



Groups and Schools Programme Watersports 2024



Canoeing - Dragonboating
Kayaking - Paddleboarding - Sailing
Windsurfing



Docklands Sailing and Watersports Centre

Groups & Schools Programme



What we do...



The Docklands Sailing and Watersports Centre is operated by a limited company on behalf of a charitable trust. It is a non profit organisation with the aim of providing watersports to the community in Tower Hamlets. In particular our priorities involve giving opportunities to young people from London, especially those marginalised or at risk, and also working with disabled and special needs groups

Accreditation

We are recognised by the Royal Yachting Association (RYA), British Canoeing and hold an Adventure Activity Centre License (AALA) for sailing, windsurfing, kayaking, canoeing and dragon boating.

The Centre is affiliated with several RYA programmes:

RYA On Board - Working with centres and clubs across the UK, OnBoard actively engages in encouraging more youngsters on to the water, making getting into sailing and windsurfing easy. Being an OnBoard Centre means that we are recognised as offering a high standard of fun activities in these sports to young people.

RYA Sailability - RYA Sailability is an initiative that offers people who think they can't even get on a boat, let alone sail it, the chance to have a go. The centre has facilities to accommodate all types of abilities.



The Watersports Team

The Centre has an enthusiastic and dedicated watersports team, all of whom are qualified RYA or BC instructors, First Aid Trained and experienced in working with children. We are proud to be able to ensure they experience the best that these sports have to offer.



Taster Sessions

If you would like to come and try one of our activities, but are limited by time, why not book a taster session. These sessions are a two or three hour introduction to the activity of your choice. Packed full of fun, taster sessions are designed to give young people an opportunity to give watersports a go.

Multi-Activity Days

If you would like to spend the day or even a half day trying different watersports, you could book a multi-activity day. A number of activities can be chosen, depending on the size of your group and length of your visit. For larger groups, it is also possible to have more than one activity take place at the same time, by splitting your group and then switching the groups between activities. Session times can be adjustable.

Full/Half Day Blocks

This programme is aimed specifically at schools that wish to concentrate on individual sports within the activities offered, which reflect the level of competence achievable in the timescale. Sessions focus on specific skills necessary to complete NGB certificates. A block of five sessions over a week or five week period is recommended.



Inter-schools Competition



What it's all about!

The event is a fun day of activities with a competition aspect. Children of any skill level may take part in the various different watersports events, including land based activities, easy sailing races, multi-activity relay races and dragon boat racing. The whole class is invited to join in the fun.

When is it?

Mid July TBC

How to get involved?

Schools from the local community and boroughs, who have taken part in our sessions or skill specific courses are invited to compete in a borough wide inter-school competition taking place during the end of the summer term. Please contact us if your school is interested in taking part.

Outside of School



Youth Club

The Centre runs two Youth Club sessions a week, the sessions are on Sunday mornings all year round, and Monday evenings from April to October. Our youth sailing, windsurfing and kayaking sessions encourage development, training and fun! No experience is required to attend the sessions and attendees are encouraged to work towards their RYA (Royal Yachting Association) and BC (British Canoeing) qualifications.



When is it?

Sundays - 10am to 1pm.

Mondays - 4.30pm to 6.30pm

Free for members

£5 for non - members

Membership

Children between the ages of 8 and 16 years are able to take part in **Youth Club** sessions. Membership is available at a cost of just £30 for a year and allows members access to over 50 **Youth Club** sessions a year!

Membership also entitles discounts on Youth Activity Weeks and other Youth Sessions.



School Holidays

Youth Multi-Activity Weeks



What is it?

Youth Multi-Activity weeks are for children between the ages of 8 and 16. The weeks cater for all level of ability in Sailing, Kayaking, Canoeing and Windsurfing, with RYA & BC certificates awarded to children completing the different stages.

When is it?

February **Half-term**
 April **Easter Holidays**
 May **Half Term**
 October **Half Term**

Youth Afloat

Youth Afloat is our summer project for children. It is open to all children and is an important part of the charitable work done by the centre, and provides up to 500 places per summer for children.

The programme is primarily funded through the fund raising activities of the Docklands Sailing and Watersports Trust. The DSWC Charitable Trust also provides a number of fully-funded and part-funded places, please see our website for more information.



