



Welcome to GBR 420

A Guide for New Parents and
Supporters



Welcome!

If you are reading this . . . It is likely that you have a sailor who's joined the 420 class, and we'd like to take this opportunity to welcome you 'on board'. I was a new parent in 2017 and know how much I needed/wanted information and struggled to find it.

In drawing together this guide I've thought about the things I wanted to know and have included them, but I am aware that my list of questions is probably just the tip of the iceberg so please do feed more questions in and we can update the booklet to include them. The time spent in youth classes is brief, 2 or 3 years at the most in many cases and as a result we need to keep refreshing our committee with new members.

Don't hang back - if you have skills you have gained in junior classes we would love to hear from you! We are always on the look out for people to take on key roles at events - mark laying, safety boat cover, beach duties, results etc often need staffing up - offer your services and don't hang back! My daughter loves the 420 and has made some amazing friends in the 18 months we've been involved, welcome on board!

Jennie Clark
(420 mum)

Junior v Youth Classes

If you have moved from a junior class (eg Optimist, Cadet, Topper, Tera, Feva) you will be used to having your diary set for you once the Zone Champs are out of the way.

I well remember realising that we had just 1 weekend free between November and the end of March when we were in Junior classes!

Expect things to be slightly different in the 420 class. We operate with an RYA National Squad, which is selected each year based on performance at a number of events including our National Championships (which are usually in August). We also offer a programme of 'open coaching' which runs from September through to April at venues across the country. This coaching is open to anyone in the class association, and we offer the chance to come along 'and try it out' for those thinking of joining the class.

Tim and his team try to run the coaching sessions at venues where we will hold our major events, and to schedule them close to the event timing, for instance Open Coaching held at

Grafham Water the weekend before the End of Seasons. This means the coaching can help with venue specific information as well as improving sailing techniques.

The 420 is a technical boat and one of the key learning points that new to class sailors have to get to grips with is the range of rig settings that they will need to work with depending on the conditions. This is key to success on the water, and it's vital that the sailors know and understand what they are doing and why - changes might need to be made on the water and if only the parent/supporter knows what is going on the helm/crew will struggle. This is another change from Junior classes, where dinghy parks are often filled with parents 'tweaking rigs' on behalf of their sailor.

We are about 'non-dependence' where we can be! Encourage your sailors to get to grips with the contents of 'their' toolbox and to mark up their boat with their settings. Parents need to take a bit of a back seat with the settings - by all means understand what they do but let the sailors do the set up each time and get them talking to the coaches so they learn what works and what needs to be checked.

Time to head off to the clubhouse for a coffee and a chat with other parents

The Class Association

The Class Association We are a friendly bunch, led by a great team. Our Class Chairman is always happy to talk to new members of the association and to help answer questions etc. He is supported by a committee and they work together to deliver the activities associated with any major class.

We have a class association website (www.gbr420.co.uk) and most of the admin for our events, including coaching is done via <https://gbr420.ourclubadmin.com> - this is where you join the class association, and having joined you manage your sailors, boats and event registrations via this site.

Whenever you are entering a sailor onto the system (helm or a crew) you will need a range of personal information about them including their DOB, address etc. You will also need to register someone as 'in loco parentis' if the parent is not at an event. Be prepared for this when you log in!

The website includes information about the class and also has our 'For Sale' section. You can register items for sale here by getting in touch with the Class Administrator (420classoffice@gmail.com). This is probably one of the best places to find second hand

boats with a good range of manufacturers, locations and prices usually available. Second hand gear is also posted on the website, look out for sails, spars, foils etc. 420 sailors always seem to need spares . . . We have 4 spare spinnaker poles in the garage at the moment!

Where junior sailors are often in a class for 5 or 6 years, youth sailors move on more quickly and it's vital that we get help from parents whilst their kids are in the class. Please share your expertise and experience with us and help us to provide a great environment for our sailors.

Socials

The age of our sailors means they like a social. And our socials are legendary, and normally involve dressing up! A group of the older sailors tend to take charge of these events and word gets out to the fleet via social media about what 'theme' they have set their minds on. Expect last minute requests from your sailors for 'hippie costumes' or to have to provide guidance on what the helm can ask the crew to dress up and vice versa. We've seen many a parent having to dash off to a charity shop during an event to find 'something that will do'.

At the Nationals we have a Black Tie dinner, sometimes parents are expected there too so get out that DJ, polish up your dancing skills and prepare for a lovely evening. A quick word about booze. We appreciate that some of our sailors are over 18 and legally able to drink. We ask them to do so responsibly. Those under 18 are not legally allowed to drink alcohol and we ask for your support in making sure that we stay on the right side of the law. It's particularly important when we are at licensed clubs - helping to ensure they comply with their legal requirements is key to us being able to return to the venue in the future. The class takes a firm line in this area and will if necessary take appropriate action to ensure these objectives are met.

Welcome to the Class; if you have a question, please get in touch with someone and talk to them.