

Maylands Yacht Club Handbook





Welcome	3
Introduction	4
Maylands Yacht Club Committee – 2020-2021 (to be updated following AGM)	4
Committee Roles	5
Sailing Activities	6
Sailing Program.....	6
What Equipment Do You Need?.....	7
First Aid.....	7
Radios	7
Support Boats	7
Emergency Procedures	9
New Members and Trainees	10
New and Trainee Sailors	10
What MYC Provides to New and Trainee Sailors:.....	10
What MYC expects from New and Trainee Sailors.....	10
Sailing Development Pathways at MYC.....	11
Experienced Sailors	13
What you can expect from MYC.....	13
What the MYC expects from you.....	13
Club Operations	14
Start Box	14
Bar.....	14
Club Boats.....	8
Hire of Club Boats	8
Other	14
Boats for Sale.....	14
Regatta Grants.....	14
Boat Classes Sailed at MYC.....	14



Welcome

Welcome to Maylands Yacht Club, located at the top of the river!

This handbook is an outline of what MYC will provide to its members, and the expectations of the Club of its members. MYC operates under its own Constitution, a copy of which can be obtained from the club website.

This handbook is presented in three sections:

- *Introduction:* This part provides general information relevant to all members;
- *New to Sailing:* This part provides information specifically for members participating in training fleets; and
- *Experienced Sailors:* This part provides information for current members of MYC and experienced sailors who join the Club

Maylands Yacht Club has developed a rich sailing history since the mid-1940s, producing State, National and International champions. Most recently MYC hosted the Mirror State Championships for 2020 where two of its members took out the state championship.

Since its establishment, the Club has maintained a tradition of sailing development through a variety of training programs, which is designed for people who want to learn to sail so they can race or just have fun on boats with family and friends. These training programs are open to all age groups - from novices to those who want to brush up on their skills.

I wish all Club members well for the 2020 – 2021 season and in particular would like to welcome those new to MYC.

Mimi Secco

Commodore



Introduction

Maylands Yacht Club Inc. (MYC or the "Club") is a non-profit club operated by volunteers to run and promote sailing activities at Maylands, on the Swan River.

MYC is family oriented, with a strong emphasis on sailing for fun through social sailing, competition and helping those who want to learn to sail.

The Club aims to:

- (a) Encourage amateur sailing in the community through its training programs and competition.
- (b) Provide sail training for all age groups, for beginners and those who want to brush up on their skills.
- (c) Hold sailing matches, races, regattas and competition.
- (d) Promote social events for sailing and non-sailing members.
- (e) Provide Club facilities for members and their guests.

The Club leases the clubhouse from the City of Bayswater. It owns three support boats, several sailing dinghies, a trailer, and various pieces of equipment and furniture. The Club receives revenue from membership fees and through hire of the clubhouse, from which running costs and maintenance matters are funded.

Membership extends to non-sailing members (Associate members) who are welcome to enjoy the Club facilities and to participate in support activities.

In addition to dinghy sailors, MYC shares its facilities with sailors of radio controlled boats (RC), and leases out space for kayakers.

The Club is run by a committee of volunteers.

Maylands Yacht Club Committee – 2020-2021 (to be updated following AGM)

Club Patron: Stephen Smith

Commodore: Mimi Secco

Vice Commodore:

Rear Commodore House: Troy Winterbourne

Rear Commodore Sailing: Alan Benn

Rear Commodore Training:

Secretary: Steve Rose secretary@maylandsyachtclub.org.au

Treasurer: John Gaunt

Power Yacht Captain: Brendan Maine



Sailing Captain: Rob Hermans

Committee Members: Trevor Rabey, Doug Pianta, Les Mack, Chris Holyday

Venue Hire Manager: Narelle Little

Coach: Doug Pianta

Committee Roles

Full time Members are encouraged to join the Management Committee. After one year on the Management Committee, they may nominate to take on one of the following positions within the committee:

- *Commodore* acts as Chairman to the Committee. Talk to the Commodore about your ideas for the Club, and joining the Committee.
- *Vice Commodore* supports the Commodore, oversees Club Development Committee.
- *Rear Commodore Training* co-ordinates training such as the Learn to Sail program for new sailors.
- *Sailing Coach* runs the Bronze Fleet program and assists coaching of school holiday programs
- *Rear Commodore House* takes responsibility for the maintenance and upkeep of the Club facilities.
- *Rear Commodore Sailing* and *Sailing Captain* run the racing program. Talk to them about racing at Maylands. They also organise the volunteers for the Support Boats and the Start Box. Even if you don't want to sail, you can join in the racing by helping with running the race.
- *Treasurer* looks after the Club finances.
- *Power Yacht Captain* looks after the Support boats and Club Fleet.



