



REDESMERE  

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Sailing Club

# Training Courses 2014



Application forms for training places are published in February and sent out to all current club members. Places for first preference courses are allocated on a first come first served basis. The number of places available for each course depends on instructor numbers as well as age and experience of the candidates involved. Once an offer of a course place is made, a deposit or full course fee is payable within 21 days, otherwise the place may be offered to other people on the waiting list.

All course members will be required to purchase the relevant RYA logbooks, if they do not already possess them from previous training courses. Also available and recommended are the companion handbooks, which give more details of the syllabi and detailed training guidance. Books can be purchased from the RYA through our website and are available at the club.

### **Race Training**

Race training can be done alongside the Wednesday evening “Progressive Skills” training. There will be opportunities to race with a more experienced helm in the club boats, or to race in your own boat. There are also some fun racing days organised. Junior race training will be taking place on Thursday evenings again this year. Please get in touch with your requirements or let me know if you would be interested in race training during club racing on Sundays.

### **Adult Training**

Adult training is available at various times during the year covering RYA levels 1, 2 and 3. Beginner training (level 1) is done with 1 instructor to 2 pupils and so everyone is able to learn at their own pace Basic skills training (level 2) helps teach how to handle a boat in windier conditions and when sailing in company with other boats. Better sailing (level 3) looks at more advanced boat handling, which can include racing techniques, seamanship skills and spinnaker work, as requested.

There are 3 adult courses running this year;

A. The first for two full Saturdays, when priority will be given to level 1 beginner sailors.

B. The second comprising of two full days on a Friday and Saturday in August.

C. The third is a “Progressive Skills” course on ten Wednesday evenings, aimed at anyone who wants to build on their current knowledge and confidence. We will run exercises that develop your sailing skills and confidence at a variety of levels.

Dates	Course A - Sat 26 <sup>th</sup> April & Sat 3 <sup>rd</sup> May	9.30am to 4.30pm
	Course B - Fri 15 <sup>th</sup> Aug & Sat 16 <sup>th</sup> Aug	9.30am to 4.30pm
	Course C - Wed 7 <sup>th</sup> May to 16 <sup>th</sup> July	6.00pm to 8.30pm
Cost	£50	8 places available

## Spring Friday Evenings

This course is for junior Club Members up to 18 years and runs on six Friday evenings during May and June; from 6pm to 8.30 pm. Juniors must be aged 5 or over to be eligible to apply for a place. Children are split into groups dependent on age and ability and will be allocated boats suitable to their weight and sailing skills. For those aged 9 and above the sessions last for 2½ hours, for the under 9s their session is for 1¼ hours only and will be **a mixture of the earlier and later half** (both 6pm to 7.15pm and 7.15pm to 8.30pm). Parents of children under 9 must remain on site for the duration of the training. The course covers the RYA syllabi for Stages 1 to 4, but there is not always sufficient time to complete an RYA stage over the 6 sessions.

Dates 9<sup>th</sup>, 16<sup>th</sup> May, 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup> & 27<sup>th</sup> June  
Cost Full session £48 Half session £24

6.00pm to 8.30pm  
30 places available

## Summer Training

The summer training is an intensive **4 days** of both practical and theory sessions open to juniors aged 9 or above. Club boats are available for use and are allocated dependent on which RYA course you are following. Those offered are Stages 1 to 4 of the junior scheme and the Seamanship advanced module off the Adult scheme. Adults are offered places only if there are sufficient places available. The course runs from 9.30am to 4.30pm on four days, so packed lunches are required. RYA certificates may be awarded if candidates have met the required standards.

Dates 28<sup>th</sup>, 29<sup>th</sup> 30<sup>th</sup> & 31<sup>st</sup> July  
Cost £98

9.30am to 4.30pm  
30 places available

## Autumn Junior Training

This course is for junior Club Members from aged 5 up to 18 years to be eligible and runs on two Saturdays during September from 12.30pm to 5.00pm. Children are split into groups dependent on age and ability and will be allocated boats suitable to their weight and sailing skills. Parents of children under 9 must remain on site for the duration of the training. The course covers the RYA syllabi for Stages 1 to 4, but there is not always sufficient time to complete an RYA stage over the two sessions.

Dates 6<sup>th</sup> & 13<sup>th</sup> Sept  
Cost £35

12.30pm to 4.30pm  
24 places available

## Assistant Instructor Training

An Assistant Instructor qualification is open to those 14 or over, who hold the Seamanship qualification and are interested in helping with Club training. It is only valid for the centre where it is taken. Assistance on the Spring or Autumn training, or similar, is required.

## **Thursday Night Onboard & Teens Clubs**

These Thursday night “clubs” are an opportunity for those with sufficient sailing skills to improve their sailing at their own pace. Juniors must be racing / intending to race regularly to apply for a place at the Racing Club; or be aged 13 or above and have a minimum of an RYA Stage 3 junior certificate to be eligible to apply for a place on the Teens Club (younger sailors at the discretion of the Training Committee). Sailing is done in a mixture of single-handed and two-handed boats. RYA Certificates can be awarded if candidates are sailing at the required level.

Dates 8 <sup>th</sup> , 15 <sup>th</sup> , 22 <sup>nd</sup> May, 5 <sup>th</sup> , 12 <sup>th</sup> , 19 <sup>th</sup> June	6.30pm to 9.00pm
3 <sup>rd</sup> , 10 <sup>th</sup> , 17 <sup>th</sup> 24 <sup>th</sup> July	6.30pm to 9.00pm
4 <sup>th</sup> , 11 <sup>th</sup> , 18 <sup>th</sup> , 25 <sup>th</sup> Sept	6.00pm to 8.30pm
Cost £58	20 places available

## **Powerboat Familiarisation**

Powerboat Familiarisation Training is offered to all members who have not had experience of driving a powerboat or those who need a refresher. This course is essential to all members to understand what is expected when doing Club Safety Boat duties. Places are limited and it is strongly recommend that this course is attended to gain the bare essentials required to drive a safety boat.

Date Sat 5 <sup>th</sup> April	9.30am to 4.00pm
Cost Free	12 places available

## **RYA Powerboat Training**

Powerboat training is available to anyone aged 16 or over. It can only be done during the spring, when the fishermen have their closed season. RYA levels 1, 2 and Safety Boat courses can be offered. Each course comprises four sessions of both theory and practical driving exercises. You do not need any previous experience to take a level 1 or 2 course. You must already hold a powerboat level 2 certificate and be a competent driver to take a safety boat course. Powerboat Level 2 will take place on the dates published below.

Dates 3 <sup>rd</sup> , 10 <sup>th</sup> 24 <sup>th</sup> April & 1 <sup>st</sup> May	6.00pm to 9.00pm
Cost £58	9 places available

## **RYA Emergency First Aid Training**

The RYA First Aid certificate can be offered as a 1 day course. It is useful for anyone doing water based activities and covers basic first aid training in an outdoor environment. Candidates are required to have the most recent copy of the St John Ambulance First Aid Manual.

**ICC & CEVNI Tests** can be offered, to people with the required skills.