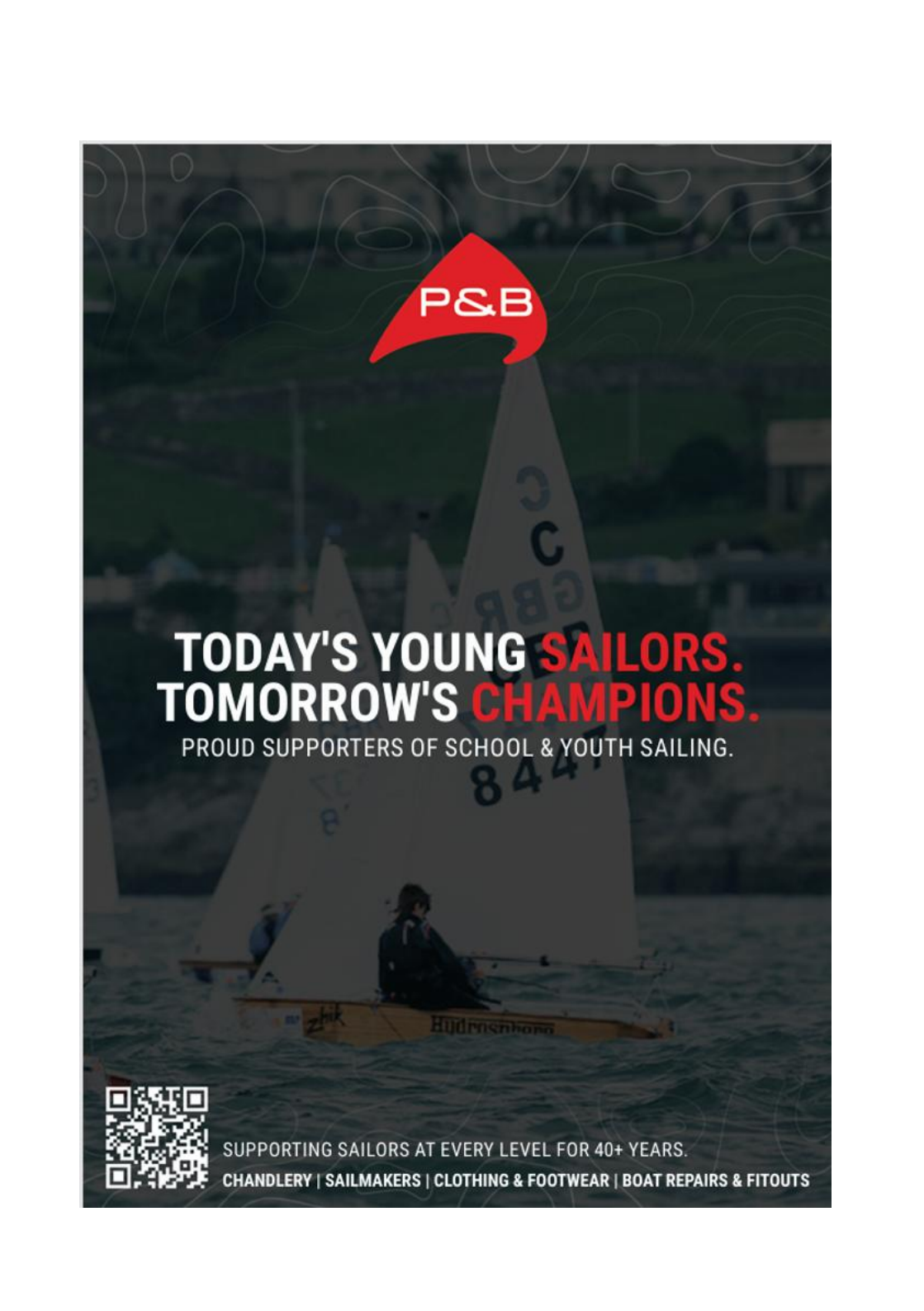




The P&B NSSA National Youth Regatta
Downs Sailing Club 20th – 24th July 2026





P&B

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Welcome to the 2026 NSSA annual regatta! It is always a highlight of the year for the KSSA team and it is our pleasure to be able to work with Downs Sailing Club to host the event for this year.

