

# Gumdale State School Sailing Program





# About

Gumdale State School has developed a partnership with Royal Queensland Yacht Squadron (RQYS). Students in Years 2-6 are offered the opportunity to participate in a 5-year sailing and water sports programs at RQYS.

In Year 2 students, participate in the **Introduction to Sailing** program. This is an introduction to the **Learn to Sail - Tackers 1, 2 and 3** courses that are undertaken in Year 3 to 6.

The program includes:

- a focus on developing water and boat safety skills including paddling, towing, steering and basic sailing.
- water activities which place in the Manly harbour and in the shallows of Moreton Bay, as weather permits.
- Lessons with qualified RQYS Sailing Academy instructors.
- Australian standard lifejackets, provided and individually fitted to each student.
- Australian Sailing approved training boats and equipment.







# GROW Well

The Gumdale State School Sailing Program promotes our whole school wellbeing approach, GROW Well. A number of character strengths are developed and encourage students to be Great Learners:

- Perseverance
- Bravery
- Self-Regulation
- Teamwork
- Resilience
- Problem Solving



# Equipment



Students will change into their sailing clothes at school prior to catching the bus to RQYS. Once they return to school after sailing, they will get changed back into their school uniform.

Students will require the following equipment for sailing lessons:

- Togs (wear under uniform)
- Long sleeve lycra shirt and full leg lycra pants
- Old cap that can be tightened for when the wind picks up
- Reef shoes or old sneakers that can get wet
- Small bag with a zip or string–pull opening to keep birds out
- Glasses (if optical glasses are required students must wear a glasses strap)
- Towel
- Jumper
- Sunscreen
- Water bottle
- Snack



*A low-cost rain jacket is an effective way to help students stay warm while at sailing.*

# Protective Clothing



It is recommended students wear long sleeve lycra shirts and full leg lycra pants (leggings) to increase comfort and protection for students while at sailing.

The advantages of these items include:

- keeping students warmer in wet and windy conditions.
- increased sun protection.
- protection from impact, cuts and abrasions.
- protection from marine lice and stings.





# Progressing through the Sailing Program



Following the Year 2 **Introduction Sailing Program**, students will have the opportunity to progress through **Learn to Sail - Tackers 1, 2 and 3** courses in Years 3-6.

**Learn to Sail - Tackers 1, 2 and 3** introduces students to the concept of sailing. Lessons include briefings on land and some theory, then implementation of that theory on the water.

Beginning in Year 4, students are invited to participate in the **Elite Sailing Program**. This program aims to build on the basic sailing techniques students learn through the Tackers program. They learn race strategies and tactics to participate in the Queensland Youth Week and Sail Brisbane Regattas.