



## HYC JUNIOR TRAINING CLINIC

Week 2 – 15<sup>th</sup> -19<sup>th</sup> June; Week 3 - 23<sup>rd</sup> to 26<sup>th</sup> June

### Update on HYC Training Clinics – Wednesday 10<sup>th</sup> June

We are delighted to be able to offer clinics to our junior sailors which are half day clinics, for our Oppie and Laser fleets. These clinics are open for all junior members.

These clinics will be run by experienced coaches and operating with small groups in line with Government requirements. We have reviewed our costings and reduced the price for the clinic to **€150**.

### BOOKINGS AND PAYMENTS

At present, the office will be open between 9am to 2pm to process payments and bookings are requested by **email only**. Please email your application form to [quest@hyc.ie](mailto:quest@hyc.ie) after which the office will then call you to confirm availability and process payment. All subscriptions and dinghy park tags will need to be up to-date to secure a place on this clinic.

Please ensure you have read our COVID19 policy documents before registering.

<https://hyc.ie/covid-19-hyc-updates>

The timetable of levels is indicated below;

Clinic Schedule : Week 2 – 15 <sup>th</sup> June to 19 <sup>th</sup> June; Week 2 - 23 <sup>rd</sup> to 26 <sup>th</sup> June					
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>9.30 to 12.30pm</b>	Oppie - Balscadden Group	Oppie - Balscadden Group	Oppie - Balscadden Group	Oppie - Balscadden Group	Oppie - Balscadden Group
<b>2pm to 5pm</b>	Oppie - Baily Group	Oppie - Baily Group	Oppie - Baily Group	Oppie - Baily Group	Oppie Baily Group
	Laser TBC	Laser TBC	Laser TBC	Laser TBC	Laser TBC

There are strict pre-requisites for entering one of the above clinics:

- Sailor must be over 10 years of age having participated in a HYC Club training Baily or Balscadden Fleet
- Sailors must be able to handle their boat in at least 12 knots of wind. If they capsize they need to be able to right their boat themselves.



- The sailor must be mature enough to understand the concept and importance of social distancing.
- Individuals can avail of a **morning or afternoon session only** as there will be no changing/shower facilities to enable individuals to warm up after sailing as the facilities will be closed.
- Members must be changed into sailing gear with sun screen applied prior to arriving into the club as there will be **no changing facilities**.
- Members must enter via the marina side gate, use their **own member swipe card** for entry and must use the hand sanitizers provided upon entry into the club. If you do not have your member's card, please email in a photograph a few days in advance of your clinic to [office@hyc.ie](mailto:office@hyc.ie) to allow the office time to produce your card prior to your arrival at the club. Please note replacement cards will be charged at €5.00.
- Face coverings are recommended while on the platform, such as muffs

The clinics sailors shall remain with their allocated group for the period of the session and leave promptly when their training clinic is over.