As this is the first coastal venue for the regatta in a number of years there is an extra dimension to consider with the tide and sea state - an opportunity for many of you who sail inland to expand your experience.

We are looking forward to an exciting week of competitive racing as well as a full programme of social and evening activities - so please take full advantage of everything that is on offer and enjoy yourselves!

As with every major event, there is a lot of work behind the scenes, both in advance and during the week. Thank you to all of the volunteers who have worked on the preparation, as well as the supporters, parents and team managers who bring the sailors and help out during the week.

Finally to the sailors - this event is for you. Thank you for participating and good luck with the racing!

Duncan Robb
KSSA Commodore



Downs Sailing Club was founded in 1949. Its first Commodore and one of the founding members was Sir Gerard Wollaston, who served as the Garter King of Arms at the coronation of Her Majesty Queen Elizabeth the Second. Film footage from that period shows a very different picture of dinghy sailing in

those days; boats were of wooden clinker construction and being very robust the practice was to drive the boats onto the beach when coming ashore. The sailors were a tougher breed too- no wetsuits or drysuits and the safety boat crew wore tweeds, shirts and ties! Fast forward to today and the club has seen many changes. Wood has largely given way to fibre-glass construction. Many classes now sport carbon-fibre somewhere in their rigging. Meanwhile the clubhouse has grown much since the early days, the last major modification being the extension built in 2014 before the NSSA regatta of that year. And we are now solar-powered! What hasn't changed is Downs is a very active club; at the height of our season, we race on Tuesdays, Thursdays and Sundays. Our Friday evening program gives an opportunity for members to have a leisurely sail with the possibility of training and coaching too. There has been much hard work and preparation for NSSA 2026 already behind the scenes so I am confident that Downs Sailing Club will deliver an excellent week's racing, not to mention our hospitality ashore.

We look forward to welcoming you!

Phil Halldron

Down S.C Commodore

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Link to Official Notice Board and SI's





Chairmans Welcome

This event has been many years in the planning and it's with great thanks to the huge number of volunteers that have invested their time so willingly into making this year's event a success.

The Downs Sailing Club / KSSA team have hosted four previous times, the last one in 2014 and it is a pleasure to see past competitors return as volunteers together with volunteers returning from previous events. I hope that seeing how Downs Sailing Club and KSSA have worked together to deliver the event inspires others to host in the future and ensure the continuation of this fantastic event.

To the sailors, I hope you experience the weather conditions that shows Downs Sailing Club at its very best! As a beach side sea venue, sailing at Downs Sailing Club presents challenges, tide and waves bring an added dimension to sailing. These extra elements will require tenacity and resilience to master.

Launching and recovery is very much a team effort and as such need's collaboration and communication.

I hope that competing at the NSSA regatta is rewarding and enjoyable, progresses your sailing makes you a stronger young person and most importantly builds friendships and creates memories that last a lifetime.

Simon Cory

NSSA Regatta Chairman 2026

Making the most of your sailing at Downs Sailing Club

Tides

Getting ahead when sailing at Downs Sailing Club, means understanding the tides and using them to your advantage,

Knowing the time of the tide and how that affects the direction is a good start.

The direction of the tide can be calculated easily. It flows North towards Ramsgate /Deal Pier 2 hours before high tide and turns South towards Dover 4 hours after hightide.

The use of transits will be vital for you to keep on the Rhumb line of the downwind legs, as the tide can have a significant effect on the direction you need to sail. You will be surprised how much higher or lower than the mark you need to sail to ensure that you stay on the rhumb line for the leg. Going against the tide on an upwind leg needs a lot of concentration to keep as close to the wind and ensure you are always pointing as high as you can.

Another useful tip to help you understand how to use the tides to your advantage is to remember that the tide gets stronger the further out to sea you go. So, choose your course to use the tide to your advantage. Going out to sea will help if you need the tide with you, going closer to the shore will help if you need to sail against the tide.

Don't forget to use the tide table in this handbook to check the tide times before you sail or listen carefully at your morning briefing!

