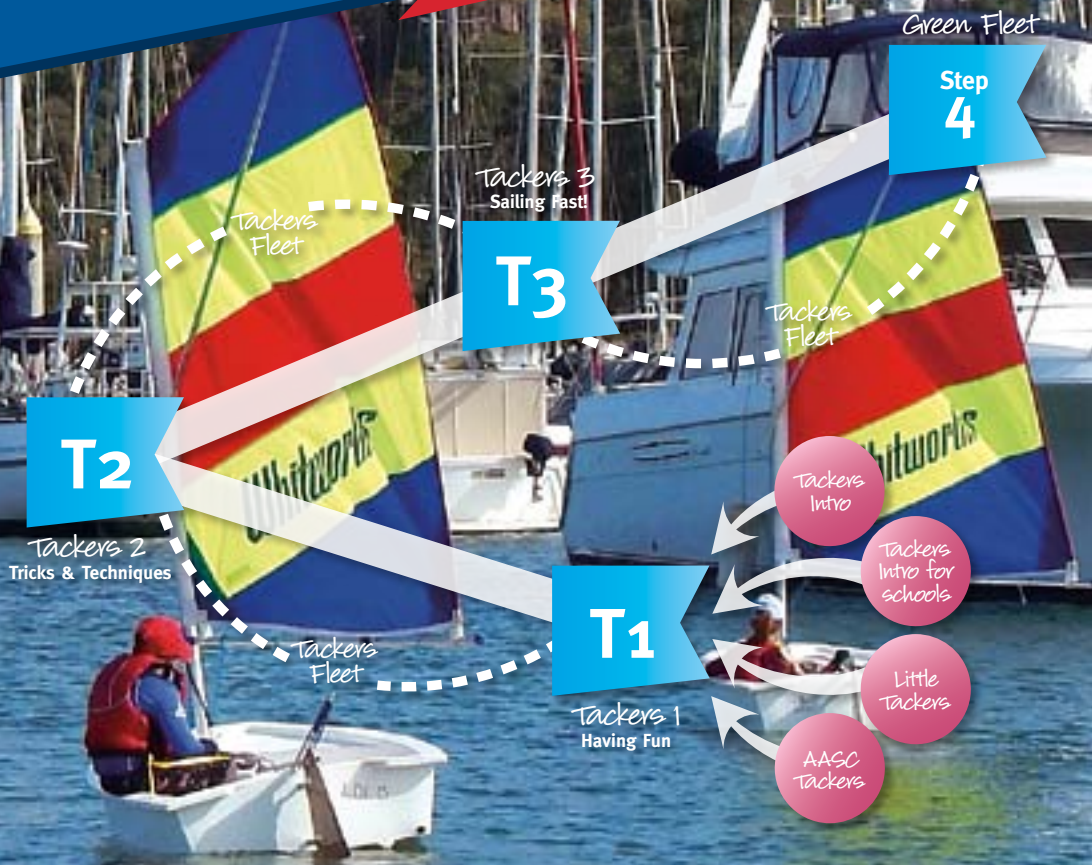


Tackers Pathway Guide for Parents

TACKERS



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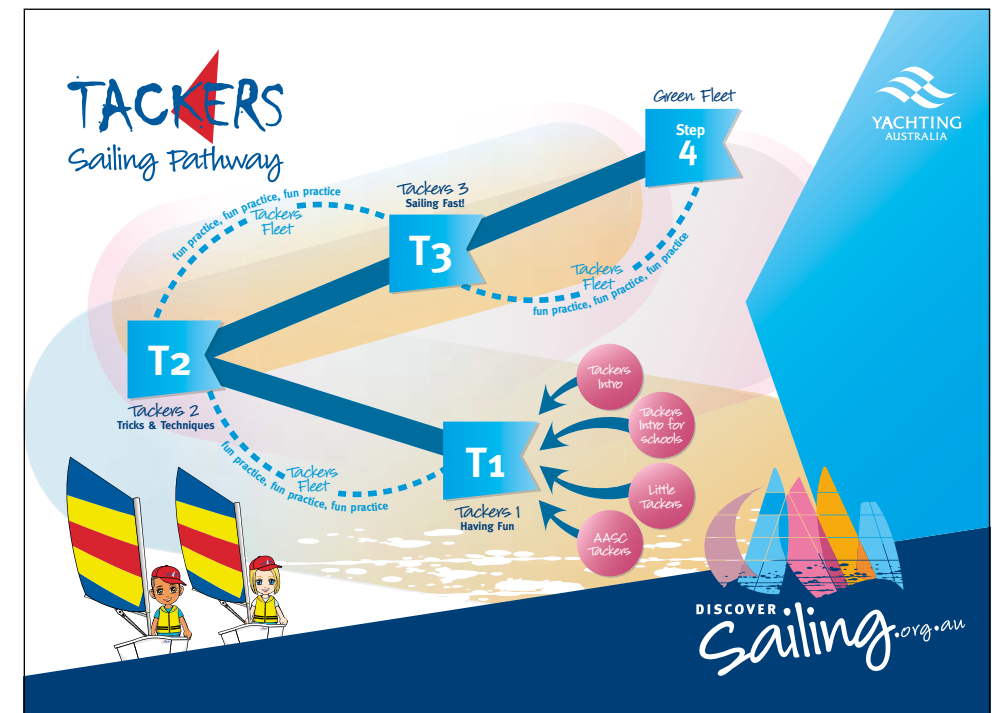
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Introduction to the Tackers Sailing Pathway

Tackers is a great way for kids to get into sailing, it develops skills and confidence over three main levels. After kids finish Tackers the fun doesn't stop, clubs offer ongoing programs laid out in a pathway that helps structure how kids progress at their own pace, and in types of sailing that suit them.



TACKERS SAILING PATHWAY

Steps 1-2-3: Tackers 1, Tackers 2, Tackers 3

Kids start in Tackers 1 – *Having Fun* then move up to Tackers 2 – *Tricks & Techniques*, and then to Tackers 3 – *Sailing Fast!*

We call this progressive development through levels of the program, The Tackers Pathway. All three levels of Tackers focus on fun and learning through play, there is no competition introduced to make sure that participation is the most important thing.

Each level consists of 20 hours of action packed Tackers fun at your local Tackers Centre. Courses are run as 4/5 day school holiday programs or over several weeks on a Saturday or Sunday.

Kids progress to the next level of Tackers once they feel confident and the instructors can see they have developed the necessary skill level. A participant can repeat levels as many times as they like.

At the end of every level of the program, the participants receive a Certificate of Achievement.



Tackers Fleet (practice)

In between levels of the Tackers program, Centres offer practice sessions that are supervised by Tackers Instructors. These sessions give kids the chance to refresh the skills they have learned in the Tackers course before they move onto the next level of the program. Tackers Fleet is not compulsory but is particularly good for kids who need a few extra sessions to build their skills and confidence. Most Centres charge a small fee for Tackers Fleet. To find out details of Tackers Fleet contact your Tackers Centre Co-ordinator.

