



# Northbridge Sailing Club

## 2010 Live-In Camp

1. **Read the whole thing.**
2. **Complete both sections**
3. **Email [training@nsc.asn.au](mailto:training@nsc.asn.au) / or Fax 9420 9022 with payment info.**
4. **You will be contacted by email for roster planning.**

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<b>Camp Dates</b>	Commences 8.30am, Monday, <b>January 11th, 2010.</b> Concludes Friday 15th January 2010 around 2pm
<b>Venue</b>	NSC Clubhouse. Children will be outside doing sailing activities from about 9am till 5pm. All meals are served in the clubhouse and children sleep there after an evening movie. Instructors sleep downstairs in the boat bays, supervised by the Senior Instructor.
<b>Application Closing Date</b>	As soon as available positions are filled. <b>Priority for choice of Parent Rosters is given to early applicants.</b>
<b>Eligibility</b>	Open to all club members aged 8 to 16 years, inclusive. <b>All children must have some sailing experience.</b> At least having attended the NSC Learn to Sail program or similar entry level training. Must be able to swim 50 metres and to support themselves without PFD for 15 minutes.
<b>Cost</b>	\$315.00 for first child in family \$245.00 second, then \$210 per child.
<b>Payment</b>	Visa or Mastercard
<b>Limits</b>	Numbers will be restricted to 60 Sleeping in & 10 sleeping at home. Sleeping in positions will be allocated to the older children first. Children sleeping at home are to participate in all other activities, including meals they must be signed in each morning by 7.30am
<b>Meals</b>	All meals are provided from Morning Tea on Monday to Lunch on Friday No other food or sweets is to be brought to the camp. Special dietary needs should be noted on the application form.
<b>Boat</b>	It is preferable that most children have access to their own boat. Please ensure the boat is in full working order before the Live-In. All equipment should be clearly labelled with boat name and number. The boat must be insured for sailing.

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**Barbecue & Instructors' Race** A barbecue for parents and families will be held on the evening of Thursday 14th January 2010 commencing 6.00pm.  
The club barbecue will be available, but all food, drinks, cups, plates and cutlery must be brought with you.

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**Bedding** Sleeping bags and **small** camping mattresses. NO camp beds, NO double mattresses.

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<b>Camp Kit</b>	PFD (buoyancy vest) Sailing Clothes, Hat (with tie), Swimming Costume Sneakers or Booties for Sailing	Underwear, Shirts, Shorts, Long Pants, Warm Jumper, Shoes or Sandals, Pyjamas, Towel, Toothbrush
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**Mark everything with your child's name. You will lose unmarked stuff.**

It all looks pretty similar spread around the clubhouse floor and change rooms.

Some parents find it useful to make regular deliveries of things like underwear because small boys don't tend to look after that stuff too well. (Nor do they change unless they are reminded.)

The club provides bulk sunscreen and shower gel.

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## PARENT ROSTERS

Parents are rostered to provide all catering, housekeeping and boat lifting duties.

There are 107 shifts; **about two per child**. You will be emailed with a list of available rosters after your application is received.

Early applications will be given priority over late. Preference may be given on the grounds of skills / experience / other roles at the club.

You need to be reasonably flexible in this process. There are about 100 adults involved and many will have busy schedules.

Shift	Time	Parents Reqd	
Breakfast	6.30am to 9.30am	3	Catering
AM Deck	8.00am to 12.30pm	4	Boat Lifting
AM & Lunch	9.30am to 1.00pm	3	Catering
PM Deck	1.30pm to 5.00pm	4	Boat Lifting
PM & Tea	1.00pm – 4.30pm	3	Catering
Dinner	4.30pm – 7.45pm	4	Catering
Overnight	7.30pm – 6.30am	3	Two Fathers one Mother Experienced parents on the first night.

## Catering Co-Ordinator(s) - **IMPORTANT**

The most important parent job is the food purchasing and menu supervision. There is a well developed menu and shopping list but someone needs to be in charge and there are daily purchasing tasks (milk/bread etc). It really requires some flexibility during the camp week.