19 Sun	High 3:25 am (6.46 m)	Low 10:48 am (1.08 m)	High 15:41 (6.57 m)	Low 23:09 (0.95 m)
20 Mon	High 4:07 am (6.23 m)	Low 11:23 am (1.36 m)	High 16:24 (6.34 m)	Low 23:46 (1.26 m)
21 Tue	High 4:50 am (5.93 m)	Low 11:59 am (1.65 m)	High 17:09 (6.03 m)	
22 Wed	Low 12:24 am (1.59 m)	High 5:40 am (5.61 m)	Low 12:40 (1.94 m)	High 18:04 (5.69 m)
23 Thu	Low 1:09 am (1.9 m)	High 6:40 am (5.34 m)	Low 13:30 (2.18 m)	High 19:09 (5.43 m)
24 Fri	Low 2:04 am (2.12 m)	High 7:48 am (5.21 m)	Low 14:32 (2.3 m)	High 20:20 (5.34 m)

Wind and Waves

The sea state will change with the changing tide. When the wind and tide are against each other there are more waves to play with, giving lots of opportunity to play with both the upwind and down wind angles. Wind and tide together give a much smoother sea state and a much easier ride upwind!

The prevailing wind is South westerly, an off shore breeze that can be a bit shifty with the wind coming off the buildings and funnelling down the beach. This is also true of the NW breeze which can be the most variable. A keen eye is needed to look out for the shifts and gusts on the water to use to your advantage.

The Southerly breeze is a consistent breeze that is warm and true and makes down wind legs a dream when playing the waves.

Meanwhile an Easterly breeze, rewards those that are prepared to make the effort with the waves to windward.

Finally the NE winds, a steady wind, with the waves at their best. More waves for the amount of wind so a good amount to play with both up and down wind.

Use the daily weather forecast to check the direction and work out your tactics but don't forget that on a warm day we can also get a stronger sea breeze that can alter the forecasted wind direction, so keep your eye on that burgee or wind indicator!

Safety on the Water

There will be a HM Coastguard Officer on the Regatta site during each day of sailing to ensure a rapid response to a request from the Regatta Safety Team in the unlikely event of them needing outside assistance.

Competitors, please don't forget to tally on and off, it causes the Safety team a whole lot of grief if you don't.

Just in case a competitor gets a bang on the head Team Managers and parents should familiarise themselves the RYA Sailing Concussion Protocol – RYA Sailing Concussions.

A message for the people helping on the beach, the right boat **must** match the right trolley. Under **NO** circumstances should returning boats be placed on any random trolley. (This is to ensure, particularly in the event of a Major Incident, boats still at sea can be readily identified by unoccupied labeled trolleys on the beach).

If any Safety RIBs 'go technical' during the week of the Regatta a local firm of marine engineers, Wayne Maddox Marine 01843 499049 will make themselves available to help. They are based in Ramsgate; 15 miles away, so will not be on the Regatta site.

There will be an initial briefing for all safety boat crews in the Downs Sailing Club lounge at 16.30 on Sunday 19 July 2026.

The Event Safety Plan can be found at



Tim Waite
Event Safety Officer

NSSA Regatta First aid

During the sailing regatta there will be a manned first aid tent at the top of the beach. There will also be a first aid qualified coastguard in attendance for any more serious injuries. On the water each fleet will have a lead safety boat and a roving first aid boat covering the whole regatta.

After the sailing formal first aid facilities will be stood down for the day and team managers should be the point of contact for any injuries or health concerns. Downs Sailing Club has first aid kit and defibrillator in the main entrance and a large number of first aid trained volunteers

On the campsite there will be a first aid kit in the tent used by the night duty manager.

Locally, Deal hospital has a minor illness/minor injury unit open 8-8 with a doctor and associated health care staff and X-ray on site. This is a walk in service with usually very short waits. Buckland hospital in Dover also has an 8 to 8 urgent treatment centre and major accident units are based in QEQM Margate and William Harvey hospital Ashford. There are several pharmacies within 200 yards of the club as the first aid facilities will not be providing medication

It is important that any health concerns that may need intervention during the week or major allergies are shared with team managers and on the entry form. Any emergency medication such as inhalers or EpiPens should have the location of these shared with shoreside appropriate adults

Please feel free to contact me with any questions in advance of, or during, the event

