



WELSH YOUTH & JUNIOR CHAMPIONSHIPS

12TH-13TH SEPTEMBER 2026
PLAS HELI WELSH NATIONAL SAILING ACADEMY

EVENT HANDBOOK



A Guide for Sailors, Parents, Race Management and Safety Fleets

RYA Cymru Wales and Plas Heli Welsh National Sailing Academy are looking forward to welcoming you to Pwllheli for the 2026 Welsh Youth & Junior Championships. The information below will help guide you in terms of logistical information and schedule so that the weekend can run as smoothly as possible.

A – Road from the Town
B – Entrance to Quay and Parking
C – Access bridge to Pontoons
D – Plas Heli Pontoons
E – Quay
F – Old Sailing Club Building
G – Hafan Marina Office
H – Bridge to Marina
I – Marina Parking
J – Road & path to Chandleries
K – Hafan Overflow Carpark & Storage
L - Entrance for Events & Motorhomes
M – Motorhomes
N - Academy Compound & Storage Hub
O - Caban
P1 - Academy Parking
P2 – Event Parking
P3 – Public Beach Parking
Q – Marquee
R – Secure Event Area
S – New Academy Building
T – Dunes
U – Access to Public Parking
V - Access to Service Road
W – Access to Beach
X – Beach and Launching area
Clear Pathways and Entrances to be kept Clear



Site Map



- Red- Optimist
- Blue- RS Tera
- Purple- Topper
- Orange- Coached Regatta Fleet
- Pink & White- ILCA
- Black & Gold- 420, 29er, RS feva

Arrival

Boat Drop Off

Boats can be dropped off on Friday- the gate code will be sent out prior to the event on the Official Telegram Group. Please leave your boat in the class specific area marked on the map on the previous page.

If you are arriving Saturday morning, boats need to be unloaded as soon as possible and cars removed from the boat park.

Cars can be parked in the beach car park or the event parking on the map on the previous page. NO cars to be parked in the car park unless linked to a campervan or tent.

Registration

Registration will take place in one of the training rooms off the Main Hall. We will be running a paperless system. Sailors will be asked to confirm name, sail number and to verbally agree to the 'Sailor Declaration'.

Registration will be open between 17:00-18:00 on Friday evening and on Saturday at 08:30-09:30.

Please try and register as soon as possible.

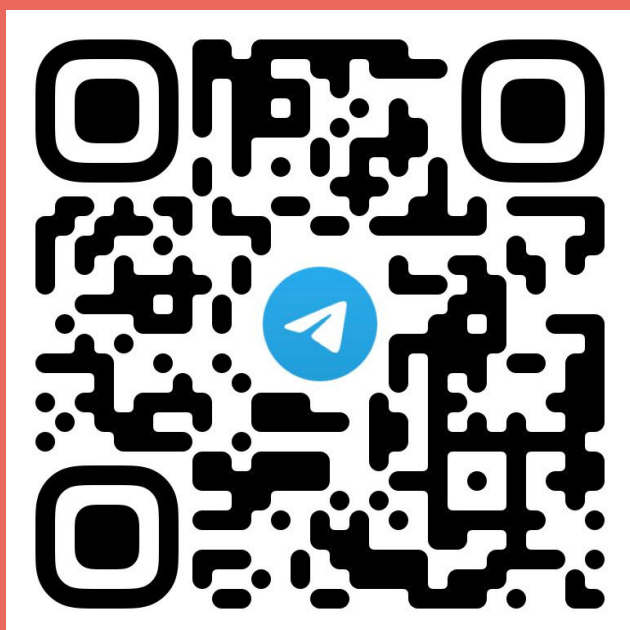
Sailors and volunteers/ coaches also need to register.

Tallies

All sailors will be allocated a tally number at registration. Both helm and crew in double handed boats will be allocated a number. Tallies will be the Welsh Sailing/ Hwyllo Cymru bibs with numbers on.

Communication

A broadcast only Telegram group will be used to communicate to sailors and parents. There is a separate Telegram group for volunteers. Scan the QR codes below to access the groups.



Sailors & Parents



Volunteers



Briefing

There will be a 'Competitor Welcome' on Saturday morning at 10:00 in the Main Hanger. A Coached Regatta Fleet briefing will be held immediately after.

Official Noticeboard

The Official Noticeboard will be located in the Main Hanger outside the race office.. Here you will find any changes to Sailing Instructions, jury notices, and results. An online information board can be found on the Welsh Sailing/ Hwyllo Cymru Hwb.

Launch/ Recovery of Fleets

Parents are asked to help launch and recover. Please follow the Beach Master's instructions.

Parents will be informed via the Telegram group an ETA for sailors coming back ashore. If a sailor retires and comes ashore early this will be posted on the Telegram group. Parents/ guardians will be contacted directly in case of injury/ emergency.

To save time we will be operating an 'any trolley' when you come back ashore. Please ensure your trollies are in good working order and well marked.

Toilets and Changing Facilities

Changing facilities are available downstairs, just off the Main Hanger. Please wash the sand off your sailing clothes in the troughs outside.

Catering

There will be catering all weekend upstairs in the club, and breakfast rolls served downstairs each morning from 08:30-09:30.

