



## REGATTA FLEET

**Aim:** IODAI Regatta Fun Fleet seeks to introduce novice sailors aged between 8-12 years old to racing.

The Regatta Fun 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 not a competitive racing Fleet. It is a Fleet where sailors can improve their basic sailing skills and are introduced to racing.

It is a safe and welcoming environment which encourages friendship, sportsmanship between sailors and the participation of their parents within the class.

Regatta Fleet sailors are encouraged to move to the Bronze fleet of the Junior Main Fleet after 1 to 2 seasons participation therein

### 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. Lead 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 Lead 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 Lead 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 lead 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 Lead 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 Lead 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 Lead 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 Lead 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.

## **Coaching:**

Sailors are expected to be able to sail on all points of sailing, competently in up to 15/16 knots of wind.

The lead Coach will generally be familiar with the sailors from previous events but will rely on the local coaches to identify local sailor requirements.

The primary focus for the Coaches is to make the environment for the sailors as safe and fun as possible.

Coaches will be encouraged to spend sufficient time with sailors on the water to improve ability and not to simply correct a sailor's course/trim.

Coaches will focus on the 5 essentials and starting.

Coaches are also expected to devote their time to the sailors and involve themselves with the sailors (rather than themselves) while at sea and especially on land.

Coaches will spend time with more nervous sailors to ensure their participation and positive involvement with the sessions.

Sportsmanship, fair play, honesty, helping each other and friendships are cornerstones of this Fleet and how it should be coached.

## **Racing:**

Racing is around a traditional Olympic Triangle Course.

During racing training will be focused on weaker sailors.

A pathfinder boat will guide sailors around the course

There is no facility for protests to be heard in the Regatta Fleet. 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- 5

Coaches awards;

Sportsmanship award

Most improved

Best u11, u10 & u9 (not having already received a prize)

Youngest sailor (may only be won once by any 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 Lead 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.