07817136812

john.sharvill@gmail.com

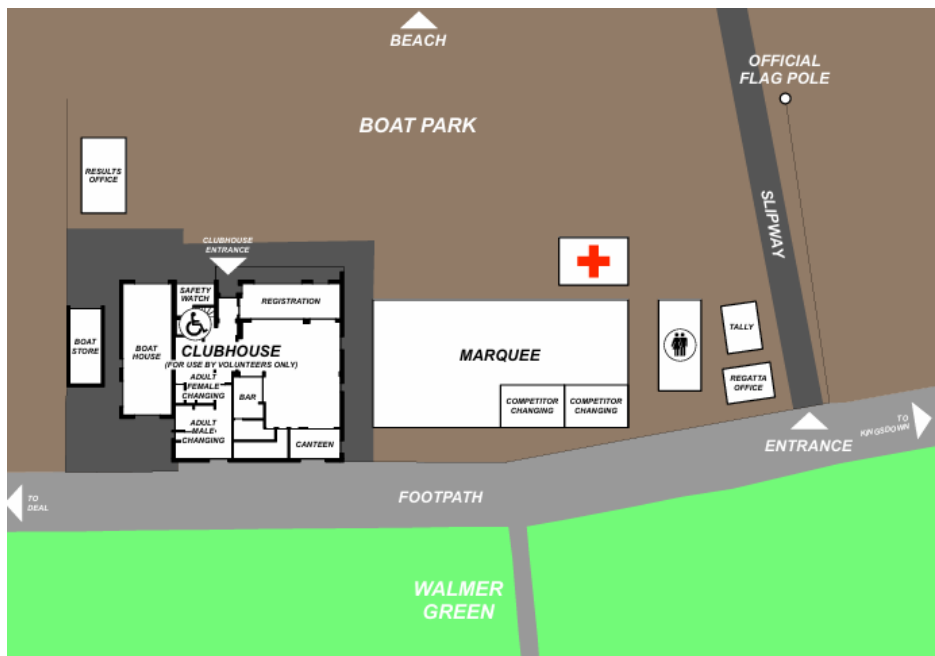
Safeguarding

Safeguarding is about protecting everyone, both children and adults. We have zero tolerance to bullying and ask that everyone is respectful of each other. If you have any questions or queries or wish to discuss a potential safeguarding issue, please telephone Downs Sailing Club Welfare Officer.

Sara Sheppard on 07951736021

or welfare@downssailingclub.co.uk

Downs Sailing Club Site Plan



Downs Sailing Club 'Galley' Information

For all those hungry sailors and supporters, the Downs Sailing Club Galley/canteen service will be open from 2pm Sunday 19th July, and from 8.30am the rest of the week until approx. 6pm each day. There will be a team of volunteers on hand to provide a variety of hot and cold nourishing snacks and drinks at reasonable prices.

Find us in marquee under this 'galley' sail.

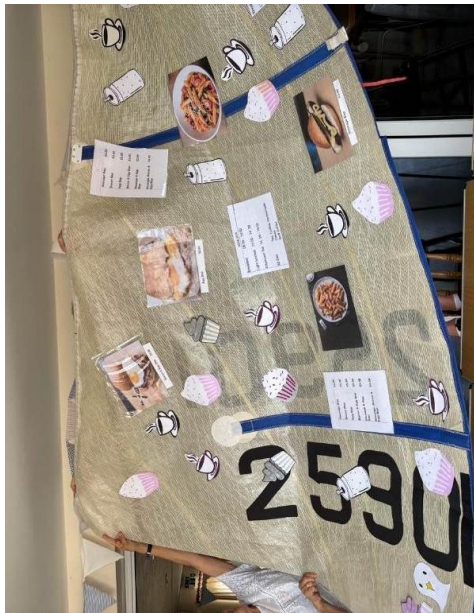
- ✓ Breakfast baps - £3
- ✓ DSC 'Toasties' - £2
- ✓ Pasta pots - £4
- ✓ Lite lunches & suppers.

After sailing why not enjoy a teatime treat with our selection of 'Homemade' cakes, snacks & drinks.

Tuck Shop

There will also be a 'Tuck Shop' which will be in the Downs Sailing Club marquee and will be open from 9.30am to close each day. This will sell a range of cold can drinks along with chocolates, sweets, crisps, and fruit.