There are a range of activities available during Youth Afloat, and all equipment is supplied. The sessions are delivered by a mix of paid staff and volunteers.

When is it?

Summer Holidays **July - August**



How To Find Us



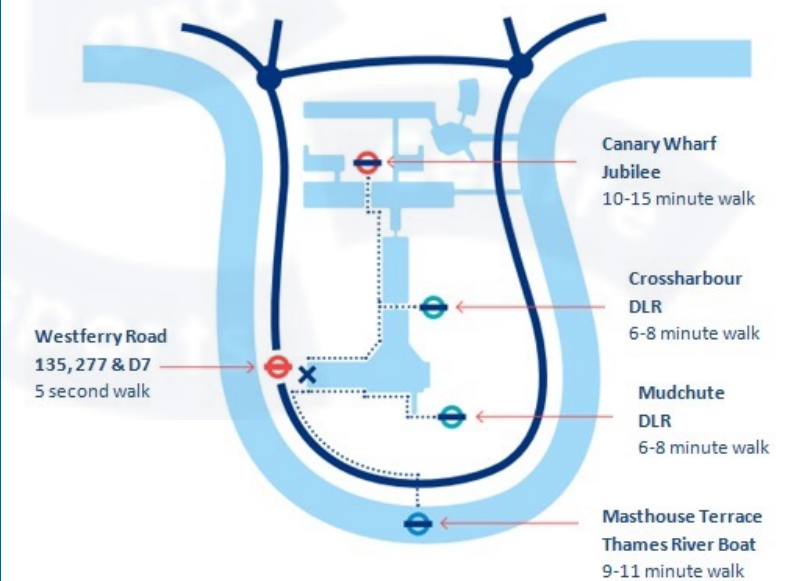
The Docklands Sailing and Watersports Centre is situated on Westferry Road at the west end of Millwall outer Dock on the Isle of Dogs.

We enjoy excellent transport links with two DLR stations (Crossharbour and Mudchute) within easy walking distance along the dock edge. Three buses from Canary Wharf (D7, 135 and 277) stop just outside our main gate. There is also ample onsite parking and space for coaches to park across the road, upon request.

Contact Information

235a Westferry Road
 Docklands
 London
 E14 3QS

web: www.dswc.org
email: info@dswc.org
phone: 020 7537 2626



Teachers Guide



Parking

The Centre has a limited amount of parking available on site, which you are welcome to use. Should the Centre's parking facility be full, or if you are arriving by coach, please use the car park across the road directly opposite the Centre.

When you get here

On arrival your group should gather on the benches outside the front entrance. The teacher or group leader must report to reception which is located just inside the front entrance, where you will be asked to hand in your consent form and medical details forms. You will then be introduced to the Senior Instructor of the day.

Changing Facilities

The changing facilities are located on the ground floor and we ask that you do not leave any valuables inside the changing rooms. We encourage the use of our lockers which can be found along the corridor. Please note that the lockers take 20 pence pieces, which are non-refundable each time they are locked.

Meeting your Instructors

Once changed, the group should muster back on the benches outside. When everyone is ready, you will be introduced to your instructors. The instructors will ensure that everyone is wearing suitable clothing for the session and make sure that everyone in the group is fitted with a buoyancy aid.

Lunch

If your group is visiting for the day, children will need to bring their own packed lunches. Please note that there are no cafe facilities on site. Lunch can be eaten outside in the picnic area. Bins are provided for rubbish and the group are requested to leave the area tidy. Packed lunches can also be eaten before or after a half day session. Please advise us in advance if you wish to use our facilities for lunch outside of the booked session time.

Role of the teachers and helpers

Our instructors are able to take over control of the group while on the water. However, it is possible for you to take part. If group leaders or helpers wish to go on the water, please ensure that they are included in the numbers on the booking form when booking, as we are required to adhere to staff/student ratios. You are also welcome to remain onshore to watch or to help on the pontoon, provided that you have been fitted with a buoyancy aid.

Photos

Digital photos of children in an activity may be taken. Some of these photos may be used for publicity purposes solely by the Docklands Sailing and Watersports Centre, which include use on the website and in brochures. Should you wish us not to take photos please provide written evidence revoking permission.

