



North Staffs Sailing Club will be running a combined RYA Level 1 + Level 2 sailing course at Stanley Pool in spring 2012.

The course will start on Saturday 21st April (full day) and continue on Thursday evening 26th, Sunday morning 29th and Thursday evening 3rd May. This will complete the level 1. The level 2 will start on Sunday morning 6th May and continue on Thursday evening 10th May, Sunday morning 13th May, Thursday 17th May and finish on Saturday 19th.

The cost of the combine course will be £225 which will include both Log Books and Certificates together with the necessary course paper work. It will also include membership of the club for the first year which is approximately £150 and a joining fee of £20.

On successful completion of the course this will allow you full use of the club facilities including the use of club boats

The level 1 + level 2 course otherwise known as “RYA Start Sailing” and “RYA Basic Skills” is suitable for beginners. It will take you through the basics of sailing and also deal with aspects of safety. On completion of the course the successful sailor will be competent to sail a boat unsupervised in light conditions and be eligible to use one of the Club training dinghies. Below is an example of a typical course. It is intended to give an idea of what the course will contain. The actual course will change depending on the weather conditions.

The course numbers are limited to 12 so that individual instruction can be given. If you require any further information or to receive a place please contact:-

Dave Butler (Sailing Principal)

2 Weavers Walk
Swynnerton
Stone
Staffs
ST15 0QZ

Tel. 01782 796212

E-mail dave_butler@onetel.com

North Staffs Sailing Club

RYA level 1+2 Training Course programme

Session 1

Afloat

- Familiarisation / Joy ride
- Orientation / Controls
- Going about
- Going about practice
- Sailing to windward

Ashore

- Introduction
- Lecture 1. – Clothing
- Lecture 2. – Rigging /Launching
- Lecture 3. – Tacking
- Lecture 9. – Clubs /Classes

Session 2

Afloat

- Revise going about
- Practice the 5 essentials
- Downwind Sailing - training run
- Gybing practice

Ashore

- Revision of Tacking
- Lecture 4. - The 5 essentials
- Lecture 5. - Gybing
- Lecture 15. – Basic Aerodynamics
- Knots

Session 3

Afloat

- Tacking /gibing practice
- Practice the 5 essentials
- MOB and recovery
- Coming alongside / mooring
- 1st Solo sail
- Capsize Drill

Ashore

- Lecture 7. – MOB / recovery
- Lecture 6. – Capsize / recovery
- Lecture 10. - Rules of the Road

Session 4

Afloat

Tacking + Gybing

MOB + Recovery

Sail Triangular course

Coming alongside/mooring

Ashore

Lecture 11. - Meteorology

Lecture 13. – Basic First Aid

(Instructors initial assessment of pupils)

Session 5

Afloat

Revision of tacking + Gybing

Sailing a triangular course (without instructor aboard!)

Racing starts

Coming alongside

Ashore

Lecture 12. Racing course / starts

Session 6

Afloat

Revision

Mini Race

Ashore

Course review

Award of certificates

What next? Opportunities for further training!

Safety. All students must be appropriately attired for sailing and with lifejackets.

Rescue boats on the water and manned.

Sail training area defined

Boat preparation. Students to fully assist in preparing the training boats for use and putting away at the end of the session.