First Aid

The shore first aid point will be the Race Office. There is a first aid kit and defibrilator behind Plas Heli reception.

Chandlery

Please check your boats over thoroughly before arriving. Firmhelm stock a wide variety of sailing blocks and rope etc.

Sustainability

We are working to make our events and activities more sustainable. To find out more see the RYA Environmental Policy and Sustainability Strategy:

<https://www.rya.org.uk/about-us/policies/environment-and-sustainability>

- Help us to reduce the impact of our event by bringing your own re-usable bottle and flask that can be re-filled.
- Please use shore side recycling facilities wherever possible, please ensure the item you are putting in the bin is recyclable.
- The 'Sail Rail' will be in action over the weekend- bring your unwanted kit to sell and buy second hand from others.

Afloat

Coaches

We have a number of RYA Cymru Wales Coaches on hand this weekend. They will be introduced in the 'Competitor Welcome Briefing' and are there to support all sailors. Please feel free to ask them any questions on or off the water.

Retiring

If a sailor retires from a race and it is safe to do so the sailor will be escorted back to shore.

If the safety fleet is busy with a few sailors then a sailor's boat may be de-rigged and anchored behind the start line. The sailor will then be moved to the safety boat until the fleet is ready to sail ashore after racing. The anchored boats will then be collected and towed back in.

W flag

We have a relatively young/ new fleet of sailors this year which is fantastic to see. Our aim is to ensure all sailors get a finish even if they do not complete the whole course. We will be using the W flag to shorten the course for sailors who have found themselves quite far behind the rest of the fleet. Sailors may also be asked to only complete some of the course. Any guidance will be from the coaches/ mark layers.

CROESO

The CROESO boat is back! CROESO is a 'Wellness RIB' aimed at supporting sailor and volunteers on the water. CROESO will have two female volunteers onboard and will be carrying; spare water, spare food, suncream, first aid, period products and will be there for moral support also. CROESO is there to support both male and females on the water. If you need help with boat maintenance, see a coach boat for support.



Post Racing Activity

Result and Race Office

The race office will be in one of the training rooms off the main hanger. Please only come to the race office for general enquiries, first aid or to receive race documents such as 'protests' forms or 'scoring enquiry' forms etc

Results will be posted online on the Welsh Sailing/ Hwyllo Cymru Hwb.

Protests

The intention is for protests to be resolved through arbitration. All jury notices will be posted on the Official Notice Board. Should a full protest procedure be needed we will contact the individuals to let you know where the protest room will be.

Prize Giving

The prize giving will be run as soon as possible after racing on Sunday. If you have any perpetual trophies from last year, please drop them at registration or the race office.

Departure

Once packed up and ready to set off home please take a few moments to make sure you have everything and that the area around your boat is litter free.





RYA
CYMRU - WALES

SAIL CLEAN

Make sure you are playing by the rules

Check your medications and supplements regularly for any banned substances



Download the 100% ME App for
more information



www.globaldro.com
Use to check your medications



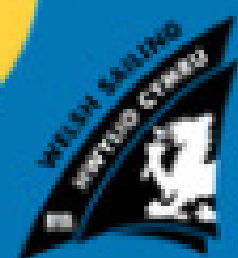
sport.wetestyourtrust.com
Use to check your supplements



RYA Sail Clean
Check out the RYA Sail Clean Strategy

UKAD
Protecting Sport

WWW.WELSHSAILING.COM



NEED TO TALK

RYA
CYMRU • WALES

RYA CYMRU WALES IS COMMITTED TO MAKING SURE CHILDREN
AND YOUNG PEOPLE FEEL **HAPPY, SAFE AND RESPECTED**

YOUR RIGHTS...

- YOU SHOULD ALWAYS FEEL **SAFE** AT OUR TRAINING AND EVENTS.
- YOU SHOULD BE TREATED KINDLY AND FAIRLY.
- NO ONE SHOULD MAKE YOU FEEL **SCARED, SAD, OR UNCOMFORTABLE.**

REMEMBER...

- NO PROBLEM IS TOO SMALL
- YOU WON'T BE IN TROUBLE FOR SPEAKING UP
- WE'RE HERE TO HELP

IF SOMETHING FEELS WRONG...

IT'S OK TO TELL SOMEONE. TALK TO -

-  YOUR COACH
-  YOUR MUM, DAD OR CAREER
-  A TEACHER
-  OR ANOTHER GROWN UP



childline

ONLINE, ON THE PHONE, ANYTIME

 0800 1111

 childline.org.uk

NSPCC

 0808 800 5000

 nspcc.org.uk

RYA

 02380 01 2796

 safeguarding@rya.org.uk
rya.org.uk/go/safeguarding

RYA CYMRU
WALES

 02380 01 2796

 safeguarding@rya.org.uk
rya.org.uk/go/safeguarding



Dealing with bullying...
kidscape.org.uk



Mental health
and wellbeing...
youngminds.org.uk



Health concerns...
[healthtalk.org/
young-people-
experiences](https://healthtalk.org/young-people-experiences)

YOUR EVENT SAFEGUARDING CONTACT

NAME: HATTY MORSLEY

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PHONE: 07824 990696

