



## ICoYC Youth Exchange Program



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## Youth Sailing Program

The Royal Natal Yacht Club junior fleet consists of a fleet of Optimists, RS Teras, together with a number of Mirrors, Gypsies and Flying Fifteens.

In addition the junior members have access to the Club's fleet of keelboats including the L26's and Pacer 27 sport boats.

The Club employs a fulltime Fleet Manager and Sail Training Coach; in addition he is supported by a number of volunteer coaches who are accredited by South African Sailing as Level 1 and 2 coaches.

Junior Sail Training sessions are conducted under the "Let's Go Sailing" banner and include children from the 1<sup>st</sup> Port Natal Sea Scouts.



## *"LET'S GO SAILING"*

### Junior Development Initiative

The current "Let's Go Sailing" Junior Development program was launched in October 2014.

The program introduces children between 8 - 13 years of age to sailing mainly using the Optimist and RS Tera sailing dinghy which are sailed at high tide in front of the Ndongeni Lawns at the Royal Natal Yacht Club clubhouse.

These courses are set out as follows:

- 1) **An Introduction to Sailing:** (Safety Briefing, Basic Knots, Rigging & Identifying Parts of a boat, with time on the water). This is a one day course and is structured to see if the children would be interested in the participating in the program.
- 2) **GO Sailing:** (Safety Briefing, Basic Knots, Rigging & Identifying Parts of a boat, understanding Wind Direction, learning about Tacking). This is run continually throughout the season.

- 3) **START Sailing:** (building on the previous courses with advanced learning about Wind Direction, Sailing on the Reach, Sailing into the Wind, Running with the Wind). This is run continually throughout the season.



These courses are run only on selected high tide days in front of Royal Natal Yacht Club.

The sailing area provides shallow water of approximately 1.5m at high tide and a sheltered safe environment for children of all ages to learn to sail as we usually have a gentle North Easterly wind blowing and this is perfect for all “newbies” to start their sailing. We use a rubber duck as a safety boat on these days to ensure everyone is safe while on the water. In the event of a stronger South Westerly wind blowing the sailing area provides the children with the safety of a lee shore immediately in front of the Clubhouse so there are no safety concerns of children drifting into the shipping channel.



The Royal Natal “Let’s Go Sailing” Initiative currently has a fleet of 4 Optimists and with the help of generous benefactors the club has been able to acquire a fleet of 4 RS Tera’s and a number of Mirror dinghies enables us to accommodate more children on our sailing days.

We also have an Imp and a Gypsy dinghy which are larger dinghies and enable us to teach larger groups of children with them all being able to get out on the water together in one boat.

We supply all the children with life jackets, and course notes on sailing days.

This program is run by Club members who are all volunteers that have a love for SAILING and passing on their knowledge to the next generation. By using the “Let’s pay it forward” system we are able to reduce costs and promote sailing.

Over the past year we have had over 20 Boys and 10 Girls all children of Club members as well as 28 boys & girls from the neighboring 1<sup>st</sup> Port Natal Scout group who also joined us in the Sailing program.

The ‘Let’s Go Sailing’ program holds a 2 day camp in December specifically for the 1<sup>st</sup> Port Natal Scout Group. In December 2015 there were 19 youth from the greater Durban area that were able to enjoy the time on the water.



Royal Natal Yacht Club currently funds this program from member’s contributions and through the generous donations of sailing equipment.

Sailing is a “Life Skill” and a lifetime sport. By teaching this life skill to our youth you open a fountain of adventure and career opportunities to those that may never have contemplated this adventure.

The Royal Natal Yacht Club sailing programs are open to anybody with an interest in sailing, enjoying the yachting lifestyle or becoming involved in the maritime industry.

### **Schools Sailing Program**

The Schools Sailing Program is aimed at the youth between the ages of 13 – 18 years and is conducted as a weekly afternoon sports activity on behalf of participating Senior Schools.

The youth are provided with an opportunity to sail on the Pacer 27 sport boat fleet under the instruction of an experienced sport boat skipper. The sailing experience is mainly restricted to sailing in the Esplanade Channel in front of the Clubhouse and is a “white sail only” event until the participants are suitably experienced and competent in basic boat handling when they can then be introduced to spinnaker work. The format of the sailing event aims to introduce participants to team racing.



### **S A Maritime School**

The Club has recently embarked on a new project aimed at introducing those youth over 18 years of age to the sport of sailing. The Royal Natal Yacht Club in association with the S A Maritime School now provides youth attending the tertiary education institution as either fulltime or part time students with an opportunity to participate in the sport of sailing. Sailing has been added to the timetable and now forms a recognised activity at the maritime school. The format of this program follows that of the Schools Sailing Program and is conducted on a weekly basis.





# SA Maritime School & Transport College

## Sail Africa Youth Development Foundation

The Club continues to provide financial assistance to the non-profit Sail Africa initiative and graduates of this program are regular participants in the Club's youth regattas and racing program.



**SAIL AFRICA**  
YOUTH DEVELOPMENT FOUNDATION



## Accommodation for Visiting Youth

Accommodation for visiting youth sailors is available at the 1<sup>st</sup> Port Natal Sea Scouts immediately adjacent to the Clubhouse which operates Backpackers accommodation in dormitories. Full F&B catering facilities are available at the Royal Natal Yacht Club. In addition there are a number of hotels located in the CBD or on the beach front just a short walk from the Clubhouse. Alternatively there are plenty of Bed & Breakfast establishments located in the suburbs which are between 5 to 30 minutes drive from the yacht mole.

## Further Information

The Royal Natal Yacht Club welcomes visiting yachtsmen and particularly youth members from other ICoYC clubs.

The Club is always encouraging skills transfer programs with other entities and we would welcome your input in growing and developing the sport of sailing within KwaZulu-Natal.

Durban also provides a unique holiday destination for anyone wishing to escape the winter and enjoy year round warm water sailing in the sun.

In addition we are always willing to host international coaches and youth sailors who would like to extend their coaching activities in the developing world.