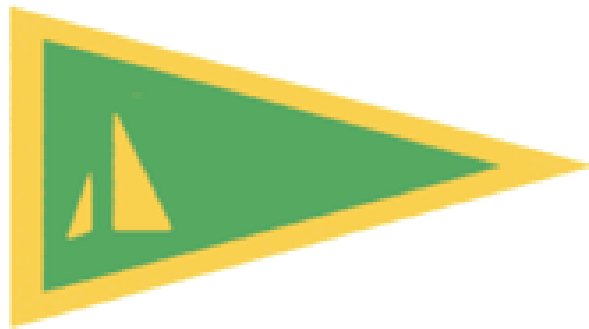


Chew Valley Lake Sailing Club

Newsletter

April 2015



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What's on in April...

Sun 5th	Spring Points 1,2 and 3	11:00
	Spring Points 1,2 and 4	13:00
Mon 6th	Bank Holiday Sailing	
Sat 11th	Ladies Lake and Cake	
Sun 12th	Spring Points 4,5 and 6	11:00
	Spring Points 4,5 and 7	13:30
Wed 15th	Evening Points. Practice race (note early start)	18:30
Sat 18th	Laser Training	
Sun 19th	1st Chew Crew	
	John Jarret Trophy	11:00
	Commodores Cup.	13:30
Wed 22nd	Evening Points 1.	19:00
Sat 25th	New Members' Day	
	Corners of the Lake Race	14:00
	PB Training	
	RYA Training	
	1st CLADS	
Sun 26th	Chew Crew	
	RYA Training	
	Spring Points 7,8 and 9	11:00
	Spring Points 7,8 and 9	13:30
Wed 29th	Evening Points 2	19:00

Commodores Letter

The membership survey presentation at the end of February unearthed some diverse priorities, not all of which will be achievable but nonetheless illustrate an ambition. Suggestions ranged from knocking down the clubhouse to installing a sauna or wakeboarding and skiing were recorded but were not the most common responses and perhaps a little challenging. More realistic is the common theme of refurbishment and upgrade and this work is now underway and so you may in the coming months see the scaffold go up for the external upgrade of the insulation and cladding and also the first changes to the bar area with a new carpet and blinds, the latter brought forward through the kind contribution of members who are funding the first phase of work.

The project based approach to the major works and the many minor changes underway is proving successful and if you have not been at the club for a few months then you should notice the difference, not least in the dinghy park which has been cleared of scrub and the daffodils are coming through. The replacement weather station is on order and we are trialing the webcam and upgrading the IT and even have a new website planned.

We always need more help and so whether a Wednesday racer, a Thursday cruiser, a Saturday fixer or a Sunday morning parent, then be involved and make a difference.

The 5 year plan is in its infancy and is being directed by the responses to the membership survey and is more important than ever given the challenges that we need to address over the coming years and the 50th anniversary approaching and the projects that arise from the plan need to be appropriately managed.

There remains a role for the Rear Commodore and we need a volunteer to adopt this responsibility to maintain an overview of all that is happening with the clubhouse and grounds which can be very much a “hands off” position and an opportunity to be a part of a significant era for the club. If, for example we had more than one person able to offer some time to the role, that would be amazing and as a “job share” with an overview of the different projects, could work really well. Please all give it some thought.

The season for many starts in the Spring with the warmer weather and with the lake and the calendar filled to the brim, the sailing this year will be fantastic and so come down to the club, attach the transom sticker and off you go.

Rob Mitchell

Vice-Commodores Letter

At the end of my piece in the last newsletter I mentioned looking forward to balmy spring afternoons and evenings. Well, lighter evenings have arrived.... but balmy??

