



## REGATTA FLEET

**Aim:** IODAI Regatta Fun Fleet seeks to introduce novice sailors to Optimist events, develop lifelong friendships and encourage sportsmanship while helping the sailor build experience and confidence in their boat.

The Regatta Fleet provides sailors with an opportunity to gain sailing confidence and experience in a fun and safe environment while receiving basic race coaching at an event. It is a Fleet where sailors can improve their basic sailing skills and are introduced to racing.

The Regatta Fleet is divided in to two fleets – Regatta Racing & Regatta Coaching.

The Regatta Racing Fleet was established for sailors that are not far off making the transition in to the Bronze Fleet of Junior Main but their age and size would mean that they might struggle over a longer day or event.

In the Regatta Coaching Fleet we are also very conscious of the less experienced sailors in our fleet and want to ensure that they can participate fully in our Regional events with Oppie fun both on and off the water.

### Resources:

Clubs will be required to provide;

1. Race Committee;
2. An OOD;
3. Committee Boat;
4. Mothership (where possible)
5. Local Coaches (Maximum 1:8 Ratio)
6. Prizes

IODAI will provide:

1. Precedent race documents
2. Head Coach
3. Assistant Coach – where necessary
4. Participation medals
5. Ribbons for group colours
6. Guidance as to the grouping sailors

## **Groupings:**

Preferably six but no more than eight sailors should be grouped together.

Each group should be assigned their own coach.

In determining the grouping of Sailors, the Head Coach will provide guidance. Regard should be had to a mixing ability and clubs to encourage learning and friendships.

Each group should be colour coded.

## **Events:**

Each event should aim to be a mixture of coaching/training and Racing. Each session will commence with coaching. When the Head Coach is satisfied the fleet can move to racing.

To ensure consistency between events and to help with the development of the sailors IODAI will provide a Head Coach and where necessary an assistant.

Preferably sailors will spend between 2-3 hours on the water depending on the weather conditions. If possible sailors should return to shore for lunch.

Safety checks will be conducted by the coaches on all boats – Please see guidance <https://iodai.com/wp-content/uploads/2014/06/IODAISafetyChecklist2015.doc> – If a boat does not meet these minimum standards the sailor may be asked to stay ashore.

Prior to the event the Head Coach will consult with the Race Committee to ensure that expectations are broadly aligned and to provide any guidance on queries which have arisen.

Parents (and sailors) are encouraged to read the Notice of Race and Sailing Instructions

The OOD and Head Coach will provide a briefing to the local coaches of the format of the day. Coaches should then go and introduce themselves to the sailors in their groups and assist with rigging

The OOD will provide a briefing to all sailors identifying the race area, flag sequencing and number of laps etc. The Head Coach will also attend the briefing and set out their intentions for coaching prior to racing.

In situations where the weather conditions are adverse, the OOD with the assistance of the Head Coach shall determine what sailors can, if any, go on the water, the type and nature of racing and/or training. In such circumstances, a coach or coaches will be kept on shore to run land drills and shore based training.

Sailors will by default be assigned to Regatta Coaching. Sailors wishing to participate in the Regatta Racing fleet can do so by changing their profile on the IODAI homepage and selecting 'Regatta Racing'. During the event, sailors may also be moved, in consultation with their parents and Head Coach between the fleets. On occasion, and where possible, both fleets will be brought together to sail.

### **REGATTA COACHING FLEET (Key stages 1 & 2 of IODAI Training Policy)**

- The designated sailing area will be in a sheltered area.
- Sailors from Oppie age 7 can participate but must have the basic competency levels (capable of sailing in moderate breeze and independent capsized recovery) required of all participants.
- There will be lots of shore based activities and a focus on rigging and basic racing in a very safe and controlled environment
- Racing will take place over a shorter triangular course
- Where sailing is not possible, other activities and games such as kayaking, SUP, treasure hunts will be provided to ensure a fun filled event!

### **REGATTA RACING FLEET (Key stage 3 of IODAI Training Policy)**

- The race sailing area will be outside of the Coaching Fleet unless conditions are unfavourable
- The sailors will be supported by a full team of coaches and rescue cover
- Coaching will be provided before racing and support during racing
- Racing will take place on a triangular course which will be slightly longer than regional events
- Sailors will be encouraged to be as independent as possible while on the water.
- There is a facility for protests to be heard in the Regatta Fleet. However, if a Coach or Race Committee member see an obvious infringement they can direct the sailor to perform a 360 degree turn penalty

### **Prizes:**

Places 1- 10 (Racing Regatta Fleet)

Coaches awards;

Sportsmanship award

Most improved

Best youngest sailors

Best local sailor

IODAI will provide participation medals for all of the sailors. These have different ribbons for each event and ideally each sailor will be called up individually to receive their medal.

### **Progression:**

The Regatta Fleet is a fun fleet and an excellent stepping stone to competitive sailing.

Oppie age is the age a sailor is on the 31<sup>st</sup> December of that year.

Sailors are encouraged to progress in to the main Fleet after 1 or 2 seasons.

Guidance will be provided by the Head Coach and IODAI to individual sailors who they feel should consider moving to the main Fleet.

The National Training Week provides the ideal time to move to the main fleet and for the sailors to experience more focused training with the friends they have made throughout the season.

A Bronze Fleet in Junior Main has been created to facilitate sailors transitioning to the main Fleet. The sailing instructions for the main Fleet will provide that in certain conditions the Bronze Fleet may be moved to the Regatta Fleet race course.