

Conway One Design Crew Briefing

MGL 2024

Who can come.

- No sailing experience is required. Equally, you are very welcome if you are an experienced sailor.
- Ordinary fitness is adequate.
- If you have any health issues or concerns please check with me.

What to wear.

- Waterproof top even if it's not raining (can get splashy).
- Footwear you don't mind getting wet.
- Clothing layers appropriate to the weather (it's usually cooler on the water than on land).
- Gloves to protect your hands from the ropes e.g. cycling gloves are good enough.
- Hat / Cap / Sunglasses.
- You do not need to have a wet suit or drysuit – we aim not to go in the water (the boats don't capsize).

What else to bring

- Your lifejacket or buoyancy aid if you have one. If you don't, we will lend you one (please let me know).
- Some kind of strap / restrainer for your spectacles / sunglasses / hat or cap – they tend to go overboard otherwise.
- Waterproof pouch for your phone (and a lanyard is probably a good idea) – or leave your phone ashore.
- Water / drink / snack.

Where and when to meet.

- The CODs may be moored in either Conwy Marina or Deganwy Marina or in the harbour so you will be told where to meet. There is free parking at both marinas. If the COD you are going on is moored in the harbour, you and the rest of the crew will be ferried out to her in Sior.
- The start times are published on the CYC website. Usually, crews go to their boats about 90 mins before the start time so they can rig them and get out to the start line in plenty of time. You will be told what time to meet depending on the day.

What to expect

- The CODs usually sail with skipper(helm) and 1 crew. There is usually room for one extra person. The crew has quite a lot to do and needs to have some idea about sailing in general and sailing a COD specifically. The extra person can be a complete novice and remain supernumerary and just enjoy the sail or can share the crew tasks.
- When you arrive, if you haven't already been, you will be allocated to one of the CODs and introduced to the skipper. They will probably be interested to know how much if any sailing experience you have (none is required). The skipper will then give you a short briefing.
- Next is getting the boats rigged (bending on the sails) and getting ready to go out. Some of the boat have outboard motors and can motor out into the harbour and bay and some don't and are towed by the CYC launch (called Sior).
- If it's race, the boats will prepare for the start which is usually off the CYC Line. There is a start sequence which is signalled by flags or over the VHF radio or both. Races usually last about 1 – 2 hrs. Typically, we race from just before high tide to just after. After the race the boats go back to their mooring or berth and get tidied up (sails off etc). This takes about ½ hour.
- This is not tuition but if you are a novice, you will quickly learn the basics of sailing by coming with us.

Safety

- Sior acts as guard boat and all the CODs carry VHF radio. We generally don't sail if the weather is rough (e.g. more than a force 4). On board the biggest risk is being hit by the boom during an unexpected jibe: the person most at risk is the helm.

- How the WhatsAppGroup works
 1. Join the WhatsAppGroup: send your contact details to CODSailing@ConwayYachtClub.com
 2. Check out the CYC sailing programme on the club website www.conwayyachtclub.com to see when we are sailing.
 3. Choose a date you would like to sail.
 4. Send a message on the WhatsAppGroup saying which day you'd like to sail.
 5. I will confirm your place back when I know what capacity we have (probably about a week before date) and send you details of which boat you are allocated to and contact details of the skipper to confirm where and when to meet.
 6. I will send a second confirmation about 3 days prior to date when the weather forecast is stable.
 7. I will confirm again the night before.