



Mullingar Sailing Club
LOUGH OWEL



Eligibility for the Junior Sailing Course

1. Applicants must have an interest in learning to sail.
2. Applicants must be members of Mullingar Sailing Club. The course fee includes membership for the remainder of the year.
3. Aged 11 years or older on the start date of the course.
4. Applicants will be expected to: Swim 25m in sailing clothes, tread water for 2 minutes and hold their head underwater for 10 seconds.
5. Mullingar Sailing Club has 3 Topaz training boats available for use during the course, but these are not sufficient to facilitate all participants. All "Start Sailing" and "Basic Skills" level applicants (1st and 2nd years of course) should be in possession of a Mirror dinghy or be a nominated crew on another Mirror dinghy. All other level applicants must have their own Mirror dinghy.

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 sailing is also required for each sailor's safety as well as comfort. Sailing 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. All junior sailors will be required to be signed in and out of Mullingar Sailing Club premises by a responsible adult.
5. Supervision is NOT provided outside of course hours nor outside the premises of MSC.
6. Junior course students have access to specific areas of MSC clubhouse. They are NOT allowed access to the instructor's rest room.
7. Junior course students and parents/guardians shall adhere to the Code of Conduct (see club website).
8. Junior course students shall at all times follow any instructions given by the Instructors, Course Organiser, a Shore Parent or any other person in charge.
9. Junior course students shall NOT interfere with boats, equipment or belongings of others or Club property. Borrowing without consent is not permitted.
10. Where use of the changing rooms is permitted, all participants when availing of the use of the changing rooms shall observe particular respect of property. Participants must be

advised by parents of the necessity to treat and leave the changing rooms in a clean and tidy condition. Consumption of food in the changing rooms is not permitted.

11. Bullying is NOT permitted and may result in expulsion from the course.
12. Serious breaches of discipline shall be referred to the committee of MSC.
13. GDPR; All personal information will be stored according to Mullingar Sailing Club Data Protection and Privacy Policy which can be viewed on the club Website;
<http://www.mullingarsailingclub.ie/>
14. A parent or an adult representative is expected to assist (for one half day) in the shore based running of the course.

Mirror Dinghy Requirements

1. The course is based on the Mirror dinghy. No other dinghy types are permitted on the course.
2. All boats must be present and have been test rigged at MSC, Lough Owel at least 1 week before the course begins. Discovering missing or broken equipment only after the course begins causes delays and disruption.
3. All boats will be inspected for seaworthiness prior to the course by MSC instructors.
4. Each boat must be equipped with oars or paddles of a functional design and a 3m painter.
5. Each boat must have a launching trolley.
6. Each boat must be insured against 3rd party risks for a minimum of €3,000,000.

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.