

Waldringfield Sailing School – Training Programme for 2019

Course	Description	Price	Dates and Times
Sea Survival Course	Run by Pin Mill Cruising. This course includes a 2 hour practical session in a swimming pool to experience first-hand the problems of entering a life-raft and assisting others, while fully kitted out in wet weather gear and a lifejacket. Other course topics include; preparation for survival, actions prior to abandonment, design of lifejacket, use of safety harnesses, types of life-rafts, stowage, launching, boarding, righting after capsized, equipment and initial actions, medical aspects of sea survival, use of pyrotechnics, other location aids and search and rescue.	£145	Saturday 23 rd February
Essential Navigation Skills	This course will suit those that would like an introduction to charts, safety, engine checks, tidal awareness, rules of the road, anchorage, weather forecasts and passage planning.	£120 Members £180 Non-members*	Saturday 9th and Sunday 10th March 9-5 (participants must attend both days)
RYA Powerboat Level 2	This course provides the skills and background knowledge needed to drive a powerboat. It covers launching and recovery, boat handling, securing to a buoy, anchoring, leaving and coming alongside and man overboard. Participants must attend all sessions and complete a minimum of 15 hours to gain the RYA certificate.	£120 Members £170 Non Members*	Friday evening, 5th April, Saturday am 6th April and all day Sunday 7th April (Additional dates may be available subject to demand)
RYA First Aid	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.	£80 Members £130 Non-members*	Sunday 3rd March and repeated Sunday 6th October
RYA Dinghy Instructor	This five day course is designed for competent sailors who wish to instruct. Participants must pass the RYA pre-entry sailing assessment, RYA Powerboat level 2, First Aid certificate and RYA safe and fun safeguarding certificate. Min age 16.	TBC	Please contact the Training School for information after January 2019
Adult Learn to Sail	Level 1 is designed for complete beginners. At the end of the course	£130 Members £180 Non-	Sunday 2nd and Sunday

	<p>participants will be able to helm a dinghy in light winds.</p> <p>Level 2 aims to build confidence so that participants will be able to sail more efficiently.</p>	members*	16 th June and repeated Saturday 21st and Sunday 22nd September 9-5
RYA Youth Sailing	<p>RYA Stages 3 and 4 (For ages 10+)</p> <p>Stage 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>Stage 4 is an advanced course that aims to develop skills in double-handed dinghies. Students will need to have sufficient experience and confidence to cope with this course.</p>	£130 Members £180 Non members*	Sunday 2nd and Sunday 16th June (9-5)
Youth and Adult Sailing	<p>Youth Sailing (For ages 10+)</p> <p>RYA Stage 1 Stage 1 is a course for beginners. At the end of the course children should be able to sail a dinghy under supervision.</p> <p>RYA Stage 2 Stage 2 builds on the skills developed at stage 1, including how to manage a capsize, launching, tacking and gybing in reasonable winds.</p> <p>Start Racing RYA Start Racing provides the skills required to maximise boat speed. This course will teach the basic tactics of racing.</p> <p>Adult Start Sailing Level 1 is designed for complete beginners. At the end of the course participants will be able to helm a dinghy in light winds. Level 2 aims to build confidence so that participants will be able to sail more efficiently.</p>	£140 Members/ £190 Non members*	Monday 29 th July to Wednesday 31 July (10-4)
Shorebased courses RYA Day Skipper RYA Yacht Master	<p>Expressions of interest are invited for these programmes in the following delivery modes</p> <p>Weekend x 2 (3+2 days) intensive course, week intensive course (5 days), evening course (20 weeks)</p>	5 days (£375) Weekends (£375) Evenings (£250)	TBC/Autumn 2019

*Non-members are charged an additional £50 to cover three months temporary club membership