

SESSION 1

Clothing-----Buoyancy Vest Fitting -----Capsize-----Swim

Need:

- 1-2 optis with centreboards [depending on how many instructors]
- lollies taped inside hull
- 1 fully rigged opti on beach
- 1-2 more rigged optis tied to anchored buoys 25m from shore
- Buoyancy tank lids on tight, securely rigged}
- 1-2 patrol boats on beach ready to go.
- 1 adult in kayak as escort for each patrol craft

On arrival,

- kids sit on steps until all arrived, to await first instructions.
- Welcome, introduce yourself and all helpers
- Kids and parent helpers then shown
- gear room, phone, first aid kit, inhalers etc.

- lockers - lots of equipment and important goes back in correct place
 - equipment cleaned because of salt water
 - wetsuits - sizes on sleeves
 - pfd sizes on back
 - Explain contents of each locker

- toilets. Kids to go to toilets in pairs and always inform teacher before & after return
- wind meter talk re wind speed indicators seagulls etc
- Kids to close eyes and turn in circle and feel where wind is coming from.
- white line marks cycle track, keep clear. Beyond white line gear on.

Clothes Demonstration

- cotton hypothermia 15 mins
- polyprop
- 100% wool
- polar fleece - feel weight when wet
- nylon jacket
- woollen hat, beanie
- Dip all items in water and hang on rail, children to compare differences
- hair to be tied back/ ties in 2nd locker by log book, glasses tied on.

Life jackets v buoyancy aids Demonstration

- and importance of correct fitting
- Demonstrate different sizes on volunteer
- Explain difference between life jacket and buoyancy vest.
- PFDs and wetsuits rinsed in buckets after use, good time to show them now.

Now everyone to get changed into correct gear and children to sit on steps when ready.
Adult to check vest fits properly.
All ready to go to beach?

Maybe teacher can be responsible for locking up when you all go to the beach, and look after keys.

Shallow Water Activities First

-Using opti hulls with centreboards and lollies stuck to inside lower part of wooden bulkhead. In groups of children and instructors, in water up to kids' waist / chest, turn opti over. Each in turn to go under and retrieve lolly. (Lollies are optional, but does distract kids from going under hull)

Learn there is an airspace in upturned hulls.

-Then demonstrate how to right hull using centreboard. All to have a go.

Good idea if time to play, to get kids to see how many it takes to 'sink' an opti.

With rigged opti, demonstrate how to slide in like a seal, sit on same side as sail.

Pull on mainsheet from figure 8, until boom resting on back, sit up straight and lean on sail. Hold on to mainsheet with both hands.

Point out how opti goes over slowly, plenty of time to get out of way.

Explain and demonstrate pairs work on moored optis.

Each motor boat takes instructor and parent, help if no second instructor available, and 4 kids, out to moored opti.

Working in pairs,

One to hold on to painter and be helper pulling on mast/sail if needed

One to be 'seal' and climb into boat, pull mainsheet so sail over side of boat, then child to sit on that same side and lean onto sail, pull mainsheet in, hold on to it tight, and capsize.

Then swim round and right boat using centreboard.

NB, Once in water, out of depth kids tend to panic, use friendship of pair groups to help each other. Also they tend not to listen closely whilst in shallows, so recap what they have to do in patrol boat before they get in water.

Swim

When first pair completed capsize, they swim back to shore TOGETHER, escorted by adult in kayak.

Praise very important here; this is way out of their comfort zone, especially the weak swimmers. They don't trust the PFDs.

Pack up time {allow 45mins}

This is the one time that the kids may need to get changed before equipment put away as they could be very cold.

White line problem - they may be going to retrieve equipment having already changed!

De brief should include LOTS OF PRAISE this has been a huge step for some of them.