

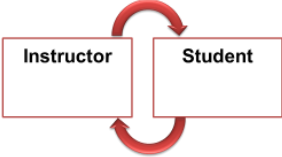


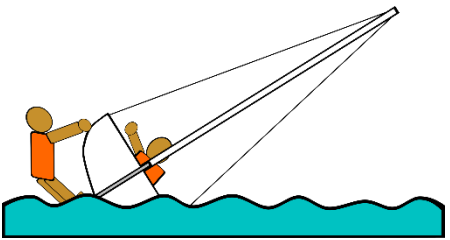
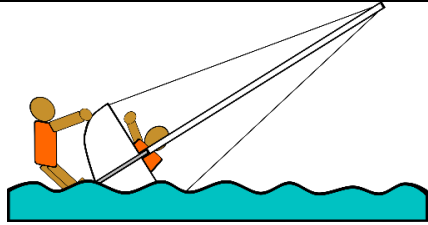


## Waldringfield Sailing Club Training Programme 2018

Course	Dates	Description	Entry Requirements	Duration	Max number	Price	Comments
 RYA Powerboat Level 2	Sat 24th March (9.00-12.30) Sun 25th March (9.00-5.00) Sat 31st March (9.00-12.30)	This course provides the skills and background to drive a powerboat. It includes close-quarters handling, high speed manoeuvres, man overboard recovery and collision regulations.	None	1 x full day 2 x half days	8	£120 – Members £170 Non-members	An essential qualification for potential instructors and club volunteers
 RYA First Aid	Sunday 8 <sup>th</sup> April (9.00-5.30)	This course provides a basic introduction to First Aid. It will cover recovery position, CPR, use of an AED, cold shock and hypothermia from immersion or exposure, shock and control of bleeding, head injuries, medical assistance by radio and helicopter rescue.	None	1 x full day	12	£80 Members £130 Non-members	Includes the new RYA First Aid Manual and Certificate
Dinghy Instructor Skills	Sat 28 <sup>th</sup> April and Sat 5 May (9.00-12.30)	WSC Dinghy Instructor Core Skills This course will teach RYA good practice techniques in the	Experienced dinghy sailor and regular volunteer at WSC	2 x half days	6	No charge	Please contact the Training School for further




		instruction of dinghy sailing					details
<p>Dinghy Instructor Course</p> 	Easter 2017 and 2-6 July	<p>RYA Dinghy Instructors Course</p> <p>A one-week intensive course to develop instructor skills on the water, in the classroom and using simulators. All skills are assessed on the moderation day.</p>	RYA Power Boat Level 2, Valid First Aid Certificate, RYA Dinghy Instructor Pre-Assessment; RYA Safe and Fun Safeguarding Certificate	Minimum of 5 days	4	£370 (reduction for those able to commit to teaching as a volunteer at WSC 2018 and 2019)	Please contact the Training School for further details
<p>Learn to Sail in a Weekend</p> 	9 and 10 June (9.00-5.00)	<p>RYA Level 1 is designed for complete beginners. At the end of the course participants will be able to helm a boat in light winds.</p> <p>Level 2 aims to build confidence so that participants will be able to sail more efficiently.</p>	RYA Level 1 – None RYA Level 2 – RYA Level 1 Certificate	2 full days	8	£130 Members £180 Non-members	A fun weekend that aims to get adults sailing. It is also suitable for adults that are returning to sailing after some time.

<p>RYA Youth Sailing</p> 	<p>Sunday 8 and Sunday 15 July (9.00-5.00)</p>	<p>RYA Level 1, 2 and 3 Youth Dinghy Sailing</p> <p>Level 1 is a course for beginners. At the end of the course children should be able to sail a boat under supervision.</p> <p>Level 2 builds on the skills developed at level 1, including how to manage a capsize, launching, tacking and gybing in reasonable winds.</p> <p>Level 3 builds on the skills developed in previous levels. Sailing a variety of courses, coming alongside and mark rounding combine to enhance control.</p>	<p>For ages 10+: RYA Level 1 – None RYA Level 2 – RYA Level 1 Certificate RYA Level 3 – RYA level 2 Certificate</p>	<p>2 full days</p>	<p>8</p>	<p>£130 Members £180 Non-members</p>	
<p>RYA Youth Sailing Week</p>	<p>23-27 July Half day sessions (9.00-12.30)</p>	<p>(Please see above for description of RYA Levels 1, 2 and 3.)</p>	<p>For ages 10+: Mornings: RYA Level 1 (Youth)</p>	<p>5 x half days am or pm</p>	<p>AM sessions – 15 PM</p>	<p>£165 Members £215 Non-</p>	



	and 1.30-5.00)	<p>RYA level 4 is an advanced course that aims to develop skills to double-handed dinghies. Students will need to have sufficient experience and confidence to cope with this course.</p> <p>RYA Start Racing provides the skills required to maximise boat speed. This course will teach the basic tactics of racing.</p> <p>RYA Sailing with Spinnakers is for those that would like to try sailing with three sails. The course will teach participants how to rig, hoist, gybe and drop a spinnaker.</p> <p>RYA Seamanship teaches how to handle a boat in all circumstances and solve problems afloat</p>	<p>RYA Level 2 (Youth)</p> <p>RYA Level 3 (Youth)</p> <p>Afternoons</p> <p>RYA Level 4 (Youth)</p> <p>RYA Start Racing (Youth)</p> <p>RYA Sailing with Spinnakers (Youth)</p> <p>RYA Seamanship (Youth)</p>		sessions - 15	members	
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Learn to Sail in a Weekend	29-30	RYA Level 1 and Level	RYA 1 – None	2 full days	8	£130	A fun
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	<p>September (9.00-5.00)</p>	<p>2 Adult Start Sailing Level 1 is designed for complete beginners. At the end of the course participants will be able to helm a boat in light winds. Level 2 aims to build confidence so that participants will be able to sail more efficiently.</p>	<p>RYA 2 – RYA 1 Certificate</p>			<p>Members £180 Non- members</p>	<p>weekend that aims to get adults sailing. It is also suitable for adults that are returning to sailing after some time.</p>
<p>RYA Day Skipper Shorebased</p> 	<p>Commencing Tuesday 25 September Evenings (7.00-9.30)</p>	<p>RYA Day Skipper Shorebased A comprehensive introduction to navigation and seamanship.</p>	<p>None</p>	<p>22 weeks</p>	<p>Min 4</p>	<p>£250</p>	
<p>RYA Yacht Master Shorebased</p> 	<p>Commencing Monday 24 September Evenings (7.00-9.30)</p>	<p>RYA Yacht Master Shorebased An advanced course that follows on from the Day Skipper Shorebased. The course covers the theory knowledge required to sit the Yachtmaster exam.</p>	<p>Day Skipper shorebased or equivalent</p>	<p>22 weeks</p>	<p>Min 4</p>	<p>£250</p>	

If you would like to attend a course that is not listed please get in touch.

**For all enquiries and bookings please contact:**

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