Tackers Intro

For participants who are not ready for Tackers 1 – *Having Fun*, the Tackers Intro is a 2.5 hour taster session.

Tackers Birthday Parties

Celebrate your child's birthday with a sailing party. Tackers Centre can deliver a 2.5 hour session Tackers fun for a private group as party. Tackers fun and games as a one off party will be a unique experience. Tackers Centre Leaders will help you organise the party and discuss use of club buildings.

Little Tackers

Little Tackers is for 4-6 year olds and is offered at some Tackers Centres. With group sizes of no more than 6, supervision by qualified instructors, and boats in shallow water with sails up, Little Tackers is great for younger kids who can't wait to get involved in sailing.

ONGOING SAILING

Step 4: Green Fleet

After Tackers 3 – *Sailing Fast!* kids can participate in Green Fleet. This is the next step of the pathway where the skills that kids learned in Tackers 3 are developed further. Green Fleet is delivered with the same focus on learning through games as in Tackers but with the gradual introduction of competition with use of simplified rules. This ensures that participants keep building confidence whilst having fun and building their racing skills.

Most centres will deliver Green Fleet like a course with a regular session time over several weeks, usually aligning with school terms. This might be a Saturday or Sunday morning or a week night after school – it depends on the centre. An instructor is responsible for delivering the sessions and may be supported by a race officer for the racing component. The racing component is designed to provide coaching or instruction on the race course so participants get the assistance they need. Races are kept short (15 minutes) and are interspersed by games. The total session time would usually be 2-2.5 hours with 1 hr 45 mins on the water.