Sailing Activities

This section describes the activities run for the dinghy sailors. RC Sailors operate under their own programs.

Sailing Program

The calendar consists of various activities to suit those new to sailing, returning to sailing, or participating in regular racing. The sailing season is broken into two, with a Summer Season that runs from October – April, with a break over the Christmas/New Year period, and a Winter Season that runs from May to September. The detailed sailing program can be found on the Club website.

Sail Training

- Training - runs on Sunday morning during the Summer Season. Training is open to all sailors.
 - The *Learn to Sail* program is for beginners
 - *Bronze Fleet* Training for those who have completed the Learn to Sail course and are ready to improve their skills and take on advanced skills.
 - *Silver Fleet* offers opportunity to practise racing skills in a low pressure environment. These races are held each Sunday morning after the Learn to Sail and Bronze fleet groups have left the water.
- School Holiday *Introduction to Sailing* programs that accelerate young sailors' development and completion of the *Learn to Sail* program over 4-5 days during the school holidays.

Sunday Morning Training Fleets at MYC

- Learn to Sail (Mirrors)
- Minnow Fleet (Grouped into Bronze, Silver and Gold dependant on numbers)
- Mirror Fleet, grouped into Bronze, Silver (dependant on numbers).
- Laser 4.7 Fleet
- Other classes may be represented by member own boats (eg. Bics)

Club Racing

- Club Racing starts at 2pm Sundays during the Summer Season. Novice sailors are encouraged to join, particularly during short course events.
- During the Winter Season racing starts at 1pm and is only held on the first Sunday of the month. This consists of short course races only and is an ideal format for novice sailors.

Twilight Sailing

- Twilight sailing – Wednesday afternoons during the summer season, usually at 5pm
Twilight sailing is informal; anyone may come down for a fun sail. Inexperienced members should note that the power-boat support seen on Sundays may not be provided on these occasions. Parents of younger sailors who are Club members are welcome to take out the Support Boats. The Club offers opportunity for parents to complete the Registered Skippers Ticket (RST) so that they can help in this way.

Regattas

The Club regularly hosts the City of Bayswater Regatta, and will host other fleet regattas from time to time.



What Equipment Do You Need?

Boat

New members who do not have their own boat may make use of the Club boats at no charge in their first year of membership. Thereafter, members who wish to sail regularly are charged a hire fee to contribute to the maintenance of Club boats (see below for further details)

Club boats are prioritised for use by the training fleet during training hours. Training sailors contribute to maintenance costs by way of Training Fee.

Personal Equipment:

A buoyancy vest is essential. The Club has a pool of vests that can be borrowed if you do not have your own. Furthermore it is recommended you have the following:

- Sun hat, preferably with a brim and able to be secured to avoid being blown off by wind.
- Sun smart clothing, e.g. a long sleeved rashie.
- Footwear e.g. reef walkers.
- Protective Sunglasses, with head tie.

First Aid

Various members including the Coaches (Ken Patterson, Doug Pianta), hold current Senior First Aid certification.

Location of First Aid kits:

- In the Club, downstairs in the canteen area and upstairs in the kitchen
- On the Support Boats.
- A defibrillator is located beside the refrigerator upstairs in the Club kitchen.

Radios

Handheld radios are used by Skippers on Support Boats, volunteers in the Start Box (when manned) and at the clubhouse during sailing activities. Before deployment, radio users should meet to agree on call signs and usage.

The radios are kept in the club office. They should be returned there after use and put on charge.

Support Boats

The Club runs a support boat during afternoon racing. More than one support boat may be on the water if required for the conditions or number of boats deem it necessary. Being on the support boat is a great way to get out on the water and see a race close-up.

All members involved in afternoon racing and holding a Recreational Skipper's Ticket ("RST") are rostered on to drive the support boat at least once during each season. A second person is usually onboard and need not hold an RST.



Parents of trainees are encouraged to get out on the water when there are places available on support boats. A ratio of one Support Boat to 5 or 6 yachts is necessary to ensure each sailor gets enough attention, and to maintain safety. Parents not holding an RST are encouraged to come on board a Support Boat as crew to assist.

