

## Abbotsford Sailing Club News 03/12/2020

### Summer is clearly here ...

Hello All, it's rather unbelievable that in this year of COVID it is December already and there are only three more sailing weeks to the Christmas break!

Last Saturday (and Sunday) were virtually the hottest November days on record (over 40 deg C), making for quite a torrid day of sailing (and support boat work). The heat, together with a gusty and changeable NNW breeze, made everyone work hard.

Some sailors suffered with the very **high temperatures**. Whilst it is always the sailors' responsibility for whether to start - and then to continue to race, the club is mindful of its duty of care and for reducing any risk to club members. Further below in this newsletter you will find some thoughts on how to make sailing in hot conditions safer and more comfortable.

One further point about **safety and helping** fellow members: could I please ask that people on the balcony be mindful of boats returning to the beach during and after racing, and be prompt in offering assistance. This is especially the case for our juniors or if sailors have breakages or are injured. It is impossible for a single-hander to retrieve their trolley safely and without boat damage without assistance. If all members help with the launching and retrieval of at least **two other boats**, it would make life much easier and safer for us all. And take the load off the people who regularly help with 4, 5, or 6 boats ...

Guest Editor: Chris Dey, hence the tardiness ... (It's not Willem's fault !).

The **support boat roster** is now on the Club Calendar on the website:  
<http://abbotsfordsailingclub.org.au/index.php/social-sailing-calendar>

Thank you all who have volunteered (or have been volunteered) for the support boat roster!

This week the Sea Scouts will be on support for a standard long course day.

The **bar and canteen** are open for lunch and after racing:

- Only packaged food: sausage rolls, cheese and spinach rolls, noodles and pies available from 12:00 - 2:00 pm and 4:30 - 6:00 pm
- Bar will be open from 12:00 - 2:00 and 4:30 - 6:00 pm.

A reminder that everybody still needs to **sign-in** at the club using the Service NSW QR code or sign in manually.

Please adhere to other rules under [our latest COVID management plan](#) (which is also attached to this newsletter):

- Please **don't crowd** the club and around the bar area
- Please **be seated** when eating or drinking
- Please **clean** your table and seat after use!

We are now allowed to have more people on the balcony, but still be considerate and leave room for each other.

The rule is still **Get In, Sail, Get out**. Access to showers is still restricted, again because you will have to clean the shower area if you use them. Please arrive dressed for sailing as much as possible.

### **Cleaning**

We still have had nobody volunteering to help out with cleaning the male change rooms. Willem and Chris have been cleaning the toilets every week, but we need some other male volunteers to regularly (at least once a month) clean the male change rooms: we don't have any cleaners, so please volunteer.

If you have not yet registered as a member, [the registration forms are on the website](#). **With the COVID restrictions: no membership means no sailing!**

### **Parents and carers of our Junior Sailors**

We would like to reiterate that the club requires a parent or carer of a junior sailor to be present at all times while your junior is attending the club. The club cannot take the responsibility for your junior in case something happens before, during or after racing. During racing, they will be given on-water support, but if they have to leave the water, or an emergency happens, you as a carer need to be present.

### **How can you help?**

The club is likely to face a significant financial loss this year. However we have decided not to increase our fees by a large amount. However, if you are able to afford it, we would like you to contribute \$100 to **the ClubKeeper fund** this year.

You can do this by transferring directly to the treasurer with your fee payment, or you can use our Australian Sport Foundation option and get a tax deduction

<https://asf.org.au/projects/abbotsford-12ft-sailing-club/>:



### **Other items**

**Working with Children Check:** This is a reminder that anyone over 18 who is likely to work with our juniors (for example as a coach) and does not have children at the club themselves needs to complete a working with children check:

<https://www.kidsguardian.nsw.gov.au/child-safe-organisations/working-with-children-check>

Please complete this as soon as possible. Once you have your WWCC number, please send this to our secretary Phil Marsh ([philmarsh@bigpond.com](mailto:philmarsh@bigpond.com)).

### **Sailing Committee meetings**

The next club meeting will be on **Monday** 7 December at 8:00 pm and will also be accessible via video conference. All members are welcome to attend, please e-mail [willemvervoort@gmail.com](mailto:willemvervoort@gmail.com) if you are not on the minutes mailing list and would like to attend.

Please feel free to e-mail me with any concerns about the club management.

Willem Vervoort

President A12SC

Please advertise our club to all your friends and colleagues, we can always use new members and sailors. The [facebook page](#) and [the website](#) are all active and updated.

