

REGATTA SAILING ACADEMY

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INTERNATIONAL AWARD FOR YOUTH SAILING

The award programme is about **challenge** and gives students the opportunity to accept challenge and set **personal goals** and achieve them - Learning valuable skills **responsibility – trust – ability to plan and organize themselves.**

Each year the Regatta Sailing Academy offers eligible students the opportunity to participate in its **sailing expeditions at Bronze, Silver or Gold level.** Although **Bronze** or **Silver** to Bahrain still remains a popular option, the Academy has introduced a **Bronze** sailing expedition to Al Sultan Beach Resort, Al Khor for those students preferring a shorter voyage within Qatar; this will include an overnight stay. **Gold** level expeditions are into Abu Dhabi UAE.

As mentioned overleaf, every interested participant purchases an Award Record Book from their School which is signed off on completion of their achievement – participants on the sailing expeditions maintain their own log/record of events on their journey; photographs can be used as part of the log. All activities with the Regatta Sailing Academy are mixed gender.

Sailing Expedition Sailing for the IA expedition is a unique adventure; students learn to work together as a team, at the same time learning a new skill. Students are split into teams; they start with a minimum of 5 three-hour practice sessions covering aspect of yacht sailing, wind and tide, safety and control to include man overboard as well as chart and instrument navigation. Students venturing to UAE or Bahrain will have one evening session for night sailing experience prior to expedition departure. **Note: number of sessions may vary according to team ability.**

Prior to departure, there will be a meeting to brief parents/student on immigration procedures, what to wear/bring; suggested spending money, etc. **Important to Note: Student passports must be well within date at time of travel; the authorities will no longer accept residence visas in an old passport attached to new – in date residence visas must be in the current passport.**

For any concerned parents it should be noted that students are supervised by Christine and Mike Lawton. In **Bahrain** for example, Yacht Club staff are aware of our rules, although students are given the freedom to relax and enjoy the facilities at set times. Accommodation in Bahrain is at Al Bander resort next door to the Yacht Club; there is a pool, bowling and snooker. Chalet accommodation consists of 3 or 4 bedrooms with showers and full bathroom facilities – boys separate from girls. The Yacht Club/Resort is situated in Sitra some 20 k from the centre of Bahrain (students are not permitted to wander outside the resort – our special entry visas restrict us to this area). Dinner and full breakfast are taken at Bahrain Yacht Club.

Bronze/Silver to Bahrain - .

Gold/Silver Award students sailing to UAE stay at the Hilton Corniche Apartments overlooking the sea, a short minibus transfer from yacht mooring; two or three bedded serviced rooms are available to us, each with full facilities. Students may relax in their free time at the gym or rooftop pool. Dinner and breakfast at the Hilton Corniche restaurant – lunch on arrival in the coffee shop.

Cost: QR3,500 for BRONZE or SILVER to Bahrain
QR3,950 for SILVER or GOLD to UAE

- Learning to sail a yacht, as above
- * Full provisions on board
- * Accommodation (inc. bed linen and towels)
- * Clearance and Immigration paperwork/entry visas.

Note: Some nationalities require special clearance - extra charges will apply.

QR2,750 for BRONZE to Al Khor
All fees payable on registration

- * Return Trip
- * Transfer
- * Dinner, bed and breakfast as described above
(Gold award includes lunch)

SAILING AS A PHYSICAL ACTIVITY For students taking a different Expedition but wanting to take sailing as a physical activity. This entails sailing within the RSA's group structured courses for two terms – one afternoon a week. **Cost: QR1,600**

SKILL New for 2011: **Navigation** classes – 12 weeks covering coastal navigation theory **Cost: QR1,600**

VOLUNTARY SERVICE: Places currently available some weekday afternoons or weekends for those wishing to undertake their voluntary service at the Regatta Sailing Academy – helping younger children with their boats/buoyancy aids, etc.