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Appendix A: Safeguarding Handout with ‘What is child abuse?’

1. Introduction

OSC RYA Training Centre Handbook 2026

The Handbook contains information covering RYA Training Sessions. There are also references to documents and handbooks distributed annually to all member households. The syllabi for RYA Courses are included too.

ALL INSTRUCTORS OR VOLUNTEERS WORKING ON RYA COURSES MUST BE FAMILIAR WITH THE HANDBOOK'S CONTENTS AS PART OF THEIR BRIEFING FOR EACH RYA COURSE. THE LOG AT THE FRONT OF THE HANDBOOK MUST BE SIGNED AND DATED BY EACH INSTRUCTOR OR VOLUNTEER

This signature is important as it protects each individual and shows they have received training from the club. Should a serious incident occur this is evidence of the good practice upon which the Club's RYA Accreditation depends. Instructors and Safety staff must also be familiar with the Yearbook, especially sections on Club Safety Policy, and all notices on boards in the clubhouse, and with the club Calendar, and should minimise disruption of other OSC activity

INTRODUCTION TO ORFORD SAILING CLUB

We are a friendly open club for sailors of all abilities, with a membership of more than 500. Our aim is to promote sailing for the enjoyment of all ages. The club is affiliated to the Royal Yachting Association (RYA). We encourage members to join the Association and to take courses to enhance their skills and foster safety.

Our History and Content

WE are based in the picturesque village of Orford, within sight of the famous medieval castle, where yacht racing began as early as 1876. In 1924 the Orford Dabchick Sailing Club was formed by Charles Stoker, a West Mersea fisherman. In 1971 a new clubhouse was built, and the Club was renamed Orford Sailing Club. The Club is situated on the foreshore of the River Ore close to Orford Quay. Most of our sailing is done here with occasional sea races for added spice. The river is tidal and provides over fifteen miles of sheltered sailing water making it possible to sail up the Alde past Aldeburgh as far as Snape Maltings or down river running parallel to the coast for five miles passing both sides of Havergate Island (RSPB bird sanctuary) and enters the North Sea at Shingle Street

Membership is made up of many families with a strong junior presence. The Club is run by members for its members and during the busy summer season members participate in various roles from Officer of the Day, Safety Boat Crews or to making the tea

Club Activities

Activities centre round weekend racing from April to mid-November, with additional midweek racing in July and August. There are a variety of dinghies taking part with general handicap and fast handicap classes. Youth Racing takes place during the summer holidays. There are also cruises in company and organised picnic trips and occasional races for 10 Footers, Day Boats and Cruisers. There is an active cruising membership whose yachts have ranged into the Caribbean, Mediterranean, Baltic and Arctic Circle in recent years and members have taken part in Round Britain and Round the World Races

Training

As an RYA accredited Training Centre, we are inspected annually by the RYA, the national governing body for sailing in the UK. Our RYA Approved courses began in 1976 and have been held annually since (except during Covid!) Therefore, our RYA Certificated Courses comply with the syllabi, regulations and guidelines of the RYA

Training is offered to full members and non-members. We currently offer accredited courses from Level 1 through Dinghy Instructor, as well as Powerboat handling, Safety Boat and First Aid. Local families have successfully been introduced to sailing with our popular Taster Sessions. These are run by the RYA Onboard Scheme