Please get in touch with the Sailing Captain or the Rear Commodore Sailing to become involved.

The Club periodically runs Recreational Skippers Ticket (RST) courses. An RST is required to drive any power boat with an engine larger than 6hp.

Club Boats

The Club has a fleet of boats for use by training fleets. Club Mirrors are usually used for training, and their upkeep is reflected in the cost of the training. There is no guarantee that the same Club boat will be available every week as skills and circumstances may require different allocations.

Members in their first year of membership may also access club boats to allow them to trial and assess which class of boat will suit them. Priority will be given to training sailors over non-training sailors during Sunday training sessions.

Club boats are to be returned in the condition they are provided. Minor wear and tear, missing shackles, bungs, frayed lines etc. should be attended to by the sailor. If not able to be fixed personally, then it must be brought to the attention of the Coach or Power Yacht Captain. The overriding rule is: If you break it, you fix it, or find someone who can.

Major repair items such as new sails, rudders, masts will remain the responsibility of the Club, unless damage or loss is the result of careless behaviour in which case the person at fault is expected to contribute in some way to the Club to facilitate repair.

Hire of Club Boats

Members are encouraged to purchase their own boat eventually and the Club can offer advice and contacts. However where a member wishes to sail on Club boats on a longer term basis, then hire fees will apply. Club boats are maintained to be seaworthy, however are often not well tuned. Having your own boat gives you the chance to tune it and modify it to your own sailing style.

Fees to hire Club boats is payable at the time of renewing membership. The member must have demonstrated appropriate sailing skills before hiring of Club boats is permitted. Inappropriately skilled sailors should join the training fleet.



Emergency Procedures

The following policy and procedure documents appear on the Club's Website, www.maylandsyachtclub.org.au:

- Risk Management Policy
- Health and Safety Policy
- Member Protection Policy



New Members and Trainees

New and Trainee Sailors

What MYC Provides to New and Trainee Sailors:

- MYC provides a structured and developmental approach to learning to sail for beginners and more advanced levels.
- For sail training, MYC will provide equipment, including:
 - Minnow, Mirror, Laser and Pacer dinghies
 - Buoyancy vests (Personal Flotation Devices)
- Post training support advice for boat purchasing and leasing opportunities.
- Supportive racing opportunities.
- Social sailing - weekend and mid-week twilight – plus a range of social opportunities. Watch out for announcements and events postings on www.maylandsyachtclub.org.au and via Facebook.

Non-sailing friends and family are welcome to enjoy the MYC facilities. A barbeque is available.

What MYC expects from New and Trainee Sailors

MYC is a community based organisation and as such requires active community support to operate efficiently.

With this in mind all trainees and families are expected to:

- Assist with the rigging, de-rigging and storage of boats.
- Assist in a canteen roster.
- Subscribe to social and sailing events. MYC has a philosophy of the more time on the water in a relaxed and non-competitive environment, the better the sailing experience.
- Assist with support boat duties during training.
- Support working bees and Club maintenance activities.
- Support fund raising activities and assist with event organisers.
- Where practical, gain Recreational Skippers Ticket to support on-water activities.

Assistance

In addition to this, during the sailing season, junior sailors must not be simply dropped off at 9.30am and collected at 12pm. Parents are expected to be involved in rigging boats and assisting in launching and recovery of returning boats. Coaches do not have the capacity to supervise all sailors rigging their boats, and this is important knowledge that needs to be understood by parents. A poorly rigged boat is not enjoyable to sail. Parents can also assist in packing away boats and returning PFDs to their correct storage area.

This does not have to be a large commitment, simply helping rig and launch from 9.30-10am each time, and de-rig from 11.30am is enough. Once sailors are confident in doing this themselves less help is needed, although parents with the time are encouraged to stick around and enjoy the serene sailing location.



Sailing Development Pathways at MYC

The Maylands Yacht Club aims to develop sailing at all levels, from just having fun on the water, through to club racing and national and international competition. We offer a distinct pathway through the different types of boat and levels of sailing.

