



420 Thailand Coaches and Sailors Clinic

Yacht Racing Association of Thailand & 420 Class Association of Thailand

17th to 21st of November 2021

General Conditions and Programme of the clinic

INTRODUCTION

The International 420 Class Association in collaboration with the Yacht Racing Association of Thailand and the 420 Class Association of Thailand, will organize a 420 Coaches and Sailors Clinic from the 17th to the 21st of November 2021.

Venue:

Yacht Racing Association of Thailand

Address: Samudthakila Building

1040 Leabchaitalay Road, Sattahip, Chonburi, Thailand

Phone: +66 38 438 594

www.yrat.org

Contact person:

Chartchai Krittanai

E-Mail: ckrittanai@gmail.com

Phone: +66 84 001 9151

Travel, accommodation and support:

Coach and Sailor participant must cover his/her own travel, accommodation and meal costs.

For assistance, please contact: Chartchai Krittanai at ckrittanai@gmail.com



Clinic Aim:

To share the maximum amount of technical, tactical, sails, organizational skills and other training information with 420 Coaches and Sailors and collect some important information from the coaches.

Head Coach:

Nikos Drougkas (GRE)

CLINIC FORMAT AND SCHEDULE

- **Day 1**

Morning session

- Opening session
- Institutional presentation of the I420CA, made by the President, José Massapina
- Introduction & Course Programme
- Boat preparation for practice
- Boat Handling
- Briefing about the afternoon session

Afternoon session

- Tacks ashore
- Afloat session – general items
- Practical tacks on the water
- Debrief - Discussion

- **Day 2**

Morning session

- Mark Rounding – Theoretical conversation and preparation for the afloat session
- Shore session – Gybes
- Briefing about the afloat session

Afternoon session

- Afloat session – general items
- Gybes on the water
- Mark rounding session on the water
- Debrief - Discussion

- **Day 3**

Morning session

- Tactics – for Starting / upwind / reaching / Downwind
- Compass work – theoretical



- Questions and discussion
- Briefing about the afternoon session
- **Afternoon session**
- Afloat general exercises (boat handling)
- Debrief - Discussion

- **Day 4**
- **Morning session**
- Boat tuning
- Questions and discussion
- Briefing about the afternoon session
- **Afternoon session**
- Afloat exercises of boat handling
- Afloat exercises of tactic
- Debrief - Discussion

- **Day 5**
- **Morning session**
- Race strategy
- Briefing about the afternoon session
- **Afternoon session**
- Afloat exercises of boat handling
- Afloat exercises of mark rounding
- Afloat exercises of starts
- Closure of the Clinic.

Notes:

- *The Clinic programme may be changed by the Head Coach.*
- *The morning sessions will start every day at 09H30.*
- *The Clinic will be taught in English but there will be a local translator*

Eligibility and Entries

The Clinic will be open to Coaches and Sailors of all youth classes from Asia. The maximum number of entries is 30 of each. If the Clinic is over-subscribed, entries will be limited at the discretion of the organizers. NCAs and/or MNAs should indicate the order of priority of their Coaches and Sailors. All entries must be endorsed by their relevant NCA or MNA.



Insurance: Each coach and sailor must present a valid insurance policy to be protected in case of accidents during the clinic.

Registration:

Coaches and Sailors interested in participate in this clinic must send their entries, through their National Class Association or Member National Authorities, by **7th of November 2021** to:

I420CA President - José Massapina

Av. Dr. Mateus Teixeira de Azevedo, 76

8800-379 Tavira

PORTUGAL

Email: jose.massapina@marinaalbufeira.com

Fax: + 351 289 510 180

Mobile: + 351 966 909 710

or to:

Chartchai Krittanai

E-Mail: ckrittanai@gmail.com

Mobile: +66 84 001 9151

Additional Information:

How to reach the venue: The clinic will be run at Sattahip Bay, Sattahip, Chonburi, approximately 30 Km from the tourist city, Pattaya. It can be accessed via the Bangkok Suvarnabhumi International Airport (**BKK**).

Visa requirements:

Participants should contact their travel agency or Consulate in their country to inquire about Visa requirements and current travel restrictions. A letter of invitation can be provided upon request. More information for Visa requirement <http://www.thaiembassy.com/thailand-visa/> Even though visa application is exempted for citizen from many countries, an online application for Certificate Of Entry (COE) from the Royal Thai embassy or Consulate in the departure country is also required.

Accommodations:

Due to the current restriction of the Royal Thai Government on COVID-19, foreign visitors are required to be fully vaccinated and stay in a hotel with Safety and Health Administration (SHA+) certification for first seven nights. They also need to have health insurance with COVID-19 coverage and pass the COVID test upon arrival.



There is some local SHA+ hotels located around 5-minute driving from the venue. The closest hotel for this clinic is Sea Paradise Hotel the cost is 30-40 USD per night. For more information and assistance on accommodation, please contact ckrittanai@gmail.com. (<https://www.booking.com/hotel/th/sea-paradise-sattahip.th.html>).

Sailing Area:

The venue is located at Sattahip Bay (12°38'27.8"N 100°54'34.8"E)

Wind: 0 - 15 knots SW

Water temp: ~ 29 °C

Air temp: ~27 - 29 °C

Depth: 5 - 25 metres



/420sailing.org

/facebook.com/International420ClassAssociation

/twitter.com/420Class

/youtube.com/Int420Dinghy