On Sunday (29th) there were marginally more people at the club than there had been on Saturday but no-one had any intention of sailing, the strong gusts, so consistently forecast, were sending their "cats paws" across the lake in mesmerising fashion. Therefore the Frostbite series came to a quiet end and we bid farewell to our Frostbite members and friends. The weather has been very mixed, windy, no wind, cold, rarely ideal conditions. However it didn't deter the hardy souls. Over 100 boats entered at least one race, the number of qualifiers is rather less however, 22 for the morning series and 24 the afternoon series – well done to everyone and a special mention to Lizzie Cooke who is the only junior sailor who qualified for both series. It has been great to see some of the Topper, Feva, 29er and Oppie sailors on the start line as well as taking part in the training days. The Fireballs, and RS 200s have held training days and the regular wednesday sailors have been deterred by only the most severe conditions.

Looking ahead, the usual race programme is well documented in the calendar, Chew Crew, CLADS and Lake and Cake start again this month, as do RYA Dinghy and Powerboat course and, in May, Thursday evening sailing starts again.

The Sailing Committee is gradually looking at the outcomes of the survey. Two things that came through very clearly were a wish for more fun and participation events like Bart's Bash and a request for some "start racing" advice / training and race practice.

So.....**Three dates for your diary:**

*25th April. New Member's Day. Open to all (not just new members), in the afternoon-

Corners of the lake race. Weather permitting, we shall aim to include as many of the club marks as we can. If you would be willing to volunteer yourself and your boat to take out new and old members who would like to crew, please let me know.

*July 11th. Family regatta. **Round the island race.** Great fun and a long standing Chew tradition.

*September 20th. **Bart's Bash 2015**

And.....here are some ways to get into racing:

1. Talk to me, the fleet captains or other sailors on the dinghy park
 2. Offer yourself as a crew on the crewfinder facebook page or talk to the fleet captains.
 3. Come along to the Thursday evenings shown as Start racing on the calendar
 4. During one series, we plan to offer short briefings before the start aiming to get you out there, taking part and having a great time on the water
 5. Informal and short Saturday afternoon races, probably in July
- Watch out for further details of 4 and 5 via email, the website, Chew facebook and posters.

Sailing because it's a great thing to do!! There are, of course, many members who enjoy sailing for the sheer delight of being on the water in beautiful surroundings - do talk to me or anyone on the Sailing Committee if you'd like to organise some social sailing.

Steve and I are off to Rock again over Easter with many of the laser fleet, friends and families. Here's to great weather and happy sailing wherever you are.

Helen Martin

Laser Fleet

Training Day – Saturday 18th April

The laser fleet are having a training day on Saturday 18th April. The training day will cater for a range of standards, from novice, through to introduction to racing and up into intermediate/advanced racing.

There will be two groups;

Novice/introduction to racing group. This will run in the morning only (we will combine the groups for the afternoon session).

Intermediate/advanced group. This will run all day.

You can move from the novice to intermediate/advanced group at lunchtime (or indeed at any other point if you feel you are ready).

The team

We have a great team ready to help you!

The novice/introduction to racing group will be led by Andy Bassett, with support from Laura Smith.

The intermediate/advanced racing group will be led by Steve Smith, with support from Peter Sherwin.

The training will start at 09:30 and end around 16:45. Please be rigged (sail on but mast not up) and changed before the start. You are welcome to come for as little or as much of the day as you wish.

We would like to know if you are intending to join us as it helps us to get the best out of the day for everyone. So please do let us know if you wish to attend by sending me an email at chewlasers@gmail.com.

Monthly updates

I send out a monthly update to the laser fleet with fleet news, what's going on at the club, boats and bits for sale and Steve's tip of the month(!). If you'd like to join the mailing list for this then please let me know at chewlasers@gmail.com. Also let me know if you have any boats/sails etc that you'd like to advertise directly to the fleet. I am currently aware of demand for entry level lasers (£1,500 or less) so do let me know if you're thinking of selling your boat.

Laura Smith
Laser 166580

RS200 News

The RS200s have been strong supporters of the Asymmetric training sessions held at the club over the winter. Training has taken place on 3 Saturdays run by Pete Vincent, attendees benefiting from his vast experience of RS200 and RS400 sailing.

We've had an average of 7 - 8 boats for each session and a wide range of experience.

Sessions on the water have focussed on boat handling, starting, upwind/downwind strategies, followed by video de-brief in the bar to round off the day. Better still, Pete seems to bring good weather with him, we've enjoyed glorious sunshine and perfect wind each time!

Also good to see a number of juniors taking part and would be great to see this continue, the RS200 being a good next step from the Feva and no shortage of competition both at the club and at Open Events throughout the SW.

See you on the water soon,

Junior & Youth Racing

February and March have been very busy at the club with youth race training weekend sessions taking place for Optimists, Toppers, Fevas and the 29ers. Over the next few months the club will be organising Race Squad training sessions on Sunday mornings for all the Youth classes combined. There will also be some Sunday afternoon, and all day Saturday training sessions for specific classes. The club website, the training calendar (a link off the club website) and the club Facebook page will have the latest information. Alternatively stay up to date by joining the email distribution lists for the relevant youth fleets by contacting Nick Edmonds (edmonds_nick@hotmail.com) or Julian Cooke (juliancooke0@gmail.com).

RS Fevas

At the end of February it was Chew's turn to host the South West Open Feva Training. This series of training weekends is something that we organise collaboratively with Bristol Corinthian and Royal Torbay and is now into its third year. The weather decided to play ball for half the weekend, and we had strong but sailable winds for the Saturday. The Sunday was a little too strong for most and the fleet split with a third on the water, and the remainder taking advantage of Alex Mothersele's (Head Coach and past Feva National Champion) shore based sessions. Thanks also to Michael Dennis and Mark Rolfe for providing the additional coaching support from Chew.

Sally Campbell wrote an article on the weekend training that was published in Yachts & Yachting <http://www.yachtsandyachting.com/news/181607/RS-Feva-SW-Winter-Training-at-Chew-Valley>

With the Feva Inland Championships being held at Chew Valley Lake in June, and with the new sailing season about to start, we will be running a number of Feva specific training sessions. These will cater to those new to the boat, as well as those with experience of double handed sailing. The sessions will be held on Sunday afternoons, with an all day Sunday session closer to the date of the Feva Inland Championships.

Optimists

With only 1 active Optimist sailor at the club, the Optimist is certainly not our largest junior fleet. However it does have a niche, especially for the lighter 8-11 year olds who perhaps are keen to start racing, but who are often too light for the Teras or Topper 4.2s. With that in mind the club held our first Optimist Training weekend in early March. We had 4 visitors from local clubs, plus Quinn in his Oppie. Past Optimist National Champion, and current RYA South-West Optimist Coach James Grant led the training over the two days. The weather was perfect, often challenging resulting in a few swims, but great for boat speed, boat handling and starting practices. Over Sunday lunch Olympian Kate Macgregor came by and shared her Olympic experiences with the group.

Overall it was a big thumbs up from the sailors and parents alike. We now have the opportunity to potentially make use of a loan Optimist at Chew. This could be used in Chew Crew activities, the race coaching sessions or club races. Cost will be £5 per session to borrow the boat and would ideally suit those below 35kg with a keen interest in starting to race. We are looking to gauge interest before taking the trip to pick up the boat, so if you're interested contact Nick directly (edmonds_nick@hotmail.com).

29ers

For a change the 29ers had a perfect training weekend. Across the country this winter almost every 29er training session seems to have been blown off. That all changed for our club 29er training in early March. Pete Perara, 29er Class Head Coach was back, and he invited Olympian and current 49erFX sailor Kate Macgregor along to help him out. All six Chew 29ers took part and were complemented by three visiting boats from Bowmoor, Royal Torbay and Bristol Corinthian.

The weather co-operated and provided sunshine and a perfect 12-18 knots. Pete ran a coached mini-race series on the Saturday, and then made full use of the lake for practice drills in between club races on the Sunday. It was very noticeable to witness the level of overall improvement from Saturday morning to Sunday afternoon. New club member Scarlett had her first outing in her newly acquired 29er, and Olivia Jones had her first trapezeing experience. Across all the boats there appeared to be many smiles, much laughter and a lot of banter both on and off the water!

Thanks go to not only Pete and Kate, but also the army of parents who helped on the RIBs, and undertook running repairs on the boats over the weekend.

The next 29er training weekend is in the calendar already – 4th/5th July. Here's hoping for similar winds and much warmer temperatures!

Topper Topics

Spring is here and hopefully memories of freezing winter Topper training are fading. I hope the new skills that were picked up by those that came are not fading though! It was great to see everyone that took part rising to the challenge (and sometimes it was quite challenging). There was no doubt that significant improvements in technique were occurring.

Our squad sailors continue to do great things, attending events over the winter including the Winter Championships at Weymouth, Frampton and Plymouth Opens and the Queen Mary National Series. The South West Travelers are great events to start Topper racing at and usually include training on the Saturday before the open on Sunday. A list of events is included below:

Weekend		Saturday	Sunday
11/04/2015	12/04/2015	Castle Cove	Castle Cove
25/04/2015	26/04/2015	Starcross	Starcross
23/05/2015	24/05/2015	Saltash	Saltash
13/06/2015	14/06/2015	Salcombe	Salcombe
25/07/2015	26/07/2015		Portishead
29/08/2015	30/08/2015	Plymouth YSC	Plymouth YSC
12/09/2015	13/09/2015	CVLSC	CVLSC
19/09/2015	20/09/2015	PYS tbc	PYS tbc & Barts Bash
26/09/2015	27/09/2015	RYA Zone Champs	
03/10/2015	04/10/2015	Bowmoor	

		Indicates training
		Indicates racing

As we did have some very cold kids at times I thought I would give out some information about staying warm. The key is staying dry and layering up! Cheap wetsuits are fine for the summer and keep you warm provided you remain active. However they leak badly through the seams and so a lot of cold water can get inside. Glued and blind stitched (GBS) wetsuits don't leak even if you fall in. They are more expensive but also benefit from more stretchy, softer neoprene and even a fleecy lining. On colder days layer up both under and over the wetsuit.

I hope that many of you will join in with the Crew Crew and Race Group over the summer. See you there.

Julian Cooke

Book now on the Spring RYA Courses

There is still time to book a place on the Spring RYA Courses which will be run over 5 days on 25/26 April, 2/3/4 May. If you miss those, they will run again 5/6, 19/20, 26/27 September. The focus will be on beginner courses, but if there is demand we can also offer advanced courses. For adults, this is a combined Level 1 & 2 gained in the club's Vision or Wayfarer double-hander dinghies. For Youths (12 - 16 years) and Juniors (8 - 11 years) its a combined Stage 1 & 2 in the club's Toppers and Optibats. The cost is £140 for adults and £90 for youth/juniors. Application details are on the website Training page. Check the website for full details, and if you have any questions, contact me.

Rich Hole, RYA Training Co-ordinator
training@chewvalleysailing.org.uk
07980 800615

RYA Training

Just a quick line from the RYA Training team. A big congratulations to our 5 newly qualified power boat Instructors, Jeff Stratford, Dave Hale, Ian Broad, Andy Butler and Steve Turner. Now lets get Training.

Mark Fordham

Changes to CVLSC Safety Boat policy March 2015

Following a review of the safety boat cover the General Committee have agreed the following policy:

- **The duty team will have a collective responsibility for decisions about safety boat provision and sailing restrictions throughout the day unless they decide to appoint a safety co-ordinator who will take on this role.** At the start of any sailing day the DO should convene a brief meeting of the duty team, any race officers or event organisers and perform a risk assessment relating to safety boat provision. (See appendix for a risk assessment for general sailing use. More detailed risk assessments will be needed for events and formal training.) This assessment will have to take into account wind and gust strength. If the wind has any degree of west in it, wind strength should be assessed well out in the middle of the lake near mark B. Following this assessment decisions should be made about the number of safety boats on the water, their manning and tactical positioning. Liaison with the whole team should continue throughout the day, reviewing the changing conditions and responding accordingly.
- Safety boats should at all times be manned by two people, who should be appropriately dressed and prepared to stay out on the water for long periods and at least the crew should be prepared to go in the water.
- Unless the conditions are benign there should always be at least two safety boats each crewed with 2 people. **Therefore the club will now be rostering 3 safety boat helms and 2 OOD's at weekends.** The safety boat helms should have at least power boat level 2, or 3 years equivalent experience. The rostered safety boat helms will split between the RIBs, taking their crew from the OOD's, any volunteers or the backup fleet. **All the OOD's and safety boat helms should come to the club with clothing suitable for manning a safety boat and going into the water. Wet suits are a minimum, but dry suits are usually more appropriate and buoyancy aids shall always be worn.**
- A safety boat should be out on the water at all times when there is any sailing underway as there is the risk of undue delay in attending an entrapment if the safety crew are on the balcony. One of the OOD's should be keeping watch from the balcony and relaying relevant information to the crews with a hand held radio.

We are introducing a "Code Red" radio procedure, similar to Mayday. This would only be used in the event of a serious injury or life threatening emergency. On calling "Code Red" all the available club powered boats should be ready to help the emergency. The safety co-ordinator should take control of the radio traffic, continuing to use channel 37a or M1, and only radio calls related to the emergency are allowed until the crisis is over. The likelihood is that any races in progress will have to be abandoned.

Appendix: Suggested Risk Assessment for General Sailing:

(More details risk assessments will be needed for events and formal training.)

Risk to be Assessed	Comments	Actions
Current wind strength, direction and gusts.		
Weather forecast, including temperature and wind chill.		
Lake state and water temperature.		
Visibility.		
Numbers and type of boats.		
Age and experience of sailors.		
Experience and skill of current duty team.		
Level of shore support		
Any other events on the lake; training, racing, fishing competitions.		
Any other known problems.		
Any anticipated change to any of the above throughout the day.		

Conclusions: Having performed the risk assessment with the duty team;

- Is it safe to allow sailing? **Yes/No**
- Should there be any restrictions?
- Do the duty team agree that the conditions are benign? **Yes/No**. If no, there should always be at least two safety boats in operation, each crewed with 2 people.

I/we agree that the duty team will continue to monitor any changing risks throughout the day and take appropriate action.

Signed on behalf of the duty team: _____

Name and membership number: _____

Role: _____

Date: _____

Ladies Lake n Cake Sailing Session on Sat 11 April

Meet in the bar rigged and ready at 1.45 (please come earlier if you need help rigging)
On the water for the afternoon, back on shore 4pm for tea and cake.

This is social sailing with some gentle instruction and training activities, to enjoy our sailing and build our sailing skills.

All are welcome to join in, all levels. If you don't have a boat we'll combine crews and use club boats. Help with rigging (plus launching and sailing) is on hand with champion master sailor Peter Sherwin (from 12.30).

If you can bake a cake, please bring it to share. But don't worry if you don't have time or inclination this time round, the most important thing is to bring yourself and join in!
There's always plenty of cake!

Please contact Sarah Tauwhare on sarah.tauwhare@bristol.ac.uk or 07901 556 820

SAFETY BOAT HELMS

Would you like to

REFRESH YOUR SKILLS?

Our Safety Boat Mentor Team are offering refresher and updating sessions on the following coming Saturdays:

11th April

18th April

Maybe you have a duty coming up, or just feel that you have got a bit rusty. These will be friendly but practical, on the water, sessions lasting a couple of hours. Don't be embarrassed, we are happy to go through the simplest of procedures in a supportive way.

These free sessions are open to anyone helming the safety boats at Chew. We do though need to know numbers in advance though so that we can have the right number of mentors available.

If you are interested please contact Charlie Tricks, the safety officer, by e-mailing:

health-safety@chewvalleysailing.org.uk giving your contact details, phone number and preferred dates.