

Course information- Adult Courses

	Level 1 Introduces you to sailing with all you need to know to get afloat with supervision	Level 2 Setting out the foundation sailing skills for you.	Level 3 Consolidating skills and trying new ones.
Assumed knowledge	None	Sailing skills to level 1 standard	Sailing skills to level 2 standard.
Minimum duration	2 days	2 days	2 days or equivalent.
Age	16	16	16
Course content	How to sail in all directions including having an awareness of launching and recovering	Rigging launching sailing in all directions. Capsize recovery and essential safety knowledge.	Coaching of level & 2 skills and taster sessions from more advanced modules.
Ability after the course	Able to sail in light winds with supervision	Able to sail and make decisions in good conditions	More confident in sailing skills and techniques and ready to progress onto advanced modules

Kit information.

Buoyancy aid – the club has a small number of these available to borrow

Waterproof /wind proof clothing- Wind chill is great enemy on the water and wind proof clothing is essential even if you are wearing a wetsuit.

Wetsuit – the club doesn't have these for loan but they are not essential especially for level 1& 2 courses. Lots of layers are best. Fleece and quick drying sports vests are ideal.

Footwear - Your feet will get wet. Old trainers are fine but 'Wellies' are not as they may fill if you fall in the water.

Gloves - Holding ropes can be sore on the hands. Gardening or cycling gloves are fine.

Sun cream and sunglasses – The glare on the water should not be underestimated.

Course information - Youth Courses

	Stage 1 A basic understanding of how a boat sails, with some experience of steering and handling the boat	Stage 2 A range of sailing skills and knowledge to help become a confident sailor.	Stage 3 Rigging launching and sailing in any direction. Equivalent to level 2 in Adult scheme.	Stage 4 Sail a double-handed boat as crew or helm and solve a range of problems afloat.
Assumed knowledge	None	Sailing skills to stage 1 standard	Up to and including stage 2 course	
Minimum duration	2 days	2 days but may be combined with level 1 as part of a 5 day course	2 days or equivalent.	2 days or equivalent.
Age	8	8	8	8
Course content	Launching and recovery, steering and parts of a boat and basic sailing.	Basic sailing skills rope work and avoidance of collision.	Rigging launching, recovery, sailing techniques, capsized recovery sailing theory	Rigging launching, recovery, sailing techniques in a crewed boat including man overboard.
Ability after the course	Able to steer and understand basic principles.	Able to tack and control boat speed and understand basic principles.	Able to launch and sail a dinghy round a triangular course in moderate conditions.	Can launch and return to a beach, jetty, mooring and sail a crewed dinghy around a triangle in moderate conditions

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Hat

Water bottle and Snack to eat on the water.

Applications should be made by completion of the application form on the web page and can be returned by email to the training officer.

Applications will be accepted on a first come first served basis.

The club is run by volunteers and we need you to help, please.
What can I do?

- Help rig and launch boats
- Provide sandwiches and soup at lunchtime or after racing
- Drive a powerboat to allow the instructor to be free to coach
- Maintain boats
- Organise the garage and storage areas to allow for better storage of sails etc
- Stay in the club house to keep radio contact with coach boat and be ready to stand by for sailors returning to shore following injury or suffering from cold.