



Irish National Sailing and Powerboat School

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Frequently Asked Questions – School Programmes

Are Lifejackets mandatory?

The wearing of Buoyancy Aids (a dinghy sailor's version of a lifejacket) is mandatory at all times when on or near the water, as prescribed by Irish Law.

Is the Irish National Sailing & Powerboat School regulated by any bodies?

Our Courses are validated by The Irish Sailing Association (domestic sailing governing body) and The Royal Yachting Association (UK and Commonwealth sailing governing body). We are inspected annually by both bodies who assess our facilities, equipment, personnel and standard of programmes run by us.

What are the qualifications of INSS Instructors?

All INSS Staff have passed the relevant ISA / RYA instructor courses. One Senior Instructor is charged with overseeing every group. Dinghy Instructors and Assistant Instructors work with students and The Manager / Principal oversees the delivery of all courses. All INSS staff are certified in First Aid Training and Garda Vetted.

A student suffers from a Medical Condition (e.g. Asthma, Diabetes). Will this affect their ability to take part?

Over the years we have catered for many students with medical conditions such as those listed above. Our instructors carry waterproof containers on the water, so a child will have easy and quick access to their medication should they require. Instructors are First Aid trained and are familiar with the ins and outs of dealing with these situations. Teachers/parents with further queries should contact the manager.

A student has a special educational need – will this affect his / her ability to take part?

In this situation guidance from the teachers is sought as to whether they think the activity is suitable or not. Our instructors have years of experience of dealing with students of all abilities. Indeed, teachers or SNAs are welcome to join in the activity at no extra cost. Teachers are advised to speak to the Manager prior to booking.

What is included in the Course Price?

The following is included in the fee:

- Instruction
- Provision of Boat, Lifejacket, Wetsuit & Waterproof Jacket
- Use of Facilities (Hot Showers, Classrooms etc)
- Insurance

What do the students need to bring each day?

Make sure to bring the following along each day:

- Spare Change of Clothes
- Footwear to wear afloat (Old Runners)
- Towel, Shampoo & Shower Gear
- Swimming Togs & Waterproof Jacket
- Woolly Hat & Suncream (We never know what the weather may do!)

Please note that we do not allow short sleeved & legged wetsuits to be worn on our programmes. We cannot take responsibility for lost items and consequently it is advised to leave valuables (ipods, digital cameras, mobile phones) at home.

Are teachers required to take part?

Once students are on site with us they are our responsibility. Teachers are more than welcome to join in the activity to any extent they wish. We do not require a teacher to be onsite, however, we are more than happy for teachers to grab a cup of tea or coffee in the clubhouse, or use one of our rooms to catch up on some marking while the group is on the water.