

# Burwain Sailing Club Training Programme 2012

We are committed to providing structured but enjoyable training in 2012. This will be aimed at both beginners and sailors with some experience who want to progress. Where appropriate we will work within the RYA National Sailing Scheme and issue recognised RYA certificates. We will also provide less formal courses. Our 2012 programme is the subject of this leaflet.

## RYA Courses

The Start Sailing Level 1 Course provides a basic introduction to sailing. You will learn how a sailing boat works, how to rig and launch, how to sail a boat in light winds and learn about such essentials as clothing, safety, basic sailor's knots and so on. Some time will be spent on land but mostly you will be on the water under the guidance of an RYA qualified instructor.

Most people who complete Level 1 progress to the Start Sailing Level 2 Course. On completion of this course you will be able to sail most non specialist sailing dinghies in moderate winds and have good basic skills. You will be able to develop your interest in sailing from a sound base and probably be hooked for life!

Start Sailing Level 1 Course      4 sessions (3 hrs per session)      £80.00 + £8 RYA Certification

Start Sailing Level 2 Course      4 sessions (3 hrs per session)      £80.00 + £3 RYA Registration

Costs of both courses include RYA Logbook, temporary membership of Burwain Sailing Club for the duration and use of Burwain boats and club facilities.

## Informal Courses

Our Taster Days are designed to give complete beginners an introduction to dinghy sailing. Sessions will be one on one with an experienced sailor in a two person boat. Mornings will be spent on familiarisation with a typical racing dinghy and basic tuition out on the water. In the afternoon you will act as crew, that is sail with the Tutor who will be in charge of helming (driving) the boat in club races.

A great day is guaranteed.

Our Crew for a Day sessions will provide an afternoon of sailing - and possibly some friendly racing - as crew to an experienced sailor. You will help to launch and recover the boat, where to position yourself in the boat to achieve maximum speed, control the sails and generally have a good time.

Taster Days                      Saturdays 10.00am - 5.00pm                      £45.00

Crew for a Day                      Saturdays 12.00am - 5.00pm                      £30.00

## RYA Course Dates                      **Saturdays 10.00am to 1.00pm**

Course No 1	10 17 24 31 March
Course No 2	28 April 5 12 19 May
Course No 3	2 9 16 30 June
Course No 4	14 21 28 July 4 August
Course No 5	1 8 22 29 September

## Application and Payment Slip

Course Name.....Course Date.....

Your Name.....

Address.....

Tel.....

Email.....

Signature.....

Date.....

Sailing is a safe sport and a high level of fitness is not required. However, participants will have a reasonable level of mobility and confidence on water. Burwain Sailing Club and RYA Training Centre cannot advise on an individual's suitability. If in doubt seek medical advice.

**Cut off this slip and send with payment to: Peter Dewhurst 265 Keighley Rd Colne BB8 7HD**

ANY QUESTIONS?

*Yes, a few. I'm a complete beginner and nervous about sailing a boat on my own.*

At first you will be in a "two man" boat with an instructor at the controls until you are ready to have a go yourself, either in the same boat with the instructor or in a small "single handed" boat with the instructor in another boat a few yards away.

*What specialist clothing will I need?*

Not much. In summer, joggers, trainers and a warm top may be enough. Earlier in the year you will need a wetsuit (see "Will I get wet?" below). We will provide buoyancy aids (small lifejackets) at no extra charge. When you book we will advise what you will need in detail.

*Do I need to be a member of the club?*

You will be automatically enrolled for the duration of the course. If you get the bug, membership for a non boat owning member is £90 per year. We also have family memberships and rates for boat owners, juniors etc.

*I can already sail a bit.*

Great. Talk to us and we'll adapt your tuition requirements.

*Can I learn with my child(ren)?*

Possibly, but we have a thriving children's club—The Sailfish Club. Most children prefer to learn with other kids. And they'll have more fun than being with Mum and Dad!

*Will I get wet?*

Probably. As well as the spray when the wind blows, eventually everyone capsizes the boat they are sailing. This won't be scary as we'll teach you what to do. However, you will need to be dressed appropriately and we'll advise on this.

*Do I need to be physically fit? What about medical conditions?*

A moderate level of mobility rather than a high fitness level is needed. As you develop your skills and maybe sail more exciting boats in stronger breezes, it can be arduous and physically demanding (and very exhilarating). Anyone with a known medical condition should consult their doctor.

*I may buy a boat and then learn. What do you think?*

There are lots of different classes and sizes of boat, some much more suitable for non experts than others. We suggest you learn with us in our boats and we'll be happy to advise you on what to buy later.

*I can't swim. I still think I'd like to sail.*

Hmmm, think again.