

# LOCHCARRON SAILING CLUB HANDBOOK 2025



*Gunn Trophy 2023*

## Welcome to the 2025 Handbook

I hope that 2025 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.
  - Try Sailing: Every other Thursday (when Tide is high) will be available for Try Sailing; Instructors available and no experience necessary.
- 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 and the Gunn Trophy planned this year.
  - Spinnaker races  
We are hoping to arrange some Sunday races aimed to suit boats with spinnakers. Keep an eye out for these if you would like to take part as helm or crew.

Some Sunday sailing sessions may be cancelled, as committee members intend to travel locally to race in the regattas of other sailing clubs. Any members are welcome to join in with these traveller events, and every effort will be made to accommodate, either as a crew for someone else, or making arrangements for boat transport. It is also often possible to hire or borrow boats from the host club.

Please let us know if you would like to take part in any of these traveller events. These are a great opportunity to try sailing at new locations.

- 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, we have two 4.7 (smaller) rigs, perfect for those just moving into laser sailing.

- 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.  
**Please let us know if you would be interested in any of these courses, as they are organised on an ad-hoc basis according to demand.**
- The Lochcarron skiffs (LCCRA) are also based at the club and there are regular opportunities to try out coastal rowing. See [Loch Carron Skiffies](#) on Facebook for more information.

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

There has been a lot of activity over the winter to help improve the club, from boat repairs and club maintenance to renewal of safety equipment and club organisation. Many thanks to all who have helped with these tasks.

Looking forward to good sailing and seeing you on the water!

Oriel Woods

## **Subscriptions 2025**

Some Subscriptions have increased slightly from previous years

Individual Member	£70	Junior Member	£35
Family Membership (2 adults 2 children under 18 on 1st January)	£110		
Yacht/Supporter Membership	£15	Associate membership	£0 (non-sailing parents of Junior members)
1 month Visitor membership	50% of appropriate annual fee		

## **Club Management Software**

For the 2025 season we will be trialling the use of sailing club management software from Webcollect. All membership subscriptions and course bookings will be available to book via this system. Payment is still preferred via bank transfer, but can also be made directly through the webcollect system.

The use of this system should make course bookings and membership subscriptions clear and easy to book, while also making things easier for the Training Principal and Committee to keep track of.

If you have a boat, or any other equipment stored at the club, please 'purchase' boat storage for each boat. There is no charge, this is just to help us keep track of boats and equipment.

Please visit:

<https://webcollect.org.uk/lochcarronsailing>

Any feedback on the system would also be welcomed.

If you have any problems the membership forms will still be available on the website and membership can still be paid in the traditional way.

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 2025 OFFICE BEARERS**

Commodore	Oriel Woods
Vice Commodore	Douglas Baker-Patch
Training Principal	Angela Goodman
Welfare Officer	Teri Stewart
Secretary	Storm Ing
Minutes Secretary	Lorna Lory
Membership Secretary	John Murphy
Treasurer	John Murphy
Junior Member	Vivienne Goodman
Senior Instructors	David Murray
	Oriel Woods

**Committee Members** :- Jenny Baker, Steve Patch, David Murray, Steve Smyth, David Johnson, Seonaid Macpherson-Raffel.

## **Contacts**

General: lohcarronsc@gmail.com

Welfare matters: LSCwelfareofficer@icloud.com

## **Website and Facebook**

[www.lohcarronsailing.com](http://www.lohcarronsailing.com) for copies of the Programme and Rota plus upcoming events.

Our Facebook page is '[Lohcarron Sailing Club](#)' 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 28 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.

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 9	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	Comet Trio

### **Some Portsmouth yardsticks for 2025**

Comet	1208	Omega	1075	Vago	1071
Comet trio	1088	Pico	1330	Fireball	959
Laser 4.7	1216	RS Feva XL	1244	ISO	922
Laser radial	1154	RS Vario	1095	Dart 18	810
Laser full	1104	Topper	1363	420	1110
Laser 2000	1121	Wayfarer	1109	Fusion	1290
Laser II	1085	GP 14	1141	Dayboat	1184

### **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, or safety boat 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.**
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

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.

The **Shipmate Trophy** is awarded to the club member most helpful to others

The **Traveller Trophy** is awarded to the most successful sailor at other club Regattas during the season.

The **Laser Series Trophy** is awarded to the overall winner of the summer laser race series



*Regatta 2023*

### **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.

### **Rota posts: Update**

#### **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 or, if they choose to, one of the safety boats. 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. Training will be given.

### **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.

### **Try Sailing**

Thursdays with a high tide (i.e. every other week) will be try sailing sessions where anyone is welcome, no previous experience necessary, subject to conditions.

### **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. [Loch Carron Skiffies](#)

## Sailing Programme

The sailing programme for 2025 is on the following pages. Additional training and events may be added as they are organised.