This job is best led by someone with experience in the camp. It is important and should be shared by two or three people who are then relieved of any other rostering obligations. Do a deal with a friend.

Any questions phone Sue McCall on 0421 215 600 or email [info@nsc.asn.au](mailto:info@nsc.asn.au) and she will be happy to talk you through it.

## Overnight

There is considerable roster discounting allowed to parents who undertake overnight supervision. This requires two fathers and one mother sleeping in every night. The first night is best undertaken by assertive/firm/bossy/loud parents of older children as the kids are generally still full of energy. After that it is a pretty easy shift if you have a comfortable mattress.

## Deck Assistance

Fathers this is tailor made for you. Take a half day off work and come and lift boats. There are busy periods of, sometimes quite heavy, lifting followed by officially sanctioned lazing around. Mothers are certainly not excluded from this idyll but some do find parts a little heavy duty.

## Catering Shifts

Experienced parents understand the whole food exercise is completely prepared. There is a written manual and you just need to work to the menu of the hour. No skill required but you will need to bring a couple of tea towels and some prefer to bring their own sharp knife. The early shift is popular with parents who really have to go to work this week so be prepared for competition on that one.

You will be emailed by mid-December.



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## CAMP RULES

To make for a safe and happy camp parents are asked to bring the following rules to their children's attention:

- No swimming except as a group activity under supervision when permitted by the club coach. All other swimming or wading is completely forbidden.
- Leaving camp is forbidden without the express permission of the Senior Instructor.
- Children sleeping out must be signed **in** and **out** by their parents or other authorised adult.
- No electronic games, iPods or similar items.
- No lighters or matches.
- No medication except under prescription. The Senior Instructor must be notified of the condition and the care required.
- PFD's (buoyancy vests) must be worn when sailing.
- Footware must be worn at all times (No thongs).
- Hats and sun cream must be worn during daylight hours.
- No running in the clubhouse or on the deck.
- No playing in the toilet area.
- All rubbish must be placed in the bins provided.
- Curfew 9.00pm.



# Northbridge Sailing Club 2010 Live-In Camp

## 1. FAMILY INFORMATION

This form is to be completed by a Parent or Guardian and returned together a separate copy of the Individual Information form for each child. Email [training@nsc.asn.au](mailto:training@nsc.asn.au) / or Fax 9420 9022

### Parents (If only one parent is to be involved complete only the relevant section)

	First Name	Surname	Best Contact Phone
Father			
Mother			
Address			
Email			

### Participants

Name	1	2	3	4	DOB	Age

The participants are financial members of the club  Yes / No

If No – I enclose a Membership Application Form

### Emergency Contact (in case parents are non-contactable)

Name  Phone

Relationship

### Doctor

Name  Phone

Medicare No.

**Indemnity** I consent to the above named children taking part in the Northbridge Sailing Club Live-in Camp and hereby indemnify the Northbridge Sailing Club Limited, its officers and members against any loss, damage, theft or injury to the children and or their property, and any other person's property including where this may be caused by the negligence of club members or officers or any other cause. I recognise the risk of injury is inherent in sailing and other physical activities undertaken during the camp.

Signed  Date

### For Credit Card Payments by Visa/Mastercard

Card Number

Expiry

Name on Card

Amount

### Photography

Still and moving images will be recorded by the club during the camp and used for promoting the club and sailing training activities, including publication on the club's website and other locations. Images will also be recorded by other persons and these may be displayed in locations including social networking websites such as Facebook. Any person attending the camp may be recognisable in any of those images.



# Northbridge Sailing Club 2010 Live-In Camp

Reg No.

## 2. INDIVIDUAL INFORMATION

Complete one copy of this page for each child.

First Name	Surname

### Medical Information

Allergies

Medications

Special Diet


### Sailing History

Previous Live In

Courses

Other Experience

Year(s)

### Own Boat

Owner

Class

Boat Name

Shared With

Sail Number
