



Dear sailor starting in the 606 Blue - group,
Welcome to the Audi HSS Sailing Center!

In this letter we will tell you about our sailing club's policies and answer the most common questions about sailing in the Audi HSS Sailing Center. The letter includes the 606 Blue season 2017 training program. Hopefully it will give you a good picture of what is about to happen during the season. In the end of this letter you find guidance for signing up for the weekly trainings and for paying the membership fee of the sailing center.

Important: see on page 5 how to sign up for the trainings and book boats!

SEASON GOALS

Basic Seamanship

- basic rules on the sea, do's and don'ts on the water (unwritten rules etc.)
- docking
- right of way (traffic)
- rigging the boat
- clothing (lifejacket etc.)

Basic Maneuvers

- tack
- gybe
- mark-rounding
- starting
- 360 ´

Basic Tactics

- starting
- upwind & downwind
- header & footer

Reading the Wind

- when coming to shore
- reading the shoreline (when on water)



- reading the waves
- reading other boats

Teamwork

- basics of teamwork
- who does what?
- general rules on the 606's

Other

- We might have a brief during the end of our first session where sailors are asked to write down goals for the season, for next month and for the next week.

COMMON INFO

Getting on the island

The membership includes free use of the ferry. After paying the membership fee you will get a member card that works in the ferry too. Remember to show your card for the ticket reader on the ferry every time you travel. Without HSS membership the price for a two-way ticket on the island is 6€. During summertime the ferry operates every 20 minutes from Merisatamanranta to Liuskasaari. The official ferry timetable can be found on the HSS website <http://www.hss-segel.fi> under Harbour -> Tidtabell.

Gear

Recommended outfit for the training is water- and windproof clothing. Depending on the weather you might want to have some extra clothes for changing. Everyone has to have their own lifejacket in the training. Tips for acquiring the gear can be found in the end of this letter.

On this level it's recommended that everyone has their own rulebook (RRS - The Racing Rules of Sailing) and the Case Book. The rule book can be ordered through SPV (Suomen Purjehdus ja Venely) and Case book through RYA (Royal Yachting Association).

It's good to take some snack and water with you for the training!

Locker rooms

There are separate locker rooms and showers for both men and women. There's also small lockers where you can storage your valuables during the practice. The lockers don't have locks on them so remember to bring your own lock.

Insurance

All Sailing Center members are insured by the governing body's group accident insurance during coached practices. Therefore HSS membership is mandatory for everyone joining the trainings and happens automatically when joining the Sailing Center.



Communication

Joining the Facebook group HSS SC member agora is highly recommended. It is the main communication channel for informing about future happenings of the center such as talkoos, races and other activities - and not to forget it's a good place for finding sailing company. Search the group on Facebook and ask permission to join!

SEASON 2017 SCHEDULE

Weekly training

606 Blue group trains on Tuesdays from 6pm to 9pm. Training starts on the first week of May and continues until midsummer. After midsummer training will be on Mondays from 2pm to 5pm until end of July. Summer training will be together with L16 Green and junior sailors, but hopefully there will be many of you! On the second week of August we go back to "basic" schedule: Tuesdays from 6pm to 9pm. This schedule keeps until end of September.

Coach (Nicke Borenius) has no prior knowledge about the level or experience of the sailors, so his plan has to, and will be, adjusted to fit the group from the first session on.

Trainings will consist of on the water training and de-brief (approx.. 30min). Each session will be no more than 3 hours, starting 6pm.

Racing

Hangö regattan, HSF, Hangö, 7-9.7

Mariehamnsregattan, ÅSS, Mariehamn, 15-16.7

606 FM, NJK, Helsingfors, 25-27.8

Baltic Dinghy, BS, Helsingfors, 9-10.9

Racing at club races from June on (requires experienced skipper)

Note: Hangö/Hanko Regatta is recommended for all

Training plan

May- June:

- basic rules on the sea, do's and don'ts on the water (unwritten rules etc.)
- docking
- right of way (traffic)
- rigging the boat
- clothing (lifejacket etc.)
- tack
- gybe
- mark-rounding
- upwind & downwind
- when coming to shore



- reading the shoreline (when on water)
- reading the waves
- who does what?

July: all Sailing Center sailors training together with junior sailors on Mondays.

