Pre-Course Information

Full day courses run from 09.00 – 17.00

# We use Toppers and Picos for our training. These are single-handed dinghies, simple to rig and give you a good start in developing the skills involved in sailing.

# For adults we also use Wayfarers and Laser 2000s. These are double-handed boats and allow adults to sail together.

Please bring with you:

* Towel
* Soft soled shoes or old trainers
* At least **two or three** complete changes of old clothes, long sleeves and leggings are recommended to protect from cuts/grazes.
* Waterproofs (only if you have any, we do have some wind proof tops)
* Sun protection and a hat if the weather is hot, warm hat if its cold.
* Packed lunch
* A little money if you would like to buy cans of drink, hot drinks, crisps or chocolate bars.
* Pen and pad if you would like to take notes during the theory sessions.
* RYA log book if you already have one. If not, you are highly recommended to purchase one on the day for £6.50.

Start sailing handbooks are also available for the price of £6.50.

The club will provide buoyancy aids that must be worn when in the proximity of the water.

Please check the weather forecast the day before the course. If it is very adverse with severe wind conditions please phone to check the course is going ahead.

Tel

Senior Instructor