Step 1: Learn to Sail

a) **School Holiday Intro to Sailing Courses**

MYC may run 4-5 day sailing courses during school holidays each year. These are for children aged 10-15. Using Mirror dinghies, brand new sailors are introduced to rigging boats, understanding the wind, and learn to sail marked courses unassisted by the end of the course.

b) **Learn to Sail Program**

The MYC Learn to Sail Training Program is run on Sunday mornings 9.30am – 12pm during the summer sailing season. These sessions teach the similar content as the holiday courses, but are spread out over a few months rather than an intensive week. They provide opportunities for the extension and consolidation of skills over time, and provide a foundation for moving into the Bronze Fleet.

Step 2: Better sailing and Introduction to racing:

Any sailor who has completed a school holiday *Introduction to Sailing* course, or a season in the *Learn to Sail* fleet should join the **Bronze Fleet**. The *Bronze Fleet* aims to give sailors more time on the water to practice and perfect the skills they have learned. More challenging boat handling drills are conducted, and sailors are introduced to racing. The focus is fun and improving sailors' confidence in their boats and getting sailors ready to race.

Sailors are often nervous about joining in racing. You don't need be good at sailing to start racing, but racing will make you a better sailor. MYC is highly supportive of new racers.

Step 3: Racing Skills and participation

Following a season in the Bronze Fleet, sailors transition to the Silver Fleet. Training is conducted similarly to the Bronze Fleet, though more experienced sailors are extended further. Sailors in this fleet will be ready to join in the afternoon races, and are strongly encouraged to do so for enjoyment and to build their skills. Keen sailors will sail all day, (junior training in the morning and senior racing in the afternoon) and you will notice a rapid improvement in skill if this is the case.

Step 4: Regatta Participation

Sailors of all abilities can often participate in junior regattas. For example, the Minnow State and National Championships include a Novice division for newer sailors. Sailors are coached around the course by experienced coaches.

By a sailor's second or third season you will want to start trying racing at other venues and against sailors at other clubs. Regatta participation is a way to experience vastly different conditions to the waters of Maylands, and to test yourself against some of the best sailors in the state, country or world have to offer. A 3-day regatta at another club will often net sailors as much improvement as a few months' sailing at their home club.

The Club has a road registered trailer than can be borrowed to transport boats to other clubs.



Step 5: Purchase Boat (can purchase at any stage of a sailor's training journey)

After completing training sailors are encouraged to buy their own boat. Whilst Minnow and Mirror dinghies are used in the Bronze and Silver Fleets, sailors are encouraged to purchase a class they feel comfortable in. If a boat purchase is too big a step, Club boats are available for season hire. (See section under Club Hire Boats)



Experienced Sailors

What you can expect from MYC

- Regular summer and winter race programs;
- Comfortable Club facilities;
- Boat storage – subject to availability. To qualify for boat storage, members are required to participate in Club sailing activities (eg. Training, racing) on a regular basis. Modest storage fees apply.

What the MYC expects from you

MYC is a community based organisation and as such requires active community support to operate efficiently. Members are expected to:

- Participate regularly during Summer racing season, either on or off the water.
- Join a pool of volunteers to man the start box, or to assist in the Support boat.
- Subscribe to social and sailing events. MYC has a philosophy of the more time on the water in a relaxed and non-competitive environment the better the sailing experience.
- Assist with support boat duties during training.
- Support working bees and Club maintenance activities.
- Support fund raising activities and assist with event organisers.
- Where practical, gain Recreational Skippers Ticket to support on-water activities.



Club Operations

Start Box

During racing the Start Box requires rostered volunteers. This is to start the race and to record finishing times. The starting procedure is well documented, including a computerised count down system, so is easy to learn. The Sailing Captain or the Rear Commodore Sailing manage the roster.

Bar

The Club runs a bar at the end of the afternoon racing. Please let the Commodore know if you have a Responsible Service of Alcohol ticket and availability to run the bar. This is a great way to socialise with the Club and share some of the tall stories about racing glory.

Other

Boats for Sale

The Club has a small For Sale section on its website (http://www.maylandsyachtclub.org.au/for_sale.html) Check link

Other places to look include Gumtree or the class association websites. The Club is happy to provide advice about particular boats, about whether their condition and if they represent value for money.

From time to time, as the Club upgrades its fleet, Club boats may become available for sale. Please approach Rear Commodore Training to find out more about Club boats that may be for sale.

Regatta Grants

In addition to the loan of the Club trailer, the Club has provision to contribute to the cost of travelling to regattas or championships located out of town. Members should apply to the Management Committee, preferably before the regatta has occurred, or very soon after. The application will be assessed based on fairness and availability of funds.

Boat Classes Sailed at MYC

Mirrors

The Mirror is a 3.3m long sailing dinghy sailed by two people (a skipper and crew). It has three sails – a mainsail, a jib and a spinnaker, or what we refer to as a full suite of sails. Yachts of all sizes have these three types of sail so if you can sail a Mirror you should be able to sail almost anything.

First designed in the early 1960's there have been over 70,000 Mirrors built around the world. It has been updated over the years to the point that it is now a thoroughly modern fibreglass sailing dinghy, incorporating a full alloy rig and centre sheeting. It is a recognised International Class. Mirrors are very common dinghies, older but still sound boats can be found for as little as \$500, with new boats costing over \$10,000.



It is sailed by adults or children new to sailing, young sailors transitioning from Optimists, Minnows etc, and by parents with their children.

Club Mirrors are provided for anyone participating in the Holiday or Learn to Sail Program.

Minnows:

The Minnow, which sports a distinctive blue sail, is an Australian one-design class, single handed dinghy designed for children aged around 8yrs to 12 or 13yrs, or 25kg to 50kg. The Minnow hull is 2.4m long and is easily righted and self-drains after a capsize, requiring very little bailing.

The Minnow is

- Exciting to sail and easy to handle;
- A substantial class in WA with Club, State and National competitions
- Safe, unsinkable - 3 independent buoyancy tanks;
- Sail in 3 - 25 knots;
- Transport on roof rack;
- Recognised training boat by Yachting WA

At MYC, Minnow training will be organised into groups according to relative skill levels and coach availability. Brand new, top of the line Minnows cost around \$3000. However suitable, competitive boats for beginning sailors can be found from as little as \$600. Most good boats will be in the \$800-\$1800 price range, and will be more than enough for most sailors.

Lasers

The Laser is an International Olympic class, one-design, single handed racing dinghy. It has a 4.2m long hull and is sailed with three different single-sail rigs: – the 4.7, Radial and Standard. The mast comprises 2 sections and sailors only need to change the bottom section and sail to switch between rigs with ease. The rig size is chosen based on a sailor's physical size and weight as well as their tactical ability. Ideal weight ranges are:

- 4.7 rig 50 to 65kg
- Radial rig 65 to 75kg
- Standard rig 75 – 90kg

Lasers are the primary senior class sailed at Maylands, and over 200 000 have been sold worldwide since their introduction. Their simplicity and easy maintenance makes them an attractive option along with a high level of competition around the world. Western Australia has produced many World Champions in the class and is home to current world No 5 ranked Laser Sailor Matt Wearn. Brand new Lasers cost approximately \$8000. Due to their popularity and strict one-design rules, second hand boats remain very competitive and can be found starting at \$500-\$1000. Boats can be found for sale in the classifieds at www.laserwa.asn.au.

Sabres

The Sabre Dinghy is an Australian one-design class single-handed sailboat that is 12'4" or 3.76 m long. The boat was designed in 1974 by Rex Fettell, who also designed the Minnow. As of 2017 over 2,000 sail numbers have been issued.



In the 2012 Australian National Titles, there were 130 boats on the start line, making it one of the largest national championships to be held that year of any class boat in Australia.

The boat is built in either fibreglass or as a composite (timber deck and fibreglass hull) or plywood by the [stitch and glue](#) method and weighs in at minimum of 41 kg.

The rig is simple and easily handled but still provides exciting performance in a breeze.

Prices start from about \$1500 for a sound older wooden boat, to over \$10,000. Secondhand boats can be found on the class website <http://www.sabre.org.au/sabre-for-sale>

Other Classes That Sail at MYC

Pacer

The Pacer is a 12 foot or 3.7m wooden or fibreglass dinghy. They are sailed with a crew of two, and feature three sails. Being bigger than a Mirror, they are a bit roomier for adult crews. This class is used less often by the Club and the Mirror has remained the dominant training fleet at MYC.

Hartley 16

The Hartley TS16 is a clean-lined, conventional trailable yacht that is the most popular in Australia. It is light, easy to rig, launch and retrieve and can be towed by a family car; many have been built by amateur builders. The later advent of fibreglass trailable boats and increasing materials cost reduced the popularity of home builds. Many of them are raced, but are not allowed to use a spinnaker.