You will need to bring:

- Everyone going on the water will need at least one complete change of clothes.
- Extra appropriately warm clothing if the weather is cold.
- A pair of soft shoes that can be worn in the water, or wet shoes if available (open toed footwear or heels are not permitted).
- A towel.
- A waterproof top or jacket is recommended.
- Sun block and hat in hot weather.
- Any medication required (e.g. inhaler, epi-pen etc).
- Packed lunch if you are staying for lunch.
- A bag to keep your belongings together.

It is not recommend that electronic gadgets or cameras be taken out on the water. Please ensure that all of these items are locked away or given to a responsible person remaining on shore.

Centre Rules

Users must:

- Obey all instructions issued my members of Centre staff.
- Remain quiet when inside the building reception area.
- Wear appropriate personal buoyancy when on the pontoons or water.
- Wear shoes at all times.
- Report any accidents or damage to Centre equipment or facilities to Centre staff.
- Respect all other users of the Centre.

Users must not:

- Get involved in bullying, or disrespectful behaviour of any kind.
- Run on site.
- Eat or chew gum while near or on the water.

Discipline

Our staff will deliver a fun day or activity, however, we believe that it is not their responsibility to discipline unruly behaviour. Group leaders must remain responsible for the behaviour of those in their care at all times. While we want everyone to enjoy their time at the Centre, instructors reserve the right to remove any water users from session and if appropriate from the site, if they believe that their behaviour impedes safety or is inappropriate. Please also refer to the section above about the Centre rules.

Centre Insurance

The Centre holds Public Liability Insurance, however, we can accept no liability other than the liability for death or personal injury resulting from the negligence attributable to and fault the Centre and its staff. Our Insurance policy does not cover against personal injury or loss or damage of personal possessions. All schools are recommended to qualify their own insurance policies for out of school excursions.

Health & Safety Policy and Operating Procedures

The Centre's Health and Safety Policy is checked regularly and updated as required to reflect new industry standards to ensure continued safe practice. All staff are required to work within the operational guidelines set out in the Standard Operating Procedures manual. A written copy of these policies and procedures is available in the Waterside Office.

Swimming Ability

Ideally all participants would be competent swimmers, however, we recognise that this may unnecessarily exclude some groups taking part in our activities. As such, the requirement is for water confidence, the definition of this being that participants would be confident to float in the water whilst supported by their buoyancy aid.

Buoyancy Aids

Buoyancy aids are compulsory for anyone passing through the gates on to the pontoons and whilst on the water. They are fitted by our instructors to ensure the correct size and usage. Users are required to keep their buoyancy aid securely fastened until the instructors give permission to remove them.

Safety Boats

All groups afloat will be assigned a safety boat, which may be used as part of the session where appropriate or will remain on standby if not required as part of the session.

Child Protection

All of our staff have been trained to avoid compromising situations with minors. With this in mind, staff are not allowed to enter the downstairs changing facilities and toilets when children are on site. You will therefore be responsible for all activities within the changing facilities. Should an emergency arise, staff are instructed to enter accompanied by another member of staff or the group leader.

Contact Us

An initial enquiry to check availability can be made by calling the Centre on 020 7537 2626 or emailing simon@dswc.org.

Booking

To confirm your booking, return the completed booking form either by email to simon@dswc.org or post. Once you have returned your form, an invoice will be sent to you in the post. Please let us know if you would like a copy of the invoice emailed to you. A deposit of 50% is required in order to confirm your booking.

Final Confirmation

We require four weeks notice of final numbers so that we can complete our staffing and equipment roster. Final payment is required prior to the date of the activity. Please refer to our Terms and Conditions on the website for further details and Cancellation Policy.

Charitable Trust

Please contact the Centre if you are applying for a Charitable Trust Discount or need further information regarding the Trust Discount.

Consent Forms

The school is required to obtain parental consent for the activities to be held at the Centre. We will assume that you have completed all the appropriate paperwork. We are however, happy to discuss any issues or concerns with parents if required. The group leader is responsible for signing the Centre's consent form along with a list of participants names, date of birth and post code on the second page of the form. Any relevant medical details must be supplied on the medical details form.

Full Terms and Conditions can be found on our website.

