



Nottinghamshire County Sailing Club Training Section

an RYA Training Centre

Principal: Charles Ferrar

Sailing Course Details 2017

Adult Courses

Course	Dates	Cost (Members)	Cost (non members)
Spring Adult Beginners RYA Levels 1 and 2	Weekends in April 8th/9th, 22/23, and 29th	£180	£210
Easter Adult Beginners RYA Levels 1 and 2*	Monday April 10th Thursday 13th	£160	£190
Summer Adult Beginners RYA Levels 1 and 2	Weekends in June 10th/11th, 17th/18th, and 24th	£180	£210
Autumn Adult Beginners RYA Levels 1 and 2	Weekends in September 16th/17th, 23rd/24th and 30th	£180	£210
Seamanship	July 15th/16th	£60	£75
Sailing With Spinnakers	July 15th/16th	£60	£75
Start Racing	July 15th/16th	£60	£75

* suitable for older teenagers

Junior Courses

Course	Dates	Cost (Members)*	Cost (non members)*
Easter Junior Stages 1, 2, and 3 and Start Racing	April 10th/13th	£115	£115 + Junior social membership
Summer 1 Stages 1.2.3 and Start Racing	July 31st - August 4th	£140	£140 + junior social membership
Summer 2 Stages 1,2,3 and Racing/Development.	August 14th -18th	£140	£140 + junior social membership

* Includes lunch

Other Courses

Course	Dates	Cost (Members)	Cost (non members)
Assistant Instructors	March 25th/26th, April 1/2	Free	N/A
Instructors	March 4th/5th, 18th/19th and 25th/26th	Please contact the training secretary	£220
First Aid	Saturdays in November	Free	£40

About the courses

Beginners, RYA Levels 1 (Start Sailing) and 2 (Basic Skills) are combined to provide a course for those with little or no knowledge of sailing. This 5 day course is designed for complete beginners and on completion novice sailors will be able to helm their own dinghy in good conditions. Sometimes older teenagers are more suitable to doing this course especially the one running parallel to the junior course at Easter

Junior: These courses are available to club members only, junior membership can be arranged but parents of children under 12 need to join as social members. Children under 8 must have a parent or someone they know well at the club throughout the course. During the Easter and Summer courses all three RYA Stages will be covered, sometimes the Stage 3 is combined with elements of the Junior Start Racing Course. The basics of sailing are taught to juniors 6-14 in a relaxing and enjoyable atmosphere. The training takes place in Club Toppers and Optimists although children may use their own boats.

Seamanship During the course you will cover launching and recovering the boat in different circumstances, stopping, reducing sail, recovering a man overboard, anchoring and by the end of the course you will be able to handle a wide range of situations afloat.

Sailing with Spinnakers This course is about how to rig the boat, gybe and recover one type of spinnaker, either conventional or asymmetric and to sail the best possible course downwind and by the end of the course you should be confident in the use of the relevant form of spinnaker.

Start Racing: Provides you with all you need to know to get off the start line and round the course

Assistant Instructors An RYA course run over 2 weekends for those who want to try instructing sailing. At the end of the course you will be able to instruct on both the adult and children's courses at NCSC.

Some details

- Courses are held at Notts County Sailing Club near at Hoveringham. <http://ncsc.org.uk/>
- Changing rooms and showers are available.
- The galley and bar are open during most courses.
- Each course is managed by an RYA Senior Instructor assisted by qualified instructors, support and safety staff.
- Buoyancy aids are available for loan and must be used at all times on or near the water.
- Bring a towel, wetsuit and lightweight water proofs if you have some and wetboots or soft shoes. Warm clothes are needed for after sailing.

Which course?

- For Adult Beginners: the RYA Level 1 and 2 courses are suitable for people with little or no knowledge of sailing
- For Juniors the Easter and Summer RYA Stages 1,2,3 and Start Racing: for the complete beginner through to being a competent sailor
- For older Teenagers: the adult course running alongside the Easter Junior Course is ideal
- For those wishing to further their skills: Seamanship and Sailing with Spinnakers.
- For those wanting to know more about racing: Start Racing. Ideally will have raced a little, but wish to improve their skills. Please contact the training secretary if interested as no course is planned for this year.
- Courses will only run if there are enough participants have enrolled 2 weeks before the start.

If you want more details or require an application form please email the Training Secretary at trainingsec@ncsc.org.uk

All courses are run by unpaid qualified volunteers

Please note :RYA instructors, Senior instructors and RYA coaches do not accept responsibility for any loss, damage or injury suffered by persons and/or their property arising out of or during the course of their activities whilst training and/or coaching and/or instructing unless such injury loss or damage was caused by, or resulted from negligence or deliberate act.