August-September:

- mark-rounding
- starting
- 360 ´
- starting
- header & footer
- reading the waves
- reading other boats
- basics of teamwork
- general rules on the 606's

Wednesday races

HSS organizes weekly Wednesday races for keelboats and 606 Blue sailors are warmly welcome to attend the race. The Wednesday race is a not-so-serious race and gives a good opportunity to race in a relaxed atmosphere.

Self-training

Self-training is possible for sailors with skipper's rights. You can of course go sailing as a crew member without the rights, but to book a boat you need to have the adequate skill level and proof of your skills. More information on the skipper's rights will be shared in the weekly trainings.

Other important dates

- 22.4 flea market for sailing gear @ Liuskasaari
- 2.5 Club's education for organizing weekly races , for members interested in participating in race organizing
- 5.-7.5 Ohjaajan peruskurssi (Instructor level 1)
- 19.-20.5 High Performance 1 -race, volunteers needed for organizing
- 3.-4.6 Match Race G4/5 -race, volunteers needed for organizing
- 9.-11.6 DownTown Sailing Week -race, volunteers needed for organizing
- 16.-17.6 High Performance 2 -race, volunteers needed for organizing
- 1.-2.7 Helsinki Regatta
- 4.-6.8 Samppanja Regatta, volunteers needed for organizing
- 11.-12.8 High Performance 3 -race, volunteers needed for organizing
- 26.8 Hans Groop Race
- 8.-9.9 High Performance 4 -race, volunteers needed for organizing
- 23.-24.9 Women's Match Race Finnish Championships, volunteers needed for organizing



MEMBER RESPONSIBILITIES

Uphold of HSS Sailing Center's operations require a huge amount of work in different committees and workgroups. All this work is based on voluntary commitment of members. Voluntary work enables the moderate membership prices and at the same time strengthens the good team spirit among the sailing center community. Everyone's voluntary effort is extremely valuable and the variety of tasks is colorful so without doubt everyone finds something they can and want to help with. The minimum amount of voluntary work for everyone is 2 "talkoo points". This means for example attending two boat maintenance talkoos during one season.

Keeping the boats and equipment in good shape is extremely important. Boat maintenance is a part of sailing and participating in maintenance is expected from every member. The ground rule is that the boats are left in same or better shape than they were before use. When everyone carries out their part, things will run smoothly and we will save time from extra problems during the trainings.

SAILING CENTER MEMBERSHIP FEE

Members continuing from season 2016: Season 2017 membership fee is 660€. An invoice for 2016 members has been sent automatically during March via e-mail or normal post. Please pay your membership fee by invoice due date. If you wish not to continue your membership for season 2017, please contact Kristina at the office hss@hss-segel.fi | Phone 09-633 637.

New members starting season 2017: Membership fee is 660€. Fill in the membership registration form through sailingcenter.fi -> sailing -> Join us!

SIGNING UP FOR THE TRAINING GROUP

1. Attention! Remember to register for coached 606 Blue training group! If you wish to participate in the weekly trainings, remember to secure your spot in the group by sending an e-mail with headline "REGISTRATION 606" to address: niclas.borenus@hotmail.com. Write your name, phone number and e-mail address in the message. The information will be used only for possible communication between the coach and the sailor. Sign up for the training group soon, as there are limited spots available. This registration is a one-time registration.
2. In addition to the registration above, you must book a spot for each training separately. This happens by booking a spot in the boat booking system on sailingcenter.fi. -> boat booking -> 606 (add your name on one of the free boats). Only persons with skipper's rights can book a boat for 606 training but anyone can take a crew spot in a boat. There also might be a few boats marked as TRA (training boats) and for these you can also book a spot. New members will get their user login and password for boat booking by e-mail after membership registration process is complete. Old members shall they forgot the user login or password, contact hssmrc@gmail.com.



ACQUIRING SAILING GEAR

Best value sailing gear can be found on the internet. Note that delivery times may be several weeks. Following online stores offer a wide range of different sailing gear:

- Trident www.tridentuk.com
- WetsuitOutlet www.wetsuitoutlet.co.uk

Normal stores operating in Lauttasaari, Helsinki:

- Captain's Shop www.captainsshop.fi
 - Pro Sailor www.prosailor.fi
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