



**inss.ie**

## **Irish National Sailing and Powerboat School**

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### **Children's Sailing Courses**

#### **Frequently Asked Questions**

See below for answers to many frequently asked questions. If your question doesn't appear, don't hesitate to contact us!

#### **My Child has friends who are attending the same course. Can he / she be placed in the same group as them?**

This is not a problem provided that the child's friends are of the same age level and are at a similar sailing level. Please mention this to the office when booking and children will be placed together.

#### **My child has never sailed before and doesn't know anyone attending the course. Is this a common situation?**

Up to 70% of children attending are in the same boat as this. It is indeed a little intimidating to be starting off in a new sport and not knowing anybody else. However in no time at all children form new friendships – some lifelong friendships as we've come to see after over 30 years in business! Our staff are very mindful of this situation – that's why the first morning of the course is used as an icebreaker for children to get to know one another. As countless parents will attest to, children end up with two sets of friends as a result of sailing with us – their home / school friends and their sailing school friends!

#### **Do I need to purchase a wetsuit for my child in advance of the course?**

Absolutely not! We have wetsuits available for hire at €20 per week. A child can pick it up on the first day of the course and return it on the last day. In this way, children can bring the wetsuit home each evening to dry it. Make sure to book your wetsuit when you are booking onto your desired course – we have a limited supply and work on a first come, first served basis.

#### **Are Lifejackets mandatory?**

The wearing of Buoyancy Aids (a dinghy sailor's version of a lifejacket) is mandatory at all times when on or near the water, as prescribed by Irish Law.



Directors: Alistair J. B. Rumball, BA., BAI., Managing, Arthur N. Rumball.  
Registered in Ireland No. 485 827



**Are 'Shorty' wetsuits (wetsuits which have short sleeves and legs) allowed?**

We do not permit 'Shorty' wetsuits to be worn on our courses – remember children will be wearing their wetsuits for up to 40 hours on a Monday – Friday course, and these do not provide the requisite level of warmth for sailing in Ireland. We want each child to enjoy their course as much as possible – and if a child is suffering the effects of cold their enjoyment will be seriously blighted by this.

**What is the ratio of instructors to students?**

The instructor to student ratio is 1:6, as prescribed by our validating bodies The Irish Sailing Association and Royal Yachting Association.

**Are children constantly supervised during the day?**

Children are supervised from the moment they arrive each morning until they are collected to go home. Children are not allowed off site for any reason during the day in the absence of a note of consent / telephone call from a parent.

**What time do children have lunch?**

Lunch times will vary from day to day depending on weather and the activity planned but as a general rule lunch is taken for one hour between the hours of 12pm-2pm.

**What if the weather is bad – is the course cancelled?**

Sailing is by its very nature a practical sport, however there is a certain amount of theory involved – even at beginner level! In circumstances where the weather is bad the course will still go ahead – we will attempt to go kayaking or some alternative activity on the water. If this is not possible, we make the most of the inclement weather by getting children up to speed in the classroom on sailing knots and other related theory.

**How soon in advance of an INSS course should I book to guarantee a place for my child?**

We work on a first come, first served basis. To hold a place payment in full is required. Places cannot be provisionally booked. In order to ensure a place is held make sure to book well in advance – up to one month is necessary for most courses.



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### **When should I book a wetsuit for my child's course?**

Wetsuits should be booked when booking the child in onto their course. Alternatively we can organise a wetsuit on the first morning of a course if required. We have over 500 wetsuits of varying sizes, there will always be one available.

### **What is a Logbook?**

Logbooks are used to record the child's ascent through the sailing syllabus. On each sailing level children have to complete a certain number of components to attain their certificate. As a child completes a component on the syllabus, the instructor signs this off in the Logbook. The Logbook really is a vital piece of the young sailor's kit, and also is a great way for parents to keep up to speed on how the child is getting on.

### **Are discounts available for siblings attending the same course?**

Discounts are available for siblings and friends of the child who are attending. Please note however that this scheme can only be used where the children are booking into the course together (i.e. at the same time, in the same booking). We regret that we are unable to facilitate those wishing to avail of the discount scheme when booking in singly.

### **Is the INSS regulated by any bodies?**

INSS Courses are validated by The Irish Sailing Association (domestic sailing governing body) and The Royal Yachting Association (UK and Commonwealth sailing governing body). We are inspected annually by both bodies who assess our facilities, equipment, personnel and standard of programmes run by us.

### **What are the qualifications of INSS Instructors?**

All INSS Staff have passed the relevant ISA / RYA instructor courses. One Senior Instructor is charged with overseeing every group. Dinghy Instructors and Assistant Instructors work with students at a maximum ratio of 1:6. The Manager / Principal oversees the delivery of all courses. All INSS staff are certified in First Aid Training.



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**Does the INSS have a policy on Child Protection?**

The INSS has a detailed child protection policy. Furthermore, the INSS is the largest facility of its kind in Ireland and Britain – with over 200 children each week on our summer courses. We have an unrivalled safety record on and off the water. All staff have been vetted by us prior to their employment commencing.

**My Child has special dietary requirements – will this affect his / her ability to take part?**

This should not affect a child's ability to take part, though parents are advised to speak to the Manager prior to booking.

**My Child suffers from a Medical Condition (e.g. Asthma, Diabetes). Will this affect their ability to take part?**

Over the years we have catered for many students with medical conditions such as those listed above. Our instructors carry waterproof containers on the water, so a child will have easy and quick access to their medication should they require. Instructors are First Aid trained and are familiar with the ins and outs of dealing with these situations. Parents with further queries should contact the manager.

**Am I bound by the Terms and Conditions of The Irish National Sailing School?**

By booking onto an INSS course, you are ascending and subscribing to our Terms and Conditions.

**What is the best way to book onto a course?**

The most popular means of booking is over the telephone to 01 2844195. All credit and debit cards (e.g. Visa, Mastercard, Laser) are accepted. Hassle free and easy, bookings can be made in 30 seconds flat!

**Further Information...**

If you have any further questions please don't hesitate to get in touch with our team in the office. Call us on 01 2844195 or drop us an email to [sailing@inss.ie](mailto:sailing@inss.ie).