



Welcome to the RYA Level 1 and Level 2 Dinghy Sailing Course
September and October 2019

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 swiftly check that folks have adequate clothing, so please arrive with any appropriate kit with completed consent forms and any balance of payment. You will receive your RYA logbook and the RYA beginner's book 'Start Sailing', and complete your club membership enrolment form. It won't be too long before you are heading down to the lake to learn in a practical land-based session how to set up the boats and how to turn your boat around in the water. We should then have a good sailing session before lunchtime. Bring a packed lunch, which will be consumed at the lake or up at the store if it's raining. Then more sailing, before going back to the clubhouse at around 15:00.

RYA Senior Instructor: Rupert Whelan. He will give you contact details when you meet.

RYA Assistant Instructor: Pippa Whelan. 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.

Equipment and welfare: 2 Laser 'Pico' dinghies, 10 'Topper' Dinghies dinghy. There is a safety kayak employed at the marine lake. There is a unisex toilet in the boat store and water. This is our indoor base near the lake. First aid kit will be carried by the instructor, who 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.

As we could be sailing in some of the colder air temperatures, if you have a wetsuit, please do wear it. Neoprene is ideal for dinghy sailing; insulating and padding. Go to a website like sailboats.co.uk for decent entry-level kit (e.g. Gill or Gul). Once you have identified something, shop around, but there won't be much variance in price.

Otherwise, wear the following; this pretty much amounts to sports training kit. Hopefully only shoes, legs and feet will get wet, but we cannot exempt you from the possibility of getting wet. Generally avoid wearing cotton as you will get colder if wet.

Top wear: PE shirt and 2 fleeces. Shower-proof jacket or cagoule, but avoid anything very bulky.

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. Sun-cream (you will be surprised how much reflection you get off the water). Drink in a plastic bottle and bring a packed lunch.

Call me if you have any worries or need to let me know of a disability or medical condition I should be aware of. The team look forward to seeing you on Saturday 21 September at 09:30 at the clubhouse.

Benedict Whybrow

Principal, Clevedon Sailing Club, RYA recognised training centre