



ICOYC Youth Exchange data base sheet



Club name: **KONGELIG NORSK SEILFORENING (KNS)**
ROYAL NORWEGIAN YACHT CLUB

Club address: **Huk Aveny 1 (main club)**
0287 Oslo
Seilsportsenter (Youth Centre) :
Bygdøy Sjøbad, 0287 Oslo

Phone: **+47 91601352 - Geir Dahl Andersen (manager Seilsportsenter)**

Contact person for

Youth program: **Geir Dahl Andersen - geir@kns.no +47 916 01 352**

Details of Youth program:

KNS offered training from new beginners to high level racing and cruising in all ages. The club have many part time trainers and at the time 3 full time trainers.

KNS offer sail training in club-owned Optimist, A-jolle, Feva, Hunter and windsurfing. The club has also 3 club-owned Laser (with 4.7 or Radial sails) and 1 - 29'er dinghy.

At racing level (after intermediates) KNS has at the moment organized training in Optimist class, Windsurfing (BIC Techno 293 and RS:X), Feva, Laser 4.7 and Laser Radial, 29'er, Waszp and J-70.

Sail training and practice race are offered at the KNS Youth Centre. The sailing venue is on Lysakerfjorden just outside Oslo centre.

Youngsters from ICOYC member clubs are welcome to participate from age 12 year. The sailors have to be on "regatta level" in proportion to their age and class. In the main regatta season April, Maye, June, August and September there are many regatta activities in Norway, including the Norges Cup (Norway Cup). For sailors who is interested in participating in the program, KNS will try to find a combination of regatta sailing (Norges Cup) and training for some days in our sailing centre.

Visit are not organized by the club but need to be arranged privately on a family to family basis. The club is prepared to assist in making contact with potentially interested KNS youngsters and their families.

Details of visits need to be discussed and agreed upon in advance by and between participating families. Such details should include potential cost involved and option for food and lodging at KNS host families. Personal health, accident and third-party liability insurance cover is compulsory.

KNS has no financial interest in youth exchanges. The club will make boats available to visiting ICOYC member club youngsters free of charge. This includes free training and participation in practice races organized by KNS. Participants must bring their own sailing gear suitable for their class(es). If the participants also participate in regatta outside the club, the entry fee for the regatta has to be paid. Equal conditions at ICOYC member clubs abroad are expected by KNS youngsters wishing to make use of the ICOYC Youth Exchange Program.

More information about the club, training and regatta activity can be found at www.kns.no or can be obtained by contacting the club by e-mail.

