



# DBYC **iSail**

## LIDGETT TROPHY

### 18 & 19 February 2017

Prepared 8 February 2017 v1.0

**Saturday 18 February 2017** - Registration, Coaching, Racing & Dinner

**Sunday 19 February 2017** - Coaching, Racing & Presentation

## COACH & POWER BOAT DRIVER

*IMPORTANT BRIEFING NOTES: Please read carefully*

**REGISTRATION:** DBYC Saturday 8:15 to 9am

**BRIEFING:** DBYC Saturday 9:00am

**BRIEFING:** DBYC Sunday 8:30am



Thank you for your contribution towards the 2017 iSail Lidgett Trophy. This event is about coaching, participation, inspiration and encouragement and the coaches are what makes the event so popular.

Kids often forget to say “thank you” to their coach, and sometimes may appear disinterested – but believe me – they hang on every word you say. This is the feedback we get from the parents. They don’t say much about it at the time, but they don’t stop talking about it once they’re gone.

We realise you’re time is extremely valuable – THANKYOU FOR GIVING IT to Victoria’s little yachties.

**Coach & Boat Driver: REGISTRATION Sat 8:15–9am and BRIEFINGS Sat 9am & Sun 8:30am**

Please register Sat 8:15–9am & attend briefing at power boat/coach registration area Sat 9am & Sun 8:30am.

**Participant Briefing Pack**

Participants (& you) have been emailed a briefing doc titled ‘*Competitor Briefing - Safety, Registration & Event Information*’. Please read this - so you can assist in the smooth running of the event.

Even if you have been to the event before, PLEASE READ these notes.

**Safety First**

ALL power boats have a dual role – coaching or race management PLUS safety / rescue when required.

The safety role must take priority when called upon. Other safety requirements / tips include:

1. All power boats must:
  - Be crewed by 2 people at all times and all people must wear a PFD at all times
  - Be skippered by a driver with a current power boat operators license
  - **Restrict speed to 5 knots**, except in an emergency (and then only outside ‘5 knot zone’) (note: Davey’s Bay has new large 5 knot zone poles)
  - **NOT** carry extra passengers, unless they are kids from the same group as requested by the coach
  - Use the engine ‘kill switch’ at all times when afloat
2. Each boat will be allocated a unique:
  - ‘call sign’ (for communication purposes), which shall be DB plus your allocated ID number (DB #)
  - ID flag carrying the ‘call sign’ number. These flags will be colour coded to match the ‘Coach Group’ colours in the table set out below. Please display as prominently as possible on the boat.
3. VHF Radios – use Channel 72, identify your-self using your ‘call sign’ (DB plus ID / flag #), speak clearly & limit use to necessary communication. Start & end all calls identifying your-self (‘call sign’).
4. Please be sure that you:
  - Care for the power boat, radio and other equipment you are using like it is your own
  - Have adequate water on board for your use & for participants in need (free at briefing)
  - Complete a radio check with DBYC Tower before leaving the beach
  - Are on the water before allowing your coaching group / kids on the water
  - Only allow kids to leave beach when your group’s coloured flag is raised on the club flag pole
  - Clean your boat at the end of each day, refuel it and assist to launch & retrieve it
  - Return radio for charging at end of day (if not your own)
5. Please ensure that / remind your kids to:
  - Wear a personal buoyancy at all times while afloat
  - Wear their numbered wrist band issued at registration (which have the name of their coach on it)
  - **Sign-on & sign-off every time they go on- & off- the water**
  - Drink water and be sun-smart - slip on a shirt, slop on sunscreen, slap on a hat

