



North Staffs Sailing Club will be running a RYA Level 1 sailing course at Stanley Pool in September 2010.

The course will start on Saturday 18th September and finish on Saturday 25th.

The cost of the course will be £75 which will include both Log Books and Certificate together with the necessary course paper work.

The course provides a short introduction to sailing for the novices. By the end of the course, participants will have a basic understanding of boat handling techniques and background knowledge.

The level 1 course otherwise known as “RYA Start Sailing” 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 supervised in light conditions and be eligible to use one of the Club training dinghies under supervision. 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. More details of the course can be found on the RYA web site.

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:-

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North Staffs Sailing Club

RYA level 1 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

Session 2

Afloat

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

Ashore

- Lecture 4. - The 5 essentials
- Lecture 5. - Gybing
- Lecture 6 - Knots

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

Rescue boats on the water and manned.

Sail training area defined

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