toppers in teams of three.

The **Training Trophy** is awarded to the most improved sailor over the training season.



Regatta 2022

Child Protection

Lochcarron Sailing Club follows the “RYA Safeguarding and Child Protection and Policy and Guidelines.” Our Policy will be available on the Notice Board along with the extensive Guidance document.

The club’s Designated Child Protection Officer is Teri Stewart.

If you have any Child Protection concerns please discuss these, in confidence, with Teri who will take it to the relevant authorities as necessary.

Please remember that Child Protection is everyone’s responsibility and if your concerns are urgent then they should be taken directly to the Police or Social Work department immediately. Ideally record your concerns but DO NOT investigate.

All Instructors and Safety Boat Drivers are members of the Disclosure Scotland PVG scheme.

For any welfare or child protection issues please contact Teri at:

LSCwelfareofficer@icloud.com

Member support and Rota Duties

Our club relies heavily on all members contributing to the effective running of activities. Local members are asked to undertake rota duties –these are not usually onerous and should only be necessary 4 or 5 times per season. The rota is issued twice a season - March to June and July to October – by email and is also available on the website. Inevitably you may be put on the rota at a time that does not suit you and you are asked to arrange a swap with another member – contacts are available in the members’ area of the website.

Rota posts:

Safety boat crew;

Safety boats are only driven by qualified (Powerboat Level 2 or above) adult members during club activities. Ideally the crew should also be qualified but competent unqualified members may also be asked to act as crew. One member should be equipped to enter the water in the event of an emergency – in the case of an unqualified crew this must be the crew.

All qualified powerboat drivers must familiarise themselves with the club procedures for operating the safety boat which are kept in the Office and sign

the form at the front of the folder. They must also be members of the PVG Scheme.

Race Officer;

For Dinghy races will operate from the clubhouse. They should liaise with the safety boat crew when setting and controlling the race. Details of procedures, race sheets, timer etc. are in the Race Officers box.

Shore Watcher;

During Free Sailing sessions provide shore support in the form of radio liaison, helping the junior members with retrieving boats and most importantly making hot chocolate! A more detailed role description is posted in the kitchen.

All members fulfilling rota roles should make themselves familiar with the VHF radios. Please read the explanatory sheet beside the fixed radio in the clubhouse and ask more experienced members for help if you are unsure.

Free Sailing Sessions

These are informal sessions designed to encourage members to get on the water; especially those who might not feel confident enough to join in with Club Racing. All Juniors who have achieved Stage 1 or above are welcome along with all Adult members who have achieved Level 1 or above or who can demonstrate a reasonable level of competence. There is generally at least one instructor present who can offer advice and support both on and off the water.

Loch Carron Coastal Rowing Association

The Lochcarron skiff was launched in 2017 and is now based at the sailing club. There are regular opportunities available to try coastal rowing and compete in regattas. Sailing Club members qualify for discounted membership of the Coastal Rowing Association.

Sailing Programme

The sailing programme for 2023 is on the following pages. Additional training and events may be added as they are organised.

