



Nottinghamshire County Sailing Club
Training Section
an RYA Training Centre



Principal: Charles Ferrar
Chief Windsurfing Instructor : David Eberlin

Windsurf Course Details 2017

Start Windsurfing courses

Course	Dates	Cost (Members)	Cost (non members)
Adult / Junior	7, 14, 21, 28 th June 5.30 to 7 or 8pm depending on wind	Adult £75 Junior £50	£100 Junior n/a
Intermediate	Please contact info@ncsc.org.uk if sufficient interest we will run a course	£75	£100

About the courses

Start Course: This takes you from never having windsurfed with the aim of sailing where you wish, we normally use a triangular course (we cannot guarantee success in the timescale, but it is rare we can't award a certificate). We also cover basic safety, rigging and parts of the board. Should you progress well we will start on more advanced techniques such as faster tacking and the like.

Junior: These courses are available to club members only, junior membership can be arranged but parents of children need to join as social members. Generally we don't find Children under 8 can learn to windsurf in a formal course as many lack the motor / coordination skills, they can play and learn through play with close supervision, though we don't tend to teach this we will help parents.

Some details

- Courses are held at Notts County Sailing Club near at Hoveringham. <http://ncsc.org.uk/>
- Changing rooms and showers are available, they are used by adults and children.
- The galley and bar are open during most courses, and tea and coffee is available.
- Each course is managed by an RYA Senior Instructor assisted by qualified instructors, support and safety crew.
- Buoyancy aids are available for loan and must be used at all times on or near the water when learning.
- Bring a towel, you will need a wetsuit and some and wetboots or soft shoes. (which will get wet) Warm clothes are needed for after sailing.

Which course?

- For Beginners: the RYA Start course is suitable for people with little or no knowledge of windsurfing
- For older Teenagers: the adult course running alongside the Easter Junior Course is ideal
- For those wishing to further their skills: we will help out answering questions and some occasional coaching.
- For those wanting to take an RYA Intermediate course, which can include, footstraps, harnesses and planning and gybing technique, we recommend approx 6 months fairly intensive windsurfing practise, so as you benefit from the course

- Courses will only run if there are enough participants have enrolled 2 weeks before the start, and can be cancelled due to weather conditions, in which case we will try and find another suitable date.

Board use: If you join the club we do allow some boards out for use, having passed the RYA course. There are also some old rigs which allow you to improve by practising the basics.

Members only may use boards outside teaching times or other official club activities which require the club boards. There is no guarantee of use of any board, the boards are the high polyethylene ones, there is a limited in number and will cover the period April to September to allow practise. The boards may not be taken off the club premises without written Executive Committee permission.

The boards can be used at any time at your own/parents risk, it should be noted normal club rules apply, parents should not allow their children to use boards unless there is safety cover or they can drive the safety boats and have them ready for use, and you should not sail on your own.

Under no circumstances can under 18s be left on their own using club equipment, parents or a person nominated by the parents (in writing) are to be present and are responsible for the safety of the under 18, there may be exceptions for very experienced sailors at discretion of Exec Committee.

Rigs are as in the hire container, the best rigs are reserved for training, and are cascaded to the hire container when new rigs are bought to replace the existing. The better rigs are generally used for instruction before being allowed out for hire. On Wednesdays (afternoon & evening) at present we allow boards and rigs to be used on a first come first served basis, though an instructor has to be present.

All equipment users should have passed RYA Start or equivalent standard. Access is by the keys in the cupboard and an additional key issued on receipt of a donation. Please ensure the container is left locked when unattended.

Board use donation £100 for adults or £45 for Juniors (Season) towards the end of the season or family use can also be agreed by discussion.

More detail contact David Eberlin at info@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.