**Boats and gear for sale:** Please check the bottom of the newsletter, or let me know if you would like to advertise.

Any news to be included in the next newsletter should be sent to [willemvervoort@gmail.com](mailto:willemvervoort@gmail.com)

## Race report

On a sweltering 40+ degree day with a gusty NW breeze we set out on two rounds of the short course series. It probably was a good day to have a few capsizes, just to cool off. Plenty water to drink and loads of sunscreen were important for days like this.

Short course results on a gusty NW breeze. In the Lasers, Race 1 and race 2 had identical results. 1. SinKing (Chris D), 2. Vibe (Lee) 3. Certifiable (Tom), with the handicap going in the order Certifiable, SinKing, Vibe. A notable mention for Judy who was fourth in both races, sailing with a 4.7 rig and being supremely comfortable (and fast) upwind, but probably with enough time and stability to have a cup of tea on the downwind legs.

In the Skiffs there was only one finisher in Race 1: Fast Forward with Stephen and Robin with no finishers in Race 2.

A big thank you to those on support and starting and finishing in the 40+ heat. This was a major effort for everybody.

A belated report for the week of 21 Nov, which was the club championship (Jack Hubbard Memorial Trophy) for all classes except the skiffs. It was a perfect SE breeze on the day with plenty of challenges in the gusts and gaps for everybody. So there was some tight and not so tight racing, but plenty of enjoyment.

In the Lasers SinKing (Chris) was first over the line, followed by Lee in Vibe and Garry in Juz. A memorable mention has to go to the first radial (Because I can with Judy) in 4th place. Garry also did well to maintain third after breaking his tiller extension universal joint and having to steer with the tiller and rope for most of the race. In the handicap, Mark in Kaboom came first followed by Problem Child (Hannah) and Because I can (Judy).

In the open class, there was some fierce competition between the different boats, but in the end Cost Ya came first, followed by Gone Rogue and Attitude. In the handicap, Attitude came first followed by Queen Scout and Cost Ya.

In the skiffs, battling for Noah and Ethan's trophy, the Arrogant Frog (Steven and Peter) came first by a mile, followed by Fast Forward (Stephen and Willem), with handicaps in the same order.

A big thank you to Robin and Luke for volunteering to run support for the championship heat.

## Sailing on hot days

The key to sailing on hot days is to stay hydrated. A combination of high temperatures, low humidity and strong breezes means that you actually don't feel how much fluid your body loses. So hydration is really, really important.

It is impossible to drink too much water before the race. As a guide, you should drink at least a litre before going out, probably more like 1.5 litres. Drink it slowly and steadily in the last half hour before going on the water. Also take at least a litre on the boat with you. Electrolyte drinks or additives are useful but not essential.

Using the river water to cool yourself is a useful technique. Making sure your wetsuit is wet before starting will help you feel cooler in the first part of the race. Basically, if water evaporates from your wetsuit, it will lower the "feeling" temperature or "sensible heat" and actively cool you.

So, jump in the water just before the start sequence, and during the short course, having a dip overboard in between the races therefore also keeps you cool. Wet your hat or neck scarf during the race too. Many people sail with caps, but a broad-brimmed hat will offer much more benefit on the hottest, sunniest days.

However, because you feel cooler, does not mean the sun's radiative heat is not burning your skin, so covering up from head to toe and applying plenty of sunscreen on any exposed spots becomes really important when the heat goes up. If you don't need a long wetsuit for boat protection and comfort, consider using a rash/sun protection top and perhaps non-wetsuit sailing leggings or tights.

Recovery after the race is just as important. When you return to the club, drink a lot more water, go fully under the hose and get in the shade as much as you can. Consider leaving your boat for a while before unrigging when it's cooler and less sunny. Cold sugary drinks will feel refreshing but the main point is to just get a lot of water back into your body. It is a good sign if you have to go to the toilet a lot afterwards, and conversely a bad sign if you don't. Finally, the electrolyte replacement drinks are now very useful for recovery too. Drink them into the evening and without being too much of a killjoy: avoid alcohol!

With the right preparation and practice it is possible to sail safely and relatively comfortably in high temperatures.

## Boats and equipment for sale

Advertise your boat or equipment here.

### Coming Events (The racing calendar is now [on the website](#))

<b>5 December</b>	<b>Long course racing</b>
<b>7 December</b>	<b>Club meeting, 8 pm</b>
<b>12 December</b>	<b>Heat 11 &amp; 12 of the Short course series</b>
<b>19 December</b>	<b>Heat 3 Club Championships (J&amp;L Dempsey Memorial Trophy)</b>

Please note these dates in your diary. It would be great if all members could attend events.