Lochcarron Sailing Club Programme 2025					
Date	Start time	Event	High Tide		Sunset
			Time	Height	
<b>April</b>					
Sat 19	11:00	Rigging	11:10	3.83	20:42
Sun 20	11:00		12:40	3.61	20:44
	16:00	Easter Egg Race			
Thu 24	16.30	<i>Free Sailing and Try Sailing</i>	17:39	4.41	20:53
Sun 27	18.00	Racing	19:35	5.25	20:59
Mon 28	16:30	Safety Boat Refresher	20:15	5.30	21:01
<b>May</b>					
Thu 01	16.30	<i>Free Sailing</i>	22:31	4.73	21:08
Sun 04	12.00	Racing	13:52	3.87	21:15
Thu 08	16.30	<i>Free Sailing and Try Sailing</i>	17:53	4.24	21:23
Sun 11	18.00	Racing	19:23	4.69	21:30
Thu 15	16.30	<i>Free Sailing</i>	21:26	4.67	21:39
Sun 18	11.00	Racing	11:26	3.92	21:45
Mon 19	10.00	School Sailing	13:53	3.76	
Thu 22	16.30	<i>Free Sailing and Try Sailing</i>	16:09	4.10	21:52
Sat 24		D.I. pre-assessment	17:48	4.66	21:56
Sun 25	17.00	Racing	18:32	4.90	21:58
Thu 29	16.30	<i>Free Sailing</i>	21:32	5.01	22:04
<b>June</b>					
Sun 01		Invergordon Regatta	12:10	4.17	22:09
Mon 02		D.I.course	13:13	3.96	22:11
Tue 03			14:20	3.84	22:12
Wed 04			15:24	3.83	22:13
Thu 05			16:21	3.91	22:15
	16.30	<i>Free Sailing and Try Sailing</i>			
Fri 06		D.I.course	17:09	4.06	22:16
Sun 08	17.00	Racing	18:26	4.39	22:18
Thu 12	16.30	<i>Free Sailing and Try Sailing</i>	20:41	4.44	22:22
Sun 15	10.00	Racing	10:29	4.78	22:24
Mon 16	10.00	Back up date for school sailing	12:13	4.09	22:24
Thu 19	16.30	<i>Free Sailing</i>	14:21	4.04	22:26

<b>Sat 21</b>		Gairloch Regatta	16:32	4.28	22:27
<b>Sun 22</b>			17:24	4.48	22:27
<b>Thu 26</b>	16.30	<i>Free Sailing</i>	20:38	5.11	22:26
<b>Sun 29</b>	10.00	Racing	10:45	4.53	22:25
<b>July</b>					
<b>Thu 03</b>	16.30	<i>Free Sailing</i>	14:16	3.81	22:23
<b>Sat 05</b>		TW preparation	16:22	3.89	22:21
<b>Sun 06</b>			17:15	4.04	22:20
<b>Mon 07</b>		Training Week	18:01	4.23	22:19
<b>Tue 08</b>			6:24	4.07	22:18
<b>Wed 09</b>			7:05	4.22	22:17
<b>Thu 10</b>			7:44	4.37	22:16
<b>Fri 11</b>			8:20	4.49	22:15
<b>Sun 13</b>	19.00	<i>Free Training</i>	21:43	5.02	22:12
<b>Thu 17</b>	18:00	Laser Series 1	12:34	4.28	22:06
<b>Sat 19</b>		HIGHLAND GAMES			
<b>Thu 24</b>	18.00	Laser Series 2	19:46	5.04	21:54
<b>Sun 27</b>	19.00	<i>Open Sailing</i>	21:41	5.09	21:48
<b>Thu 31</b>	18:00	Laser Series 3	12:02	4.07	21:39
<b>August</b>					
<b>Sat 02</b>		Portree Regatta			
<b>Sun 03</b>	14.00	<i>Open Sailing</i>	15:33	3.75	21:33
<b>Thu 07</b>	18.00	Laser Series 4	19:00	4.63	21:23
<b>Sat 9</b>		Loch Morlich Regatta			
<b>Sun 10</b>	18.00	<i>Open Sailing</i>	20:44	5.27	21:16
<b>Thu 14</b>	18:00	Laser Series 5	11:06	4.69	21:06
<b>Sat 16</b>		Chanonry Regatta			
<b>Sun 17</b>	13.00	<i>Open Sailing</i>	14:27	4.01	20:58
<b>Thu 21</b>	16.30	<i>Free Training</i>	18:43	4.86	20:48
<b>Sat 23</b>	11:00	<b>Lochcarron Regatta</b>	8:00	4.90	20:42
<b>Sun 24</b>	11:00		8:32	4.96	20:40
<b>Thu 28</b>	16.30	<i>Free Sailing</i>	22:37	4.47	20:29
<b>Sun 31</b>	12.00	Racing	12:55	3.80	20:21
<b>September</b>					
<b>Thu 04</b>	16.30	<i>Free Training</i>	17:57	4.36	20:10
<b>Sun 07</b>	17.30	Racing	19:43	5.32	20:01
<b>Thu 11</b>	16.30	<i>Free Sailing</i>	22:15	5.28	19:50
<b>Sat 13</b>	10.00	<b>Gunn Trophy</b>	11:25	4.54	19:44
<b>Sun 14</b>	11.00	Racing	12:36	4.20	19:42
<b>Thu 18</b>	16.30	<i>Free Training</i>	18:02	4.63	19:30
<b>Sun 21</b>	17.30	Racing	19:43	5.16	19:22
<b>Thu 25</b>	16.30	<i>Free Sailing</i>	21:31	4.76	19:10







*Sailaway 2023*