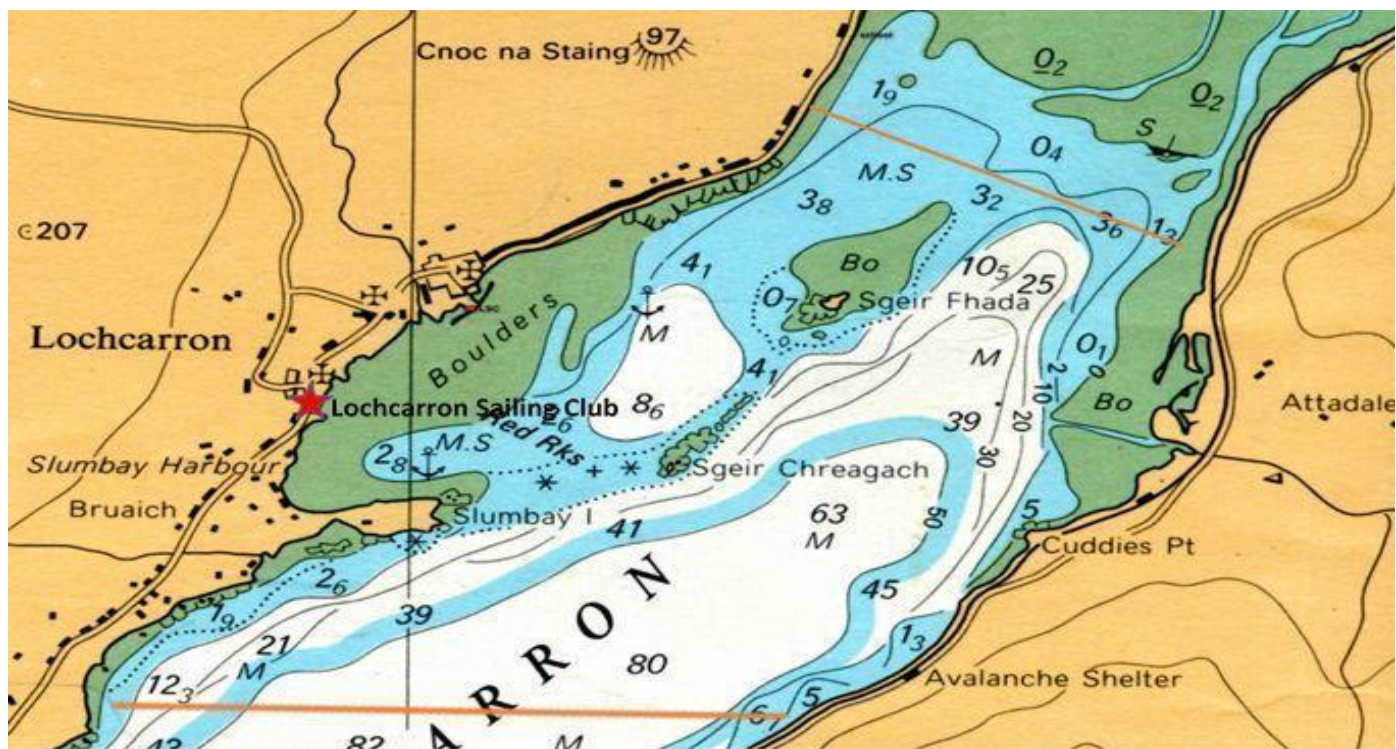
Date	Time	Activity	High Tide		Sunset
April					
Sat 01		Rigging Day	17:52	3.97m	20:00
Sun 02	17:00	Rigging Day, Race 1 & Sunday sailing @ 17:00	18:29	4.24m	20:02
Thu 06			20:20	5.01m	20:11
Sat 08			8:57	5.06m	20:16
Sun 09	10:00	Season Opening Sailing (with easter egg hunt)	9:30	4.95m	20:18
Thu 13			13:38	3.83m	20:27
Sat 15			16:43	4.07m	20:31
Sun 16	16:30	Race 2 & Sunday sailing	17:40	4.39m	20:34
Thu 20	16:30	<i>Free Sailing</i>	20:09	5.12m	20:42
Sat 22		Powerboat 2 course	9:01	5.08m	20:47
Sun 23	10:00	Powerboat 2, Race 3 & Sunday sailing @ 10:00	9:39	4.79m	20:49
Thu 27	16:30	<i>Free Sailing</i>	13:29	3.57m	20:58
Sat 29			16:10	3.64m	21:02
Sun 30	16:00	Safety Boat refresher, Race 4 & Sunday sailing @ 16:00	17:05	3.87m	21:05
May					
Thu 04	16:30	<i>Free Sailing</i>	19:20	4.85m	21:14
Sat 06			20:23	5.07m	21:18
Sun 07	18:30	Free Sail/Skills session	20:59	5.05m	21:20
Thu 11	16:30	<i>Free Sailing</i>	12:17	4.11m	21:29
Sat 13			15:08	3.97m	21:33
Sun 14	15:00	Race 5 & Sunday sailing	16:19	4.12m	21:35
Thu 18	4:30	<i>Free Sailing</i>	19:12	4.85m	21:43
Sat 20			20:20	4.87m	21:48
Sun 21	18:30	Race 6 & Sunday sailing	20:55	4.78m	21:49
Thu 25	16:30	<i>Free Sailing</i>	11:45	3.87m	21:57
Sat 27			13:58	3.63m	22:00
Sun 28	14:00	Race 7 & Sunday sailing	15:07	3.67m	22:02
June					
Thu 01	16:30	<i>Free Sailing</i>	18:14	4.53m	22:08
Sat 03			19:26	4.94m	22:11
Sun 04	18:30	Free sail/skills session	20:05	5.06m	22:13
Thu 08	16:30	<i>Free Sailing</i>	11:09	4.50m	22:18
Sat 10			13:26	4.16m	22:20
Sun 11	13:00	Lochcarron cup Yacht Race	14:38	4.10m	22:21
Thu 15	16:30	<i>Free Sailing</i>	18:17	4.50m	22:24
Sat 17			19:33	4.71m	22:25
Sun 18	18:30	Race 8 & Sunday sailing	20:09	4.75m	22:25
Thu 22	16:30	<i>Free Sailing</i>	10:32	4.22m	22:26
Sat 24			12:03	3.94m	22:27
Sun 25	11:30	Race 9 & Sunday sailing	12:57	3.83m	22:26

