



Common questions and answers for Trainees

Where do I go?

On arrival at the reservoir, you will be met at the clubhouse by one of our team

What will happen?

First you will be introduced to the teaching staff, be shown the facilities and the course outline will be explained.

The intention is to get you sailing independently and safely as soon as possible.

Of course, we know that everyone is different and will learn at different speeds. That is why the courses are run on a small scale, to allow each person to proceed at their own rate as much as possible.

You will have the various controls and manoeuvres demonstrated to you on land and on the water before it is your turn to try and practice each manoeuvre on your own.

Who teaches me?

You will be taught by R.Y.A qualified Senior Instructors, Instructors and Assistant Instructors, following the syllabus laid down by the Royal Yachting Association. A Senior Instructor will be on site throughout the course.

What do I need to be aware of?

Risks:

Sailing like many other water sports is a potential high-risk activity. It is essential that when participating in the course that you follow the guidance given by the instructors and wear appropriate safety clothing and equipment

Water: We insist that everyone must wear a Buoyancy Aid or Life Jacket when they are on or near the water, jetty etc.

The water is cold. Do not enter it without suitable protection such as a wetsuit or dry-suit. Be prepared to dry yourself, change into warm clothing, get hot drinks etc.

Weather: This can change, quickly. If you are asked to come off the water please do so promptly for your safety.

What to bring:

- Packed lunch and snacks
- **Clothing**
 - Complete change of clothes & dry footwear
 - Towels.
- **On the water**
 - Old trainers or soft shoes (these will get wet). Wet socks are a good idea they can be worn with trainers and will keep your feet warm. Alternately wet-boots can be purchased which offer both warmth and protection. For health reasons these items cannot be loaned.
 - Sun / wind skin protection
 - Woolly, hat & gloves (neoprene will keep your hands warm)

These items can be obtained from local suppliers or from the many websites.

We provide:

- Wet suit, Spray top, Helmet and Buoyancy Aids

Showers: Showers are available at the club.

Please ask about safe keeping of valuables, keys or money when you are involved in activities. Do not leave them in the changing rooms

Food and drink

- We have facilities to make hot drinks. We strongly suggest that you bring a packed lunch. Being on the water makes you thirsty and gives you a healthy appetite.

What we need from you?**Information!**

- Any health problems? medication? recent /ongoing injuries?
- **If you have any medication** (inhalers etc.) please bring them with you, and make the instructors aware.

Any worries / fears? Please send them back with the booking form and you will contact you to discuss them.