

Helford River Children's Sailing Trust

Youth Training Expected Behaviour Contract

Great! You would like to join our Youth Training Sessions. While learning to sail builds character, fun, discipline, responsibility and an appreciation of the outdoors, safety issues and accidents arise when sailors do not respect themselves and others. It is therefore critical that each sailor understands and supports the behaviours in this contract. In adhering to the contract each of you will stay safe, have fun and the opportunity to work towards achieving RYA qualifications and regatta medals and trophies!

Please read carefully and acknowledge the behavioural requirements of the HRCST Youth Training sessions:

To the best of my ability, I will:

- Have good attendance and be punctual for 5.45pm (repeated non-attendance will result in suspension).
- Practice personal and team safety, both ashore and on the water (no jumping off boats unless it is part of a training drill or instructed to do so by a supervising adult).
- Give my best effort and be ready to be actively involved in the evening's activities with a positive attitude.
- Treat instructors, HRCST staff, and fellow teammates with politeness and respect.
- Bring all necessary weather appropriate gear including extra layers when it is cold.
- Stay with my instructor, either on shore or on the water, until given permission to leave by an instructor.
- Accept and follow the directions and assistance of the sailing instructors.
- Respect and help to maintain boats and equipment
- Keep the HRCST Changing rooms as clean and tidy as possible. (Other HRCST and HRGC users may need these when you are on the water)

Possible Consequences

- First Breach: Sailor receives a warning from the instructor and the incident is documented.
- Second Breach: Parents receive a phone call home from the Chief Instructor to discuss the problem and arrange a plan of improvement
- Third Breach: Parents will be asked to remove their sailor from the sessions for the duration of the summer (with no refund).

I understand the expectations placed on me whilst participating in HRCST Youth Training. I promise to do my best to fulfill these expectations.

Thank you for taking the time to read, understand and agree with this contract. Have a great time learning new skills and techniques and making new friends. If you have any concerns or questions during your sessions, just speak to an instructor who will be happy to help.