Thu 29	16:30	Free Sailing	16:53	4.16m	22:25
July					
Sat 01		Training week preparation	18:25	4.65m	22:24
Sun 02			19:09	4.90m	22:24
Mon 03		Training Week	19:54	5.10m	22:23
Tue 04			20:40	5.23m	22:22
Wed 05			9:13	4.93m	22:22
Thu 06			10:03	4.88m	22:21
Fri 07			10:55	4.74m	22:20
Sat 08			11:51	4.54m	22:19
Sun 09	11:30	Free Sailing	12:51	4.33m	22:18
Thu 13	18:30	Laser summer series 1	17:14	4.16m	22:13
Sat 15			18:49	4.47m	22:10
Sun 16	18:30	Free sailing	19:26	4.62m	22:09
Thu 20	18:30	Laser Summer series 2	21:34	4.78m	22:02
Sat 22		Yacht sailing experience	10:39	4.34m	21:58
Sun 23		Yacht sailing experience	11:17	4.22m	21:57
Thu 27	18:30	Boat repair workshop	15:04	3.91m	21:49
Sat 29			17:15	4.28m	21:45
Sun 30	17:00	Free Sailing	18:08	4.59m	21:43
August					
Thu 03	18:30	Laser Summer series 3	21:11	5.56m	21:34
Sat 05			10:28	4.97m	21:29
Sun 06	11:00	Free sailing	11:14	4.73m	21:27
Thu 10	18:30	Boat repair workshop	15:49	3.90m	21:17
Sat 12			17:58	4.20m	21:12
Sun 13	17:30	Free sailing	18:41	4.42m	21:10
Thu 17	16:30	Free Sailing	20:40	4.96m	20:59
Sat 19			9:33	4.70m	20:54
Sun 20	10:00	Race 10 & Sunday sailing	10:02	4.63m	20:52
Thu 24	16:30	Free Sailing	12:52	4.00m	20:41
Sat 26		Regatta	15:46	3.98m	20:36
Sun 27		Regatta	16:58	4.24m	20:33
Thu 31	16:30	Free Sailing	20:08	5.66m	20:22
September					
Sat 02			9:16	5.30m	20:17
Sun 03	13:00	Kishorn Cup Yacht Race	9:55	5.13m	20:14
Thu 07	16:30	Free Sailing	13:44	3.88m	20:03
Sat 09			16:42	3.94m	19:57
Sun 10	16:30	Race 11 & Sunday sailing	17:41	4.17m	19:54
Thu 14	16:30	Free Sailing	19:47	4.96m	19:43
Sat 16			20:38	5.08m	19:37

Sun 17	11:00	Gunn Trophy Training & Sunday sailing	9:00	4.94m	19:35
Thu 21	16:30	<i>Free Sailing</i>			19:23
Sat 23		Gunn Trophy	13:51	3.95m	19:18
Sun 24	14:30	Race 12 & Sunday sailing	15:29	4.03m	19:15
Thu 28	16:30	<i>Free Sailing</i>	19:06	5.51m	19:04
Sat 30			20:24	5.75m	18:58
October					
Sun 01	11:00	Race 13 & Sunday sailing	8:47	5.38m	18:55
Thu 05	16:30	<i>Free Sailing/Final Fling</i>	11:27	4.24m	18:44
Sat 07			14:45	3.82m	18:38
Sun 08	15:00	Race 14 & Sunday sailing	16:08	3.92m	18:36
Thu 12			18:50	4.79m	18:25
Sat 14		De-rigging Day	7:38	4.97m	18:19
Sun 15		De-rigging Day	8:04	5.08m	18:17
November					
Sun 05	11:30	Frostbite Race 1	12:43	3.94m	16:24
Sun 19	11:00	Frostbite Race 2	11:02	4.56m	15:56
December					
Sun 03	10:30	Frostbite Race 3	10:30	4.38m	15:37
Sun 17	10:00	Frostbite Race 4	9:51	5.10m	15:31



Sunday Sailing 2022



Lohcarron Sailing Club sailing area



Training week 2022