



Narrabeen Lakes Sailing Club

Information Pack

Document Version 2.1

WELCOME!

Thank you for your interest in sailing with Narrabeen Lakes Sailing Club (N.L.S.C.). We wish you the best for your time spent with us at the club.

Our club is a not-for-profit community based organisation run by members on a voluntary basis.

Documents available from the club or via the website www.narrabeenlakessailingclub.com include:

- Application for Membership
- Sailing Program
- Member Information and Risk Warning Sheet
- Child protection declaration

I invite you, your family and friends to come down to the club on any sailing day. Simply locate a committee member who will show you around and take you out on the water for some carefree fun and exercise.

Kind regards

Ian Milton
Commodore

Where to find us

We're on the South-Eastern side of Narrabeen Lake at Jamieson Park, down the hill from the War Veterans' Home. Gregory reference 83, G3, UBD reference 158, C6.



When is the sailing season?

Our season commences at the beginning of September and goes through to the end of April with a break around the Christmas period.

Out of season we try and get together a few times with social events such as bowling, picnics and go-karting which are greatly enjoyed by members all ages.

Sailing Calendar

Our sailing program is usually posted on the club notice board and available on the club web site.

How to start

Turn up on a sailing day and introduce yourself to one of our members who can guide you.

You will need to bring:

- Appropriate sailing attire/towel/shoes
- Sunscreen
- Change of clothes (showers / change rooms and toilets are available)
- Lifejacket (PDF Type 2 or level 100) – If you don't own one yet see a club official for use of a club jacket for the day.

Nice to have:

- Sailing Gloves
- Booties / Water shoes (essential for children)

These can be purchased through a sailing shop (chandlery).

Types of boats sailed (Classes)

Sabots

- Sailed by one or two children.
- Our club owns a small fleet for junior training and racing.
- Prices from \$400 up to \$9,000 for a new one.

Hérons

- A two person dinghy suitable for any paired combination of adults and/or children.
- Easy to rig and launch.
- Good family fun especially at regattas.
- Priced for all budgets, starting from \$500 up to \$10,000 for a new one.

Lasers

- A single person 14ft fibreglass dinghy with two choices of sail size to suit the skipper's skill level.
- Simple boat with low maintenance.
- An Olympic class with very exciting sailing.
- Priced from \$500 to \$8500.

Sailboard Fleet (Windsurfers)

- Basically a "One Design" fleet but all welcome.
- Triangle racing is our main activity.
- We sail a five race major series together with a slalom series.
- Other events such as BBQs and picnic cruises at locations off the lake.

All other Dinghies (Open class)

- Sailed as a mixed fleet.

When do we sail?

Saturday 1pm – Sailboard races

Sunday 10:00am-12:30pm - Junior dinghy sailing/races

Sunday 1:00pm-4:30pm – Senior dinghy races

Is it safe?

Our club enforces rigid safety practices in all its events and owns powerboats, which are used to monitor and patrol the Lake continually during all races.

Narrabeen Lake, being an enclosed waterway, is one of the safest locations within Sydney and an ideal venue to introduce anybody to sailing. However we do ask that you refer to the risk and liability statement contained with the membership form.

Members are reminded that the decision to race or not rests with each skipper. In adverse conditions the committee may decide to cancel or abandon races for safety reasons.

Courses commonly used

Sailboards use a triangular race course.

The morning dinghy races are set up with two different layouts, one for beginners and one for experienced sailors over a short course.

The afternoon dinghy races use one of a few selected course formats (depending on conditions). Short, long and marathon length races are held over the season.

Presentation Night

At the end of the season we hold a Presentation night. All children are presented with trophies to celebrate their achievement. It's a great family night with dinner, music, photos, video, guessing competitions and a monster raffle.

Meetings

An Annual General Meeting is held on our Presentation night while monthly committee meetings are held on the second Monday of each month, all welcome.

Children

The care and enjoyment of your child, especially on the water, is a priority for the sailing club. We adhere to Government Child Protection requirements and all adult members must sign a Child Protection Declaration.

On the water, a rescue boat will be present during all race events.

The A.Y.F. Addendum A 2.(c) states "When senior members are in the boat with a child, priority is placed on the child's safety in the event of an accident".

All junior members must be able to swim. When sailing, we require everyone to be attired in appropriate and safe gear including:

- A life jacket (PDF Type 2 or level 100)
- Sun protection (hat and sun screen)
- Appropriate footwear.

It is a club requirement that any child membership must be accompanied by an adult membership. Parents are

required to complete the Member Information and Risk Warning Sheet for each child.

Parents are responsible for the supervision and care of their children at all times. The club is not a child minding service.

If you are leaving your child, you will need to hand them over to a specific adult, e.g. the skipper of the boat your child will sail with, and arrange your time of return.

Please ensure the safety of your child by being vigilant about your child's activities and behaviour near the boat and rigging area, clubhouse area and in and around the water.

How can I help?

Volunteers to assist rigging the Junior fleet and running the rescue boat are always needed and very welcome. The rescue boat helps out the start boat if any boats require assistance. In addition it collects marks and provides for general water safety. Training and assistance will be provided.

There is always something to do around the clubhouse. We maintain inside the clubhouse and canteen, ensure our boats are well looked after and that the surrounding areas are safe for our kids – so if you have a particular talent please let us know.

Our canteen is volunteer run for our members. It offers coffee, cool drinks, hot pies and sausage rolls, freshly made salad rolls and a selection of treats and sweets. Volunteers to help out for full or half days are keenly sought and much appreciated. Again, let us know so we can continue to provide this great service.

CONTACTS

Please feel free to contact any of our Officers for more information:

SAILBOARD CLASS CAPTAIN – Saturday Sailing Enquiries
Roger Crawford Ph: 9484 9684
Email – roger.crawford@y7mail.com

COMMODORE – General and Sunday Sailing Enquiries
Ian Milton Ph: 9982 3052
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