

Sutton Dinghy Club
Irish Sailing Association
Junior Training Course

Parent Duty – Guidelines

1. Encourage sailors to help each other with rigging, launching, recovery of boats etc.
2. Give support /encouragement to anxious sailors where appropriate in conjunction with instructor.
3. Assist in the kitchen at lunchtime with tuck shop etc.
4. Crowd control at lunchtime.
5. If you see any inappropriate behaviour please '**STEP IN**'.
6. Report any incidents to senior instructor.
7. First aid assistance where appropriate in conjunction with ***instructor or designated first aider*** on site.
8. Encourage sailors to help each other with clean up, de-rigging, proper dinghy storage and tidying away.
9. If all above is in order, ***PLEASE CHILL !!!!!!!!!!!***
10. For further information, feedback or suggestions please use Parent Duty Notebook in office.

The shop is open at lunchtime- the club staff need help selling the 'tuck'. Microwave pizza, popcorn and pot noodles are some of the items for sale and they need to be heated. Sailors own food may also need to be heated. Sailors are not allowed in the kitchen at anytime.

Sailors may be anxious about their course especially if they have not sailed before or if they have moved up a level. A few words of encouragement go along way.

Sailors who come in because they are cold usually need encouragement to have a hot shower and change out of their wet gear. A hot drink is always welcome - Drinking Chocolate is usually kept in the kitchen cupboard.

As a club we are trying to improve things so we appreciate you taking time to fill in your comments in Parents Note book. This will encourage a staff /parent link and open communication with all involved.