



LYMINGTON TOWN SAILING CLUB

What to Bring

Sailing

- A wet suit or dry suit if you have one, but there is no need to buy anything expensive. In summer a wet suit is not essential but between October and March a wet suit or dry suit is necessary. Otherwise, comfortable clothing suitable for the prevailing weather conditions will be adequate. Shorts and T shirts on a sunny day or track suit type clothing. The wind can reduce temperatures on the water, so it is better to be over dressed. Denim jeans are not suitable as they retain water and not heat.
- Gloves (ideally sailing gloves)

Power Boating

- Warm clothes – layers are good.
- Gloves
- **A passport photograph for your certificate.**

All Courses

- A waterproof top is essential, a low cost one is adequate and waterproof trousers if you have them. Suitable non-slip footwear, we suggest wet suit boots or plimsolls/trainers.
- Sun cream
- Sun Glasses
- Sailing hat or cap (suggest attached to line to tie to buoyancy aid).
- Buoyancy Aid, if you have one, otherwise you must use one of ours.
- Packed lunch or lunch can be purchased from the bar.

Arrival Time

Please arrive in good time for briefing at 9.15am. On arrival, go to the Lower Deck Bar where an instructor will meet you.

Changing rooms and valuables

There are Ladies and Gents changing facilities at the club. Please ensure you leave any valuables in one of the security lockers situated in the changing room corridor (a £1 coin will be required to operate the lock, which you will get back on opening the locker).

Pre-Course Reading **ADULTS COURSES ONLY**

For Dinghy Sailing we recommend that you obtain a copy of the Beginners Start Sailing Handbook(G3). For powerboating the start powerboating handbook is provided but you may wish to purchase the more comprehensive Handbook (G13). These books contain all the essential information covered by RYA Levels 1 and 2. These are available from the RYA website <http://www.rya.org.uk/Shop/Pages/default.aspx>.

What happens on the day?

The course will be led by an RYA approved instructor who will brief you, show you how to perform tasks and will monitor your performance and provide feedback on how you are doing. Please do not be shy about asking questions.

The instructor is primarily there to assist your skills development and learning. Getting the boat equipped, launched, recovered, washed down and put away is a key part of courses. Students are expected to deal with this, with the appropriate guidance.

After the briefing, you will spend some time in the dinghy park learning how to rig the dinghies. Thereafter we aim to spend as much time as possible on the water, returning ashore for a break of approx. 45mins for lunch. The afternoon sailing session will conclude at around 16:00hrs followed by packing up the boats and a final briefing. We hope to be finished by 17:00hrs.

Parking

Parking is available in the NFDC car park. Daily parking charge is £8 (6-24hrs), please ensure you have the correct change when you arrive.