Both card and cash payment methods will be acceptable at time of purchase.



Evening Entertainment Programme

This year we have a varied programme of evening entertainments, which we hope will have something to suit everyone.

The entertainment programme for the week is as follows

Sunday Opening ceremony Parade welcome briefing 7.00 7.30
South side off the dinghy park Sailing club marquee

Monday Bingo 7.30 Downs Sailing Club marquee

Tuesday Guided visits to the RNLI station Starting at 7.00 and running through the evening. Meet at the Downs Sailing Club

Wednesday Taskmaster 7.30 Downs Sailing Club marquee

Thursday Silent Disco 7.15 to 8.15 8 to 12 years 8.30 to 9.30 12 to 18 years (some mix and match possible if teams want to stay together Downs Sailing Club marquee

Friday

(for those staying until the Saturday) Prize giving Informal games at the Downs Sailing Club As soon after 3.30 as results 7.15 Sailing club marquee

Indoor and Outdoor games equipment.

Deal rotary club have donated funds to allow us to buy some games equipment.

Therefore, there will be a range of outdoor games equipment available to borrow for self-guided games or inter team challenges on the green near the sailing club.

In addition, a range of indoor games will also be available at the rugby club marquee for quiet times or in the event of bad weather.

This equipment can be used freely by sailors but we ask that you respect the equipment, and put it back tidily when finished with for others to use next.

Deal Fun Fair

On Thursday and Friday of the week, the annual Deal Fun fair will be open, on the far side of the Walmer green. This is not part of the NSSA entertainments and will be at the discretion of team managers if they want to take their teams there.

Castle visits

In the event that sailing is cancelled due to bad weather, an arrangement has been made with the local English Heritage to allow free children's visits to both Walmer and Deal castles



ENGLISH
HERITAGE

**Castles are cool so
why not pay us a visit
at Deal and Walmer
Castles**

Camping at the Event

This year Camping and meals will be at the Deal and Betteshanger Rugby Club.

The campsite is big enough to accommodate all those who wish to camp and has space enough to accommodate campervans and motorhomes both alongside the pitch and in the car park.

There will be extra showers and toilets and a big marquee for both catered meals and socialising.

The following information is provided to make your stay at the Rugby club as comfortable and efficient as possible and we ask that you respect the goodwill of a fellow sports club by following the campsite rules.

Teas and coffees are provided for adults staying at the campsite, throughout the day and the evening and will be available from early in the morning for that “wake me up” cuppa first thing.

Squash and water will be available for sailors to fill up their water bottles which will be provided as part of the competitor bags.

Meals and meal times

Breakfast and dinner will be served as a flexible service

Breakfast 7.30 to 9.00

Dinner 5.30 to 7.00

Lunches will be provided in team crates at the Downs Sailing Club and will be available for when the sailors come off the water at lunch times.

For sailors or adults with medical / allergy / special dietary requirements a specific, coloured band will need to be worn to notify the caters of a specific need.

Showers and toilets

There are plenty of showers and toilets for use by sailors and adults. The external showers are mainly for the use of female sailors and adults. The internal showers are open showers and will be timetabled for use to separate adults and young people.

There are no showers for sailors at the Downs Sailing Club and limited changing facilities so, if possible, please come ready changed to the sailing club.

Walking to and from the campsite

The walk from the rugby club and sailing club takes approximately 5 minutes, with one main road to cross. There is a road crossing and team managers should ensure that their sailors use the crossing when walking to and from the sailing club. At busy times this will be overseen by volunteers.

First aid

A first aid kit can be found at the campsite marquee and at the sailing club. During sailing club hours a dedicated first aid team will be available and are on call both on and off the water.

After sailing has finished for the day, it is the responsibility of the team managers to provide first aid. (Please see the in case of emergencies for useful numbers)

A range of feminine hygiene products are available both at the campsite and at the Downs Sailing Club.

Phone charging

There will be phone charging sockets available at the Downs Sailing Club marquee but not at the rugby club marquee. Sailors will need to bring their own leads for charging as these will be USB charging sockets not plug sockets.

Safeguarding

Any safeguarding concerns, welfare issues or incidents should be reported immediately to the Safeguarding officers or a Team Manager.