Participants spend 1-2 seasons in Green Fleet before deciding if they'd like to progress on the racing pathway or if they prefer social sailing. Keeping the participants progressing through the pathway ensures that Green Fleet is a transition program rather than something a participant does on an ongoing basis.

Many centres offer boats for participants to use during Green Fleet. They will either provide this free of charge or at a small fee. The cost of the program is determined by the centre. Participants usually become members of the club to participate in Green Fleet.

Step 5: Club Sailing

What happens after Green Fleet?

Ongoing club sailing can be one or a combination of both:

- Social sailing – non-competitive focus, groups of kids getting together to sail under the guidance of an instructor.
- Competitive sailing – racing around a course with the aim of improving performance.

Choosing which type of sailing your child would like to do depends on the individual child. The Instructors and Tackers Centre Leader can help explain what each option involves. Trying both and deciding which you'd like to continue with is a good idea if you are unsure.

Being part of the club

Tackers is a great introduction to sailing clubs. Making new friends whilst learning an exciting sport is what clubs are all about. Beyond Tackers, clubs offer Green Fleet and club sailing programs and then higher level coaching. Aside from all the sailing action, clubs offer social programs suitable for the whole family – everything from pizza nights to charity fundraisers. People from all backgrounds are involved in clubs making them vibrant places to spend time.

Volunteering with the club is not only crucial to making them run but also offer an avenue for people to engage with the club.

Some volunteers are involved in the club solely because they wanted to volunteer rather than participate as a sailor. Volunteers are always welcomed in various roles including valuable off-water roles that don't require any specific sailing qualifications.

Boat types

The type of boats children use when sailing are called dinghies. There are different classes of dinghies – it's not important to understand all the different classes but if you do want to know more you can talk to instructors or Tackers Centre Leader. As participants progress they move onto different classes of boats that are larger and more challenging to sail.

Most clubs offer club boats that you can use for club programs, so there is no pressure to buy a boat. There are some clubs and boat suppliers who offer leasing arrangements which allow you to hire a boat for a season, half a season, or by arrangement according to your needs. If you do want to buy a boat your Tackers Centre Leader can help you understand the options including second hand boats.

Competition

Competition in sailing involves boat racing around a course set out using markers. We call this Club Racing – Step 5 in the pathway. The difficulty of the course that is laid depends on the skill level of the sailors. Each club has different sailing conditions based on their location and the weather. For juniors new to racing the course will be set out closer to shore.

In a race, all the boats line up on a start line. When the race begins the aim is to get around the course as quickly as possible. There are volunteers called race officials who oversee racing. The placings in the race are determined by who gets round the course in the quickest time. In a typical session of club racing, sailors might compete in three to four short races.

Step 6. Club Coaching

For sailors who enjoy racing and want to improve their racing performance, club coaching is recommended. A coach based at a club offers the opportunity to participate in activities that are designed around a tailored skills and racing development program. Group sizes tend to be between 5 and 10 and must be delivered by someone with a Club Coach Accreditation.

Club coaching is aimed at sailors who want to compete regularly outside of their club or want to move to the top of their club racing fleet. Some larger clubs have club coaching for different levels of competitive sailors.



Regattas

Competitive events where competitors come from different clubs are called regattas. Regattas can be at a State, National or International level. The number of sailors involved in State level regattas exceeds the higher National or International level events. Regattas are either based on a specific age group (juniors; under 12s, youth; 12-19, or open) or for a specific class of boat. To participate in a State level regattas sailors are usually sailing towards the top of their club fleet and have been recommended by their coach or instructor to consider participating in a State level event.

Some regattas offer different courses based on participants' level of ability. This is important because it means that sailors are able to compete against people of a similar level. State level Green Fleet racing is suitable for participants who are competing in their first or second State regatta. The levels that follow are intermediate and open, with open being the highest level of competition.

Unlike club racing, regattas involve more people and have race organising officials. If the regatta has a Green Fleet, there will be a more relaxed approach with how green fleet is delivered compared to the higher levels of competition.

Regattas take place over a week or a weekend and for juniors and youth this is most often during school holidays. Many families work a holiday around the event as there are lots of families that camp or stay in local accommodation and the regatta atmosphere provides a great opportunity to socialise.

How can parents be involved in sailing?

Sailing clubs are family friendly places where you can enjoy your time as a participant, volunteer, or a spectator.

As with any activity a child undertakes, parental support is important. There are lots of different ways you can be part of your child's development in sailing.

- Come to the Tackers parents welcome meeting and the end of course certificate presentation
- Talk to your Tackers Centre Leader about your child's progress
- Cheer them on from the shore as a spectator
- Volunteer with the club – there are many different roles including those which require no sailing experience
- Learn to sail through an adult learn to sail course – visit www.discoversailing.org.au or talk to your Tackers Centre Leader
- Talk to your child about their experience of sailing.



ADDITIONAL INFORMATION & FAQ

Member Protection Policy and Play by the Rules

Part of Tackers Centres' commitment to quality programs that are safely delivered is through the adoption of Member Protection policies that outline the standards of behaviour and care. Member Protection ensures that everyone can enjoy sailing and sailing clubs in an inclusive and equitable way, and that harassment and discrimination do not occur.

Tackers supports 'Play by the Rules' as a way to educate clubs, parents, and participants about issues of inclusion in sport. As a parent we recommend you visit the Play by the Rules website and look at the information provided for parents – www.playbytherules.net.au

The YA Members Protection Policy can also be found at www.yachting.org.au/sport-services/safety/club-risk-and-safety-management/member-protection-policy



Sample session plan

Tackers 1: Session 1

OBJECTIVES

Today we will learn:

- The important safety elements of sailing
- How to steer my boat while paddling and being towed
- How to tack or turn around the boat

CHECK LIST

- All tackers registered and you have access to emergency contacts
- Rescue boats fuelled and in the water, each with a large floating tow rope which can attach to the Opti tow ropes easily. If this is not possible, the Optis should be attached to each other by their tow ropes.
- Prizes – NO LOLLIES PLEASE: YOUR TACKERS CO-ORDINATOR WILL HAVE A PRIZE POOL YOU CAN USE! for the towing exercise, paddling race and the treasure hunt (floating rubber ducks, tennis balls, etc.)
- Spare PFD for the safety demonstration
- Simulator boat rigged on shore
- Whistle

NOMINAL DURATION	ACTIVITY	DELIVERY METHOD
5 mins	Welcome to parents / guardians and students	Group meeting area
	Sign On, Sun Cream and Name Tags!	
15 mins	Briefing Highlight relevant safety elements to tackers, eg: • Appropriate clothing • Always stay with your boat • Awareness of other marine vessels • Demonstrate how to fit a PFD (Zip, Clip and Rip!) • Discuss the activities to be completed during the session, two tackers per boat	Whiteboard, using the view of the training area
10 mins	Launching: Teach safe technique in lifting and launching the Optis and stress the need for a safety boat to be on the water before Tackers head out	Demonstration in shallow water

Make sure belongings are safely stored and you can access drinks and morning tea.

Tips & Tricks
An initial group welcome to all parents / guardians and tackers from the instructors is a great way to get the parents / guardians involved with the sailing program. Following this, the parents / guardians may stay with the Tackers Centre Co-ordinator for questions whilst the tackers leave and begin their session elsewhere.

IMPORTANT
Sign On at the start of every session!
Not only is this part of your safety and risk management but kids must learn to sign on as they will when they hopefully become racers in the future.

IMPORTANT
Main Focus besides fun!
This is a great example of how to make a mundane activity fun!
Zip up the life jacket, clip the buckles up, and rip the straps up 'wee'ly wee'ly tight!

Notes:

THERE IS A GAME(S) IN THIS ACTIVITY! See Appendix B at back of manual.

Duration 2.5 HOURS

Tips & Tricks
Out of the elements to keep your sailors warm, fresh fruit is a healthy, tasty and inexpensive option.

Tips & Tricks
A demonstration boat or (simulator) can be very useful for teaching. You can saw off an old radiator at the waterline and actually sit in the Opti! While this briefing is going on the Assistant instructor can be putting sails into boats.

Tips & Tricks
Preferably swimming happens early in the program to encourage confidence in the water and to introduce swimming with a PFD.

Content of Tackers 1, 2 & 3 courses

T1

By competing Tackers 1 your child will develop the following skills with the Instructor's assistance:

Boat Handling

- Steered with tiller extension under towing paddling power
- The ability to tie a figure 8 knot, round twice and two half hitches
- Learnt and practiced how to perform the tack / "push turn"
- Learnt and demonstrated how to gybe / "pull turn"
- Comfortably reached around a figure of 8 course using both tacking and gybing
- Sailing with the tiller extension (The Microphone Technique!)
- Learnt to sail upwind and downwind by following the rescue boat

Rules & Safety

- Swam 50 metres in a PFD
- Participated in a capsiz
- Participated in rescue drills
- Realised the most important rule: *Always avoid collisions!*
- Understanding of Port / Starboard right of way

Sailing Theory & Background

- Identified the "no go zone" and the effects it has on your sailing
- A background in safety knowledge of tides and currents
- Basic wind awareness – wind direction and strength
- Demonstrated respect and care of boats



T2

By competing Tackers 2 your child will now independently able to do the following:

Boat Handling

- Get out of irons on your own
- Safely gybe the boat
- Correctly use the tiller extension
- Sail around a triangle course, including:
 - Upwind – on a close hauled course tacking through the "no go zone"
 - Downwind – with centre board up
 - Reaching – correct sail position
- Demonstrate a 360° and 720° turn

Rules & Safety

- Capsize and recover, unassisted
- Demonstrate the rules of the road:
 - Port / Starboard
 - Windward / Leeward
 - Commercial vessels

Sailing Theory & Background

- Rig your boat
- Name the parts of a boat and sail, including the sail controls
- Have a sound knowledge of wind awareness
- Tie without guidance, a bowline and reef knot
- Identify navigational, cardinal and lateral marks
- Have a basic knowledge of roll tacks and roll gybes

T3

By competing Tackers 3 your child will now be ready for club racing! They must be able to:

Boat Handling

- Demonstrate the correct method and understand the theory of roll tacking and gybing
- Stop the boat in a confined area for a period of time
- Sail backwards
- Understand the theory behind gybing and demonstrate the action downwind
- Show a sound knowledge of the five essentials:
 - Centreboard Position
 - Boat Trim
 - Boat Balance
 - Course made good
 - Sail Trim
- Start and finish races on a triangle and trapezoid course
- Always use tactical mark roundings in races

Sailing Theory & Background

- Know correct sail shape for differing wind strengths
- Recognise and read tell tails on a sail
- Understand how the sail works
- Understand the flag and timing sequence of starting races

FAQ about clubs

I want my child to participate in a sport socially without competition, do sailing clubs offer this?

More and more clubs are now offering social sailing to participants who don't want to be involved in competitive sailing. Talk to your Tackers Centre Leader about what is offered at your preferred club.

How do I know which club to go to?

Clubs vary greatly depending on their size and if they are run by volunteers or professional staff. Some clubs only sail keelboats whilst others only sail dinghies. Many clubs have facilities that offer a bar, café, or restaurant. Depending on what you are looking for from a club, there will be a choice of clubs available to you. Clubs welcome visits to have a look around and find out more – be sure to check the club's website to find out when they are open.

FAQ about sailing in general

Is sailing expensive?

Sailing is affordable, but unfortunately has a reputation for not being so. Many clubs offer very affordable membership that is similar to what you pay for any other community sport. You can learn to sail for as little as \$30 per session – that's cheaper than a trip to the movies.

Will I need to buy a boat?

No. Learn to sail courses include use of club-owned boats. Once you progress on from learn to sail, you can crew for someone who has their own boat or continue on in programs run by the club where you can access a boat. Boats are also available on lease arrangements for a season or half a season. If you do choose to buy a boat there are many second-hand ones available.

How do I choose which class of boats my child should sail, I'm confused!?

Yes – it's confusing! There are so many classes of boats each with their respective advantages and suitability for children. You really don't need to think about choosing a boat until your child at least reaches Green Fleet. The club you are at may have a class that is sailed predominately at their club. That being the case you may want to select that boat type. If you are unsure, it's best to talk to an Instructor. There is an international pathway for people who want to sail at a high level in the Olympics. This pathway sets out classes of boats. You can find out more about this in the Youth Pathway Booklet available at www.yachting.org.au

TACKERS

your local centre is

Tackers Centre:

Club contact number:

Tackers Centre Leader name:

Our location:

Tackers Centre Leader contact number and email address:

Our website address:



TACKERS

www.discoversailing.org.au/tackers