6. Boats will be allocated safety buoys in a grab bag of OR safety tape for use in on-water rescue(s), but ONLY where the DBYC Tower requests that you retrieve children and leave boats behind. Where you are requested to rescue children, please either clip a safety buoy or tie safety ribbon on the tow ring (or rudder gudgeon for Optimists) of the boat. This allows the next rescue boat to know the child has been retrieved from that boat - saving valuable time.
7. If there is a 'rescue situation' and racing is cancelled:
  - DBYC Tower will assume control of all communications - please follow all instructions
  - Remain calm & speak on radio with strong clear voice and concisely (keep it factual & brief)
  - All vessels (including race management boats) will assume role of rescue vessel and should be manned by a driver and 1 or 2 support people\*, but no extra 'passengers' (except those rescued)
  - No vessel is to leave the water unless the power boat is damaged or all yachts are off the water
8. Tips on Rescuing Children and towing boats
  - The safety of personnel, skippers and crew is the most important factor in rendering assistance. Human life must come first, where any decision is made between boats and human life. Do not put your own life at risk. Call for help.
  - Approach boats cautiously and in control - generally rushing results in mis-judgement
  - One person on rescue boat to manage child in strong clear confident voice. Re-assure child & ensure safety first
  - If child is not handling conditions, needs to go in, it is safe to do so and DBYC Tower has not instructed to 'take children & leave boats' (see below), take the rig out (Optimists) or lower sail (Minnows & Sabots) to reduce noise levels and generally help to 'calm' children
  - If a situation permits, use a slow boat or small boat to tow yachts back to shore.
  - Do not use excessive speed with a tow; slowly increase speed.
  - Ensure attachment is made to a fixture that is capable of taking towing stresses. In most cases tow rope should pass through the tow ring / loop and then to the mast. Remove centre board.
  - Tow Optimist with rig & centre board out and rudder inserted in centre board case (face tiller forward)
  - Be sure to keep tow lines neatly laid out and in tension, to avoid a fouled propeller.
  - Keep close observation on a towed vessel.
  - If (only if) DBYC tower requests that you retrieve children and leave boats behind, rescue child ONLY and clip a safety buoy (or tie safety ribbon) on tow ring (or rudder gudgeon for Optimists) of boat - this tells next rescue boat the child has been retrieved from that boat - saving valuable time
9. Emergency Numbers – in order call DBYC Tower 9787 1111, then 0427 520 917 (Bill Forrest - tower), then 0437 749 744 (Maree Swales - first aid), then 0417 578 858 (Dr James Cooper).
10. Please do NOT moor your boat on the pier. A shuttle service will run to from a mooring line in moderate winds. If the wind picks up:
  - It is important the boat owner (custodian) takes care of the boat (you know your boat best).
  - Please moor well away from other boats, rocks, the pier and other objects that may damage boat.
  - Please moor using your own anchor with lots of chain with ample rope run out.
  - Do not moor multiple boats off a single mooring or anchor.

### **Medical & First Aid – refer DR ABC on final page of this pack**

If a child has a medical condition, parents have been asked to visit the DBYC Tower during registration (Sat 8-10:30am), complete a 'Medical Form' and lodge the signed form with Bill Forrest.

If you are advised of a medical condition, please ask the parent to visit the DBYC Tower, complete a 'Medical Form' and lodge the signed form with Bill Forrest (in person). This will help our medical team.

If a child **is injured during event**, please report the incident to the DBYC Tower and if the child's condition allows accompany the child to the DBYC Tower who will call for first aid or medical support. An incident reports form must be completed and handed to Andrew Coutts as soon as possible in the case of an injury (available in DBYC Tower).

**Coaching Groups (will be identified as follows):**

Group	Flag	Wrist Band	Streamer	Sign-on/off Board
Advanced	White with Black 'L'	White	White	White
Intermediate	Pink with Black 'L'	Pink	Pink	Pink
Novice Blue	Blue with Black 'L'	Blue	Blue	Blue
Novice Green	Green with Black 'L'	Green	Green	Green

Please refer coach tips prepared by George Kingston and 'The White Play Book' prepared by Dave White (attached).

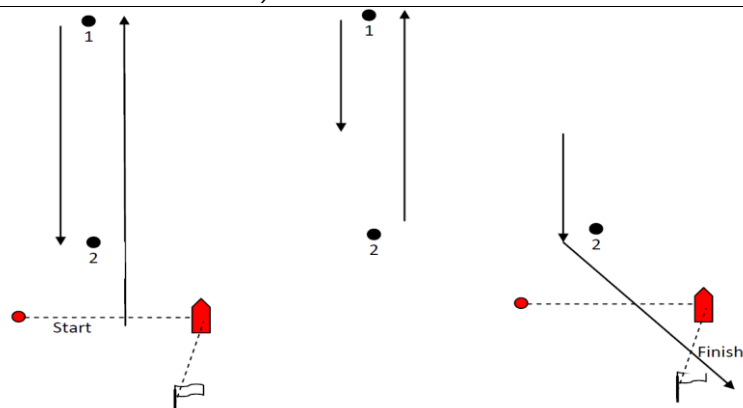
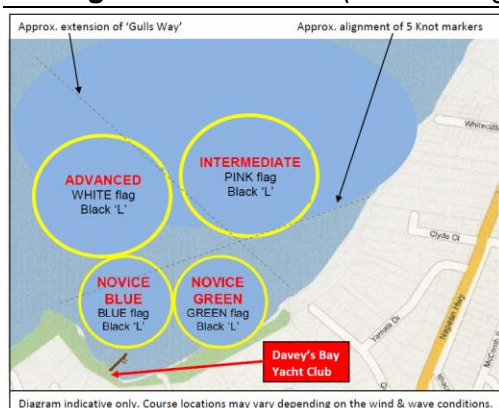
**Event Schedule (refer Sailing Instructions)**