Downs Sailing Club safeguarding officer Sara Shepherd

KSSA safeguarding officer Katy Grilly

A range of games are provided for use by sailors in the marquee. Please look after the games and put them away tidily after use.

NSSA Regatta - Campsite Rules

All campers are expected to behave responsibly and follow these rules to ensure a safe, enjoyable and respectful environment for everyone.

Deal and Betteshanger Rugby Club, The Drill Field, Canada Road. Deal. CT14 7EQ

///ideas.mops.dairy Emergency contact (24 hours) 07725 084601

1. Supervision

- All competitors must camp under the supervision of their designated Team Manager or other responsible adult
- Team Managers are responsible for the conduct, welfare and safety of members of their team throughout their stay.
- All Team Managers supervising young people must be DBS checked.
- Competitors must follow any instructions given by Team Managers, campsite staff or event officials.

2. Access and Security

- The only authorised access route to the campsite is via the Drill Field, Canada Road, Deal.
- Campers must not enter or leave the site by any other route unless directed by event officials.
- Vehicles must only be parked in designated areas.
- Access routes and emergency vehicle routes must be kept clear at all times.

- Once on site, no camping vehicles may leave the pitch site until after 2pm on Friday 24th July, except by prior arrangement.

- There is no car parking at the rugby club campsite; the carpark for campers will be at Borrowpit carpark. Kingsdown road
///justifies.computer.waiters.

3. Respect for Facilities

- Campers must comply with all notices displayed around the campsite and venue.

- Particular attention must be paid to published opening and closing times for toilets and shower facilities.

- Facilities should be left clean and tidy after use.

- Any damage, breakages, maintenance issues or safety concerns must be reported immediately to the Campsite Team at the Information Point or by calling 07725 084601.

4. Quiet Hours

- The campsite operates as a quiet site between 22:00 and 06:00.

- During quiet hours, noise must be kept to an absolute minimum.

- No amplified music, shouting, ball games or disruptive behaviour is permitted at any time

- Campers should remain within their own camping areas except when accessing facilities.

- Ball games are only allowed in the specific ball games pitch area

5. Behaviour and Conduct

- Respect fellow competitors, officials, volunteers and local residents.
- Anti-social behaviour, bullying, harassment, vandalism or abusive language will not be tolerated.
- Anyone behaving in a manner deemed unsafe or unacceptable may be required to leave the campsite and/or regatta.

6. Alcohol, Smoking and Drugs

- Alcohol is not to be consumed in camping areas.
- Recreational drugs are strictly prohibited.
- Smoking and vaping are not permitted on the campsite grounds.
- Team Managers are responsible for ensuring compliance with these policies.

7. Fire Safety

- No open fires or generators are permitted anywhere on the campsite.
- Disposable barbecues, fire pits, candles and similar naked flames are prohibited.
- Cooking equipment must only be used in the car park campervan area, inside vans and when there is a fire blanket or extinguisher present.
- Fire points and emergency access routes must remain unobstructed.

8. Tents and Camping Areas

- Camp only within designated camping areas.
- Leave adequate space between tents as directed by campsite staff.
- Do not dig trenches or alter the ground in any way
- Keep camping areas tidy and free from hazards.
- No running in tent areas.

9. Waste and Environmental Responsibility

- Please use the bins and recycling facilities provided.
- Do not leave litter anywhere on site.
- Help keep the venue clean and respect the local environment.
- DO NOT dispose of chemical toilet or grey water waste within the toilet or shower facilities

10. Emergencies

- In an emergency, contact a member of the Campsite Team, Event Official or Team Manager immediately.
- For life-threatening emergencies call 999 and then notify event officials as soon as possible.
- Follow instructions from emergency services and event staff without delay.

11. Safeguarding

- A designated Safeguarding Lead will be available throughout the event. Contact details will be displayed at the Information Point and on official event notice boards.
- Any safeguarding concerns, welfare issues or incidents should be reported immediately to the Safeguarding officer or a Team Manager.

12. Organiser's Authority

- The Organising Authority reserves the right to amend these rules where necessary for safety, safeguarding or operational reasons.
- Failure to comply with these rules may result in disciplinary action, removal from the campsite and referral to NSSA.

