



INTRODUCTION TO SKIFF SAILING - 2025

INFORMATION & REGISTRATION

BACKGROUND: The MH16's sailing community would like to welcome prospective SKIFFIES to come and have a go. There will be opportunity to sail on 16s and 13s, talk with experienced skiff sailors about how to put a crew together, buying a boat, storage, costs, support offered and much more. These sessions have been designed to help introduce experienced sailors to skiff sailing and how to overcome the entry hurdles.

PARTICIPANTS: Should be aspiring skiff sailors. Key criteria for inclusion in the program include:

- Some previous dinghy/small boat sailing experience Mandatory
- At least 3 years of sail racing experience Mandatory
- Reasonably fit and strong Mandatory
- Skiff or "skiff like" experience (EG: 505, Cherub, MG....) Highly Desirable

SESSION CAPACITY: We will be limiting enrolments to ensure everyone has ample time on the skiffs. We may organise a follow up session if required.

DATE & TIMES: We plan to run the session on the **Saturday 3rd of May 2025**. Exact timing and structure for the day may change due to the weather forecast but the plan is to arrive about 11.15am and finish by 4pm.

REGISTRATION: Complete and return the registration form (last page of this doc) by **23 April**. We will be in contact prior to the session to confirm that your registration has been accepted and to send further information.

SESSION CONTENT & STRUCTURE: Please note that this is a draft plan and may change due to weather or other factors. All sessions are designed to be interactive and participants are encouraged to ask questions.

11.30am	Lower Deck	Welcome & briefing, boat/crew allocation & sign-on
12pm	Beach/Grass	Skiff rigging, familiarisation & on-shore coaching
1-1.30pm	On-water	Sailing
3-3.30pm	Beach/Grass	De-rig & sign-off
4pm	Lower Deck	Debrief and drinks

Notes: The formal session should be complete by 4.30pm. Times are approximate.



SKIFF SAILING – INTRODUCTION 2025

Registration Form

Name: _____ DOB: _____

Email: _____ Mob: _____

Sailing Resume Highlights

Sailing Club: _____ Financial Season 2024/25: Yes/No

Year(s)	Boat Type	Role	Comment (eg: regattas, club season)
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Fitness & Health

Fitness/Strength: **Low** - No/little regular exercise & can complete 5 or less push ups in a row.
 Medium – 2-3 aerobic exercise p/w & can complete 15 push ups in a row.
 High - >3 aerobic exercise p/w & can complete 25 or more push ups in a row.

Swimming Ability: <25m 25 – 200m >200m

Weight: KG Height: CM

Medical Conditions: _____

Please provide any helpful information (eg: interested in 13' or 16' sailing)

SIGNATURE: _____ (participant or guardian if less than 18yrs)

SEND Completed form to info@middleharbourskiffs.com.au