



Clevedon Sailing Club, The Alcoves , The Beach, Clevedon BS21 7QU

July 2018

Welcome to the RYA Level 1 and Level 2 Dinghy Sailing Course September and October 2018

The set of sessions you are going to take part in, combine the RYA's 'Start Sailing' and 'Basic Skills' into one five week course (32 hrs) run over 5 Saturdays (**09:30-16:00**). Meet at the Clevedon Sailing Club clubhouse on the seafront at the respective start time. On the first day, we will need to very quickly patch any gaps in people's clothing, so please arrive with any appropriate kit with completed consent forms and balance of payment. You will receive your RYA logbook and the RYA beginner's book 'Start Sailing', and complete your club membership enrolment form. After some introductions to each other and to the sport in general, we will do a practical land-based session on rigging the boats and how to turn your boat around in the water. By about 11:30 I hope to be down at the lake so we can get in a short sailing session before lunch. Bring a packed lunch, which will be consumed at the lake. More sailing after lunch, before going back to the clubhouse at around 15:00.

RYA Senior Instructor: Benedict Whybrow (benedictwhybrow@aol.com) 07581 563937 or 01934 838796

RYA Assistant Instructor: Only required if more than 6 students on the water at any one time.

Objective: To give up to 10 novice sailors an introduction and basic grounding in dinghy sailing ability. At the mid-point of the course, participants will have a basic understanding of boat handling techniques and sufficient background knowledge to get sailing under supervision (Level 1). On completion of the course, the successful sailor will be safety conscious, have a basic practical knowledge of sailing and be capable of sailing, without an instructor, in light winds (Level 2). The students' knowledge and ability will be coached and assessed on a continuous basis and students will be kept informed of their individual progress throughout the course. The sailing will take place on Clevedon's marine lake facility. The clubhouse has full male and female changing facilities and showers. We will be using the clubhouse lounge for the necessary classroom teaching sessions.

Equipment: 2 Laser 'Pico' dinghies, 10 'Topper' Dinghies and 1 'Laser 4.7' dinghy. There is a safety kayak employed at the marine lake. There are public toilets a short distance from the lake at the community boatstore. (Our base near the lake). First aid kit will be carried by the instructors, who are first aid trained.

What to wear and bring: Life Jackets (buoyancy aids) will be provided and **MUST** be worn once the sailors are on the lakeside. You will be advised to wear the plastic helmets when you start and get used to what can hit your head.

If you have a wetsuit, please do wear it. We have a few wetsuits that can be loaned.

Otherwise, wear the following; this pretty much amounts to sports training kit. Hopefully only shoes, legs and feet will get wet. Generally avoid wearing cotton as you will get colder if wet.

Top wear: PE shirt and 2 fleeces. Shower-proof jacket or cagoule. I have some that can be loaned.

Leg wear: Tracksuit bottom over leggings, tights or long johns and synthetic socks (eg sport socks) Shorts are not recommended. Generally, synthetic materials will hold less water keep you warmer for longer.

Footwear: Trainers, Jellies, PE Daps etc. They will get wet. Wetsuit boots if you have them.

Headgear: Woolly hat, strongly recommended. Hands: Sailing gloves are not needed at this stage.

Bring a towel and complete change of clothing. Suncream (you will be surprised how much reflection you get off the water). Drink in a plastic bottle and bring a packed lunch.

As we are sailing in some of the colder spring air temperatures, please let me know ahead of the course what you have in the way of wetsuits, dinghy boots, waterproof tops.

Call me if you have any worries or need to let me know of a disability or medical condition I should be aware of. I look forward to seeing you on Saturday 01 September at 09:30 at the clubhouse.

Benedict Whybrow

Principal, Clevedon Sailing Club, RYA recognised training centre