NSSA 2026 Regatta Sponsors



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31st August 2026**



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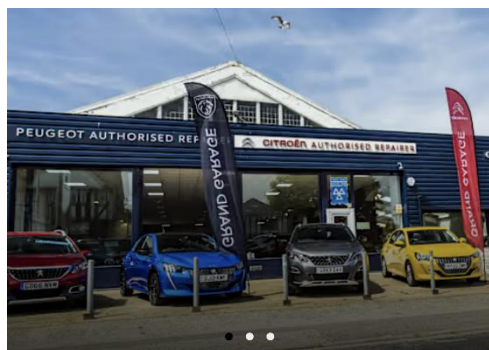


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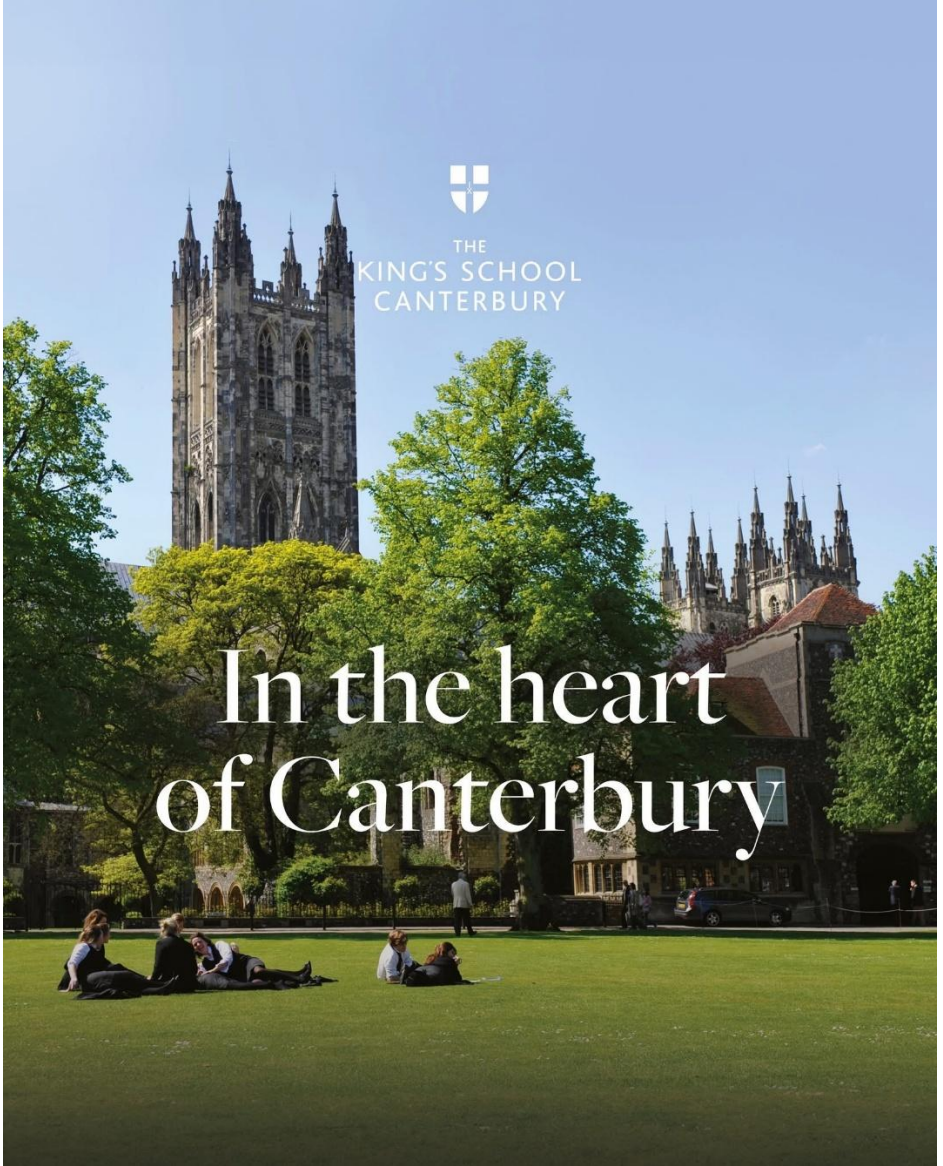
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