Date 2017	Event	Location	Time (Warning Signal)
Fri 17 Feb	<b>Competitor</b> Registration	Junior Club House	1600 – 1900 hrs
Sat 18 Feb	<b>Competitor</b> Registration & Inspections	Junior Club House	0800 - 0930 hrs
	Coach & Power Boat Driver Registration	Under Club <i>West end</i>	0815 – 0900 hrs
	Coach & Power Boat Driver Briefing	Under Club <i>West end</i>	0900 – 0930 hrs
	<b>Competitor</b> Briefing	Rear Lawn	1000 hrs
	<b>Competitor</b> Coaching Session	On-water	1015 – 1230 hrs
	Race Management Briefing	DBYC Tower Mtg Rm	1230 hrs
	<b>Competitor</b> Racing Information Session	Rear Lawn	1300 hrs
	<b>Races</b> back to back (target 3 – 5 races)	On-Water	1355 hrs
Sun 19 Feb	BBQ	Rear Lawn	After Racing /1800 hrs
	Coach & Power Boat Driver Briefing	Under Club <i>West end</i>	0830 hrs
	<b>Competitor</b> Coaching Session	On-water	0900 - 1230 hrs
	Race Management Briefing	DBYC Tower Mtg Rm	1100 hrs
	<b>Competitor</b> Racing Information Session	Rear Lawn	1300 hrs
	<b>Races</b> back to back (target 2 – 4 races)	On-Water	1355 hrs
	Presentation	Rear Lawn	After Racing

**Racing Signals & Marks (refer Sailing Instructions Attachment A)**

COURSE	ADVANCED Optimist, Minnow & Sabot start together	INTERMEDIATE Optimist, Minnow & Sabot start together	NOVICE BLUE Optimist, Minnow & Sabot start together	NOVICE GREEN Optimist, Minnow, Sabot & OziOpti start together
Race Officer	Davey's Bay Yacht Club RO - Glenys Hitchen	Royal Brighton Yacht Club RO - Mark Hosking	Davey's Bay Yacht Club RO - Chris Schwarz	Mornington Yacht Club RO - Dave Eickmeyer
OK to 'Go Afloat'	WHITE flag with Black 'L'	PINK flag with Black 'L'	BLUE flag with Black 'L'	GREEN flag with Black 'L'
Start Vessel 'ON-STATION'				
COURSE Flag				
CLASS Flags	Optimist flag	Optimist flag	Optimist flag	Optimist flag
START	Line b/n COURSE FLAG on Race Vessel & RED Inflatable Buoy	Line b/n COURSE FLAG on Race Vessel & PINK Inflatable Buoy	Line b/n COURSE FLAG on Race Vessel & RED Inflatable Buoy	Line b/n COURSE FLAG on Race Vessel & RED Inflatable Buoy
MARKS 1 & 2	ORANGE Tall Self-Inflating Buoys	YELLOW Inflatable Buoys	ORANGE Tall Self-Inflating Buoys	YELLOW Slender Inflatable Buoys
FINISH	Line b/n COURSE Flag on Race Vessel & WHITE 'pin' flag	Line b/n COURSE Flag on Race Vessel & PINK 'pin' flag	Line b/n COURSE Flag on Race Vessel & BLUE 'pin' flag	Line b/n COURSE Flag on Race Vessel & GREEN 'pin' flag

**Racing Areas & Course (refer Sailing Instructions Attachment A)**



Tips for running lessons that are **quick, easy** and **effective**:

1. Before you launch let your group know EXACTLY where to sail to once they launch.
2. Inform your group of the EXACT TIMING of your lesson - avoids the "When's lunch?" question.
3. Line boats up together (into wind) ashore so sailors know which boats to look for on the water.
4. Allow individual group members to be "In charge of the team launching **together - as a team**".
5. Take one mark with you - saves hassle and time.
6. Have a whistle - very handy!

To buy time, while waiting for group members to launch:

- Sail around the duck anti-clockwise
- Follow the leader after the duck slowly zig zagging toward the sailing area

**Sample Lessons** (with Novice Blue & Novice Green groups in mind)

- **Whistle Game** (good for way out / back from DBYC as it involves no marks)  
Each whistle blow corresponds to an action
  - 1 whistle --> Stop your boat, another whistle --> go again.
  - 2 Whistles --> Leave your sprit tension off, another whistle --> on again.
  - 3 Whistles --> 360 Turn.
  - 4 Whistles --> Rail Ride.
  - 5 Whistles --> walk around your mast! (capsize guaranteed).
- **Micro Line Drill**
  - Set a 4 boat length start line between duck and mark.
  - Blow a 1 minute gun.
  - Sailor with the best start gets 1 point. First to 3 points wins.
  - Be strict on rules.
  - TRY making 2 teams instead of individuals (less competitive).
- **Water Polo Drill**
  - Blow a 1 minute gun. Start the race.
  - Throw the tennis ball upwind.
  - Sailor to retrieve the ball gets 1 point. First to 3 points wins.
  - TRY making 2 Teams instead of individuals (less competitive).
  - TRY throwing the ball downwind - allows weaker sailors to get to it first.
- **Magic Carpet Drill**
  - Blow a 1 minute gun.
  - Short start line and duck is Mark 1.
  - As the first boat rounds slowly drive the duck downwind.
  - the remaining sailors end up neck and neck with 1st place.
  - This exercise can keep going in loops. Return to step 1.
- **Downwind Decisions Drill (Advanced)**
  - Gather the group in a line behind duck on a reach.
  - Whistle blow, group bears onto a downwind.
  - Drive the duck 100M downwind.
  - Blow 1 whistle, group rounds to Port.
  - Blow 2 whistles, group rounds to S/B.
  - Challenges the sailors to think ahead, perfectly simulates a crowded downwind gate.

# DRSABCD Action Plan

In an emergency call **triple zero (000)**

<b>D</b>	<b>DANGER</b>	Ensure the area is safe for yourself, others and the casualty		
<b>R</b>	<b>RESPONSE</b>	<p>Check for response—ask name—squeeze shoulders</p> <table border="1"> <tr> <td>No response → Send for help</td> <td>Response → Make comfortable, monitor response and check for injuries</td> </tr> </table>	No response → Send for help	Response → Make comfortable, monitor response and check for injuries
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<b>S</b>	<b>SEND</b>	Call triple zero (000) for an ambulance or ask another person to make the call		
<b>A</b>	<b>AIRWAY</b>	<p>Open mouth – check for foreign material</p> <table border="1"> <tr> <td> <p><b>No foreign material</b></p> <p>→ Leave on back. Open airway by tilting head with chin lift.</p> </td> <td> <p><b>Foreign material in mouth</b></p> <p>→ Place casualty in recovery position, mouth slightly downward clear airway with fingers</p> </td> </tr> </table>	<p><b>No foreign material</b></p> <p>→ Leave on back. Open airway by tilting head with chin lift.</p>	<p><b>Foreign material in mouth</b></p> <p>→ Place casualty in recovery position, mouth slightly downward clear airway with fingers</p>
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<b>B</b>	<b>BREATHING</b>	<p>Check for breathing—Look and feel for chest movement, listen for air escaping from mouth and nose (an occasional gasp is not adequate for normal breathing)</p> <table border="1"> <tr> <td> <p><b>Not breathing normally and no response</b></p> <p>→ place on back and commence CPR.</p> </td> <td> <p><b>Normal breathing</b> → Place in recovery position, monitor breathing and responsiveness.</p> </td> </tr> </table>	<p><b>Not breathing normally and no response</b></p> <p>→ place on back and commence CPR.</p>	<p><b>Normal breathing</b> → Place in recovery position, monitor breathing and responsiveness.</p>
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<b>C</b>	<b>CPR</b>	<p>Start CPR <b>30 compressions, 2 breaths</b></p> <ul style="list-style-type: none"> <li>→ Place heel of hand on the lower half of breastbone in centre of chest with other hand on top of first.</li> <li>→ Press down 1/3 of depth of chest and give 30 compressions.             <ul style="list-style-type: none"> <li>→ Open casualty's airway (head tilt with chin lift)</li> <li>→ Pinch soft part of the nose to seal.</li> <li>→ Blow steadily into mouth for up to 1 second, watch for chest to rise and fall. Take another breath and repeat.</li> </ul> </li> <li>→ Aim for approximately 100 compressions per minute. Continue CPR (30:2) until ambulance arrives or casualty recovers.</li> </ul>		
<b>D</b>	<b>DEFIBRILLATION</b>	Apply defibrillator as soon as possible (if available) and follow voice prompts		