



HORIZONS Children's Sailing Charity

New Member Information 2019

We have put this together to help you during your first session with Horizons.

Feel free to contact us before your visit if you have any other questions and we will do our best to help.

Before you arrive:

Contact us if you would like to register for our text messaging service which we use to notify people of any cancellations.

Sessions run from the first Thursday after the Easter Holidays until the last Thursday before the October Half Term.

- Thursday Evenings 16:30-19:00
- Saturday Mornings 09:00-12:00 noon (Not during Summer Holidays)
- Suggested donation of £1 per session

What to bring with you:

You need to bring a change of clothes and a towel with you that you will leave in our hut in case you get wet and need to get changed. While you are on the water you need suitable clothing for the conditions. This means tracksuit bottoms (NOT JEANS), old trainers, a waterproof coat if you have one, and enough layers to keep warm. It can be cold on the water even if it feels warm on shore. We have some waterproof spray tops and waterproof trousers you can use. If you want to sail in our smaller dinghies you will need to wear a wetsuit. Occasionally we have a few to give away. In sunny weather it is advisable to put sun cream on and possibly wear a hat/sunglasses. Please don't bring phones/iPods etc. If it can't be avoided we have a small safe so you can leave them on shore, at your own risk.

When you arrive:

Come into Mayflower Marina and find our yellow hut which is just past Jolly Jacks and the toilet block.

Come and see the person at desk to sign in. Please try and arrive in good time as sometimes it can be quite busy. Also, have a look at the white board, which lays out the tides, weather and session plan.

If it is your first time please hand in a Sailing Club Membership form:

- It can be found on the [Procedures and Forms](#) tab on the website: www.horizonsplymouth.org
- It will need to be filled out and signed by a parent/guardian if you are under 16.



Date: _____

Hawk Lead Skipper: _____

A member of staff or one of our volunteers will **sign you in** and will chat with you about which boat you could go in and tell you where to wait. There can sometimes be a bit of a delay while everyone arrives and gets ready.

The picture on the right gives you an idea of what a section of the register looks like.

Papagena	Sign In (FULL Name)	Sign Out
Skipper		
Mate		
Crew 1		
Crew 2		
Crew 3		
Crew 4		
Crew 5		
Crew 6		



If this is the first time you have sailed with Horizons, we normally put you on one of our Hawk 20's (shown here on the left). We have 3 of them called Fluency, Papagena and Miss Muffet.

There will be 2 volunteers on board with up to 5 children on each Hawk 20 so you will meet some new people.



We also have a selection of smaller dinghies (shown here on the right) that people sail once they have the relevant experience.



Getting ready to go sailing:

If you need to get changed then there are cubicles in the toilet block that you can use. Once you are changed, you will need to put on some sailing kit.

You will need a buoyancy aid and possibly a spray top. Please take our advice when we suggest what to wear:

<p>Spray Tops and waterproof trousers: Help to keep you dry, and stop some of the wind chill.</p> 	<p>1. Find a spray top from the rack: The Red ones are junior sizes</p> <ul style="list-style-type: none"> • Junior small (Red hangers) • Junior medium (Yellow hangers) • Junior large (Blue Hangers) <p>The size is on the inside by the neck and you put it on so the pocket is on the front.</p>	<p>2. We will help you find and fit the correct size buoyancy aid:</p> <ul style="list-style-type: none"> • Junior ones have a yellow wave or yellow tags on the shoulder straps. • They should also be hung on a yellow hanger. <p>It has to be a snug fit:</p> <ul style="list-style-type: none"> • Put it on and zip it up • Adjust the straps on the sides and shoulders • Adjust the middle strap and do the buckle up 	<p>Buoyancy Aids: Help you to float.</p> 
	<p>Blue spray tops are the adult sizes:</p> <ul style="list-style-type: none"> • Medium • Large • Extra Large /Extra-Extra Large <p>The size is on the inside by the neck and you put it on so the pocket is on the front.</p>	<ul style="list-style-type: none"> • Adult buoyancy aids have a blue wave or blue tag on the shoulders. • They should be hung on a blue hanger. <p>Fit in the same way as described above.</p>	

We all need to wear a buoyancy aid, if you have your own we will double check it to make sure it is suitable. For safety reasons, your buoyancy aid should be put on last so it is on top of all your other layers.

Going Sailing:

Once you have your kit and it is fitted correctly, please wait where you were asked to when you signed in. We try to get on the water as soon as we can.

If you are on a Hawk 20 the Skipper and Mate will gather you together and head down to the boat. Please listen to the Skipper and Mate; they are looking after everyone’s safety on the boat while you are on the water.

If you are on the smaller boats (the dinghies), someone will gather you all together and explain the plan for the session. The dinghies are kept in a different boat yard a few minutes’ walk away and you will head over as a group. Stay together and listen for instructions.

Your safety is a very high priority for everyone at Horizons. We ensure you have the right equipment to go on the water and we provide safety boats to look after the fleet. It is also very important that you take responsibility for your own safety when you are ashore and afloat by following the instructions you are given.

At the end of each session

- Hang up any of our kit you used on the correct colour hangers.
- Please stay near the hut once you are changed, until you are collected.
- If you are lucky there may be an ice pole in the freezer for you!
- Unless you have permission to sign yourself out, a parent or guardian will need to **sign you out** on the register before you leave.

Date: _____

Hawk Lead Skipper: _____

Papagena	Sign In (FULL Name)	Sign Out
Skipper		
Mate		
Crew 1		
Crew 2		
Crew 3		
Crew 4		
Crew 5		
Crew 6		

