



mayo sailing club

rosmoney, westport, county mayo

www.mayosailingclub.com

WELCOME TO MAYO SAILING CLUB

Hello and welcome to Mayo Sailing Club - my name is Damien Cashin and I am the Commodore of the Club - In our club we have always wanted to encourage new people to join and get involved in the club activities both on the water and also socially. Over the past number of years we developed a very full and varied calendar of events that take place during the season. This has evolved through listening to our members feedback and ensuring that we act on that feedback-in short our club is an organisation that wants to encourage and help the sport of sailing thrive in Mayo and especially Clew Bay where we have the most beautiful sailing grounds in the world (not just our opinion but written about in many cruising magazines through the years!!!!).

The current committee are committed to building on the past success of the club developments and really set in place strong systems to improve wherever we can the way the club is run and includes its members. With this in mind we have put together this welcome information pack for new members that are starting to sail, and also a club programme with further information about the club activities for the forthcoming season. We hope this information is helpful and if there are any further questions you would like to ask you can either call or email any of the committee (see contact details in season programme booklet) or just tap us on the shoulder in the clubhouse!!!

I hope you enjoy your first season with the club and if you are just after taking up the sport, enjoy it as much as all your fellow members-it's a great sport and hopefully you will find our club environment a great way to get started.

Great Sailing for the season ahead!

Damien Cashin
Commodore MSC

mayo sailing club

YOU ARE VERY WELCOME TO THIS MAYO SAILING CLUB INTRODUCTORY INFORMATION PACK.

OVERVIEW OF INTRODUCTION TO SAILING BY MSC

The introductory course runs for four evenings. The first evening is land based and runs through general procedures for on the water and safety procedures and a general overview of basic sailing techniques and information on Mayo Sailing Club. The remaining evenings are water based, participants will be brought out cruising on Clew Bay on club members cruising boats. Participants of the course are granted membership of Mayo Sailing club and also membership of the Irish Sailing Association.

At the end of the four evenings participants will be given advice and guidance on how to continue sailing, but they will have to make their own arrangements as regard boats as Mayo Sailing Club does not supply club boats.

SPECIFIC DETAILS

The introduction will begin on Tuesday the 14th of April 2009 and continues on for the following three Tuesday evenings. If a water based night has to be cancelled due to weather conditions it is normally run on the next free Tuesday night. The course begins at 7.00pm, at this time participants should be changed and in their sailing gear ready to go on the water for the water based nights. Participants will be brought out around Clew Bay area and will have an opportunity to assist in the sailing of a cruising boat and acting as a crew member under the instruction of the skipper. All these evenings are very informal with the emphasis on fun and there will be plenty of opportunities to chat to the skipper regarding any queries you may have about sailing. Usually the boats return to their mooring around 9.00pm and this is followed by a trip to the clubhouse for a drink and to meet up with all the participants on the course.

If the weather forecast indicates that the course has to be cancelled then everyone will be notified by email and text alert. Make sure you provide these details!

Unfortunately the sun doesn't always shine every evening on Clew Bay so for your comfort and enjoyment it is important to have the proper gear. For headwear a warm hat and sunglasses are recommended. A waterproof coat and trousers and Wellingtons are also recommended. Black soled footwear is not suitable as it tends to leave black scuff marks on the decks of the sailing boats. Add a warm fleece jacket and you should have a pleasant night on the water. It is better to have this gear and bring it out to the boat each night where it can be stored down below in a cabin if not needed rather than feeling cold and wet if the weather changes. A full change of clothes and a towel is also advisable. It is essential that you have your own lifejacket either a solid or inflatable type. If you are unable to borrow one or don't have one then ask about it on the first land based introductory night when you will be given advice and a demonstration on the different types, and where they can be sourced.

The cost is €150 which is payable in full on the first night this also includes membership of the Irish Sailing Association which is the umbrella organisation for sailing in Ireland. Membership of the ISA entitles you to regular newsletters and updates on courses and also discounts in various outlets affiliated with the ISA. The cost also includes membership of Mayo Sailing Club and the use of facilities for the season. Mayo sailing club has a lively social scene varying from informal barbecues to a Black Tie Ball and you would be welcome at any of these events.

You should note that sailing is an adventure sport and as such carries an inherent element of risk. Thankfully accidents are very rare, and the skippers will do their utmost to minimise the chances of anything untoward happening. You can minimise that risk even further by taking care and responsibility for your actions on the water. The skippers are bringing people out as a favour to the club so please assist them as much as possible.

FURTHER SAILING PATHWAYS

At the end of the introduction series you will have had a good exposure to cruiser sailing and you can decide if you want to go further with the sport. There are many avenues which one can pursue e.g. Complete a dinghy sailing course, or a cruising course, follow the the ISA cruising scheme for recreational sailors or buy a boat and simply start sailing with some professional instruction or just some help from other sailors
The ISA suggest a broad scheme for recreational sailors for both sail and power boats which consists of the following general areas

- Dinghy sailing
- Sail cruiser sailing
- Motor cruiser sailing
- Motor cruising (Inland Waterways)
- Powerboating
- Windsurfing
- Personal watercraft

Details available at the ISA website:
<http://www.sailing.ie/inside/default.asp?pagelD=176>

Glenans Sailing Club which are based beside us in Rosmoney offer weekend and week long courses in dinghy and catamaran sailing as well as cruiser sailing out of Cork. Contact details are www.gsic.ie

Noelle Doran is an ISA certified instructor and a member of the club with whom private instruction can be arranged. Contact details are noelldoran@eircom.net

Noel Conlon is a member of the club and runs SEATEC, a marine instruction school, and offers a range of courses. Contact details are info@seatec.ie

West Galway School of navigation based in Roundstone offer a range of courses both in Ireland and abroad details at <http://www.seriousSailing.com/>

A complete list of all Irish training providers is available on the ISA website
<http://www.sailing.ie/inside/default.asp?pagelD=75>

Sailing courses and holidays can also be undertaken at a vast number of locations worldwide, details available on the web or through sailing publications such as Yachting Monthly, Practical Boat owner etc.

Mayo Sailing Club may offer an adult dinghy course. Details can be given on request at the introductory course. The running of this course depends on sufficient numbers. Limited places may become available on racing crews which race every Thursday night. However this varies year to year and will need to be asked about during the introductory sessions.

If you get hooked on sailing it is inevitable that you will consider buying your own boat on your own or with some partners. Mayo sailing Club offers the ideal environment within which to consider taking that decision where advice and help would be freely available from more experience club members.

We hope this gives you the information you require to get started in the sport-remember sailing is a lifetime sport for all, you can expect to build experience over many years and you will never stop learning as there are so many variables-craft-weather-sea state-tides to name but a few. We look forward to seeing you on the water and getting involved in our club.

Good Sailing

The Committee
Mayo Sailing CLub