



Training Opportunities at Chelmarsh Sailing Club

RYA Sailing Courses at Chelmarsh

Chelmarsh Sailing Club

Chelmarsh Reservoir, Hampton Loade, Bridgnorth, Shropshire, WV16 6BL.
Please approach from Chelmarsh village side of River Severn, older sat navs sometimes try to cross at Hampton Loade!

Facilities

We have all the sailing and safety equipment, warm clubhouse, hot showers and a kitchen area to make hot drinks. We provide buoyancy aids. Candidates should have wetsuits and suitable footwear for the wet (old trainers or wetsuit boots) We have limited hire stock, please ask in advance.

Overview

Chelmarsh is an RYA training centre and we provide a range of sailing and powerboat courses under the RYA. We also teach SUP and have swimming.

We are a friendly not for profit club not a commercial training centre. Our fully qualified Instructors are all volunteers who give their time and skills to support the club and share their enthusiasms.

Our aim is to promote the sports, share our passion and provide safe training in a lovely location.

www.rya.org.uk/training/small-boat-sailing/dinghy
www.chelmarshsailing.org.uk

Course Details

We Offer a range of courses:

ADULT	YOUTH	GENERAL IMPROVEMENT	SAFETY
Adult Level 1 Adult Level 2 Adult Level 3 Adult Start Racing	Youth Stage 1 Youth Stage 2 Youth Stage 3 Youth Stage 4 Youth start Racing	Seamanship Skills Dinghy Sailing with Spinnakers Keelboat Familiarisation	Power Boat Level 2 Safety Boat Courses Power Boat Instructor Course RYA First Aid



Chelmarsh Sailing Club

Chelmarsh is accredited by the Royal Yachting Association (RYA), the governing body for sailing sports in the UK: www.rya.org.uk.

Courses follow the RYA 'method' and successful completion results in the issue of an RYA certificate that is recognised throughout the world. There is a development programme and your certificate allows progress to the next level at any RYA centre and can be used as a proof of competence for boat hire or use.

Training at Chelmarsh runs on club members volunteering their skills and they are keen to encourage new members. We therefore hold informal clinics and sessions such as Improver and Race Coaching to allow members to progress and practice new skills.

All our instructors are RYA qualified and hold all the certification required both as sailing Instructors but also for power boat driving, first aid and CRB checks.

How training is organised:

- We have a Team of RYA Qualified Instructors, for each course there will be an Instructor
- A Senior Instructor is present on all training days and we often also use qualified Assistant Instructors to help.
- There is a maximum ratio of 1 instructor to 6 students for learn to sail courses and 1 to 3 students for powerboat 2 courses.
- All training is to RYA syllabus and standards. More details can be found at: <http://www.rya.org.uk/coursestraining/courses/dinghymultikeel/Pages/default.aspx> which shows the syllabus and content of all the RYA courses.

Who can take part?

Almost anyone!

We have trained people of retirement age (age 76 was our oldest trainee) and those with disability. We do ask for medical detail on booking courses but would be delighted to discuss any specific requirements or conditions.

You do need to be fit enough to move around in a small boat, and be able to swim, but of course Buoyancy Aids are provided for all participants.

Our Youth courses are normally for those age 10 up to 16. The RYA syllabus is different for this age group as they often learn in a different way to adults and the course structure takes a more practical approach and is spread out over a longer training period.

Please note that a responsible adult must stay on site with each child under 18 during the training – sailing participation is not necessary.



Course Schedule for 2024

These dates are provisional (as at Jan 2024)

Booking available on www.webcollect.org.uk/chelmarsh/category/training-1

Start Date	End Date	Course
Feb	Feb	PBt2 (Powerboat 2)
Mar	Mar	PBt2 (Powerboat 2)
Mar	Mar	Power boat Safety
01-Apr	04-Apr	Youth Stage 1-3
01-Apr	04-Apr	Adult Level 1-2
27-May	30-May	Youth Stage 1-3
27-May	30-May	Adult Level 1-2
27-May	28-May	Adult L1

We anticipate adding additional Courses in July if demand required and also in the Summer . We try and hold sailing courses earlier in the summer to allow people to benefit from their memberships and to make use of additional club coaching and informal sessions.

Subject to availability, club training boats and also other club dinghies can be used by course graduates on Tuesday and Saturday social sessions, Wednesday evening racing and Sunday racing sessions. We also run Improver sessions for all our course graduates on Saturday mornings.

All courses start at 9.00am and typically finish around 5.00pm, depending on weather.

Course fees include:

- Use of club boats
- Buoyancy aid
- All necessary instruction by qualified instructors
- Course books and RYA certificates if successful
- Safety boat cover
- Use of the club facilities including hot showers and galley.
- Tea, coffee and squash





Courses and Equipment

Which Course?

For complete beginners or those with very little experience we strongly recommend taking both Level 1 & 2 as an adult or Stages 1-3 as a youth. Often it is best if you can do this over a continuous period to allow familiarity with the club equipment and build camaraderie with other sailors. This should lead you to a point where you can rig, launch and sail a boat without supervision enabling you to sail when you want to.

We can run separate L1 and L2 Adult courses. These may be suitable, for instance, if you have sailed in the past or have gained reasonable skills without formal training so direct entry to Level 2 is more suitable. You will certainly need dinghy experience and be able to sail a triangular course to go straight into Level 2.

If you are unsure, please ask us and we will be happy to advise you.

Youths, unless they have sailed extensively and are used to helming, should always start at Stage 1.

Families often find that attending courses at the same level and dates works well and results in a momentum that encourages ongoing family sailing. The club has family boats for hire as well should you wish to try family sailing.

Equipment We Use

We have a range of training boats.

Hartley H12



Our newest boats. We also have the H 10s

These versatile dinghies can be sailed by adults alone but also by a couple of youth sailors or an adult and child.



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RS Feva



This is the classic youth 2-person trainer which is also easily sailed by an adult alone.

Pico



This is the training workhorse boat and gives a fantastic, forgiving and much-loved introduction to the water for children and small adults.

Club Boats



We have GP14 and Xenon family boats and also a range of racing dinghies Toppers, Lasers, Solo, Supernova and Aero.

We will introduce you to these boats as your courses continue.



What the course entails

Before you arrive

At Level 1 / Stage 1 we assume you do not have any knowledge or skills of sailing. Before the course starts we will send some joining information and also a few links and ideas to allow you to familiarise a little, if you want to, so that you can start a little way ahead.

For those joining at later stages we will have a discussion with you about your existing skills and may even have been out for a sail with you. With a good course we fulfill much of the RYA3 course as well.

What to bring

Sailing is an outside sport and we can get wet, so appropriate clothing is a must. We cover this on the first session and ensure you are safe and will float!

If you need advice about what to wear please call, but as a basic:

- Suitable clothing
Comfortable clothing that is suitable if you fall into the water, e.g. heavy wool is NOT suitable, and try to avoid thick denim jeans.
In summer long sleeves can be helpful against the effects of the sun. We mostly wear wetsuits as these keep you warm even if you are wet and provide some protection. We do have a limited supply of wetsuits etc. but much prefer candidates to bring their own.
A spray top or light anorak can be brilliant to keep the wind chill down.
- A change of clothes and towel
We have hot showers and changing facilities.
- Suitable footwear
Trainers, wet boots or similar. Remember they will get wet! Not wellingtons as these could get full of water!
- Whatever the weather it is advisable to bring sun screen, a hat and sunglasses.
- Food and water!
We have a well-equipped galley (kitchen) with oven, microwave, fridge and facilities to make hot drinks, all of which are available to you. You will need to bring a midday meal. Remember, sailing is an active sport and you will burn energy faster than you generally would at home.



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After your course

As a club member you can participate in all activities or come down at any time there is organised sailing and safety cover.

We would strongly recommend that you get out and sail as soon as you can after completing your course. The longer you leave it the more you will forget! After Level 2 you should be able to rig a boat, launch and sail. If you come down almost any Tuesday, Saturday or Sunday you can expect a few experienced members to be around who can give you pointers.

As a club member you will be able to hire boats at extremely competitive rates until you decide to buy your own boat. This gives you an opportunity to try a few types.

The "Racers" are always keen to encourage new competitors and have a yellow ribbon scheme (the equivalent of an L plate!) there are also racing dinghies to hire and try.

Safety

Like all sports, especially those taking place on water, it is important to be mindful of potential risks. We respond to this with active risk management, which is in line with RYA requirements and our compliance is regularly monitored by the RYA. Our club protocols are all published on our website and regularly updated and reviewed. www.chelmarshsailing.org.uk/downloads.html. These protocols include:

- A Senior Instructor in attendance and monitoring safety at all times
- A Safety briefing on arrival
- Mandatory use of Buoyancy Aids for all water activity
- Fully equipped Safety boats
- All instructors and many of the support team are trained first aiders
- A clear and regularly reviewed safeguarding policy and safeguarding lead.

You have a responsibility to yourself and others:

- Never walk on the jetty or near the water's edge without wearing a buoyancy aid
- Take care around the water's edge: walking surfaces get slippery, especially the slipway
- Take the usual outdoor activity precautions – sunscreen, drink plenty of water, wear a hat, don't do strenuous exercise after a heavy meal
- Always wear suitable safety clothing – wetsuit, buoyancy aid, closed toe footwear.
- No swimming (except in our organised Open Water Swimming Sessions)

These requirements also apply to adults accompanying under 18 trainees. We will be happy to loan buoyancy aids for your use on the day.