

## Grafham Water Sailing Club Sailing Course Joining Information

Thank you for booking one of our courses. Here is some important information about your upcoming course.

### Timings:

- All-day Adult 2 day courses run from 9.30 am to 4.45 pm.
- All-day Adult 5 day courses run from 10.00 am to 4.30 pm.
- All-day Youth courses run from 10.00 am to 4.30 pm.  
Please aim to arrive 5-10 minutes before the scheduled start time.

### Arrival for courses:

Please come to: Grafham Water Sailing Club, Chichester Way, Perry, Huntingdon, PE28 0BU. Directions are on the next page. Tel. 01480 810478. There is plenty of parking on site.

On arrival, please meet your instructor outside the training room (see next page for location). Please ensure you bring any medication you may need, such as inhalers.

### Equipment and clothing needed:

All courses are very practical - our classroom is on the water! However, a small amount of time is spent ashore to cover/reinforce certain aspects of the training. Please come ready to change into sailing clothes which you do not mind getting wet (further details below). Jeans or other denim are not suitable.

Buoyancy aids, which must be worn on the water, are provided, although you may wear your own if you have one; this will be checked for suitability by your instructor. You must be confident in the water and able to swim a minimum of 25 metres.

Secure footwear should be worn - these will get wet as we launch from a shallow-shelving beach. If you have wetsuit-type dinghy boots, they will be ideal; if not old trainers or plimsolls are okay. Wellington boots, sandals or flip-flops are not suitable!

Please bring warm clothing. A full-length wet suit is highly recommended, even during summer months. These can be bought quite cheaply from many supermarkets. Short-legged wetsuits are thinner and, generally, these will not keep you warm enough! A waterproof layer or 'spray top' should be worn over your wetsuit to keep the wind-chill at bay. You do not have to purchase any specialist clothing at this point.

Dinghy sailing is an active sport, so please remember to bring lunch, snacks and plenty to drink. The onsite café is open weekends for you to purchase food and drinks.

### Questions/further information:

