



*Mullingar Sailing Club*  
LOUGH OWEL



## Eligibility for the Cara na Mara Course

1. Applicants must have an interest in learning to sail.
2. Applicants must be members of Mullingar Sailing Club. This is included in the course cost.
3. Aged 6 - 10 years old on the date of course commencement.

## Course Rules

1. All applicants must be in possession of an adequate, approved buoyancy aid which must be worn at all times while on the water and on the foreshore.
2. Wearing a wetsuit while on the water is also required for each sailor's safety as well as comfort. Going on the water during courses without a wetsuit is only permitted with the permission of the instructor in charge.
3. Participants are not permitted to use mobile phones during the course. Phones should ideally be left at home as the club takes no responsibility for phone loss, theft or damage during the course. Phone contact between parents & participants in an emergency is possible via the Senior Instructor or Junior Organiser.
4. A parent or an adult representative of each participant is expected to assist (for one half day) in the shore based running of the course.
5. The club's Codes of Conduct for junior course participants and for parents/guardians are available on the [Mullingar Sailing Club website](#). Parents/Guardians will be expected to make their children aware of the club's Code of Conduct and to adhere to the club's Code of Conduct for Parents/Guardians.

## Other

1. The committee of Mullingar Sailing Club reserves the right to:
  - Limit the number of applicants.
  - Accept applications subject to suitability for the course.
  - Implement its Disciplinary Procedure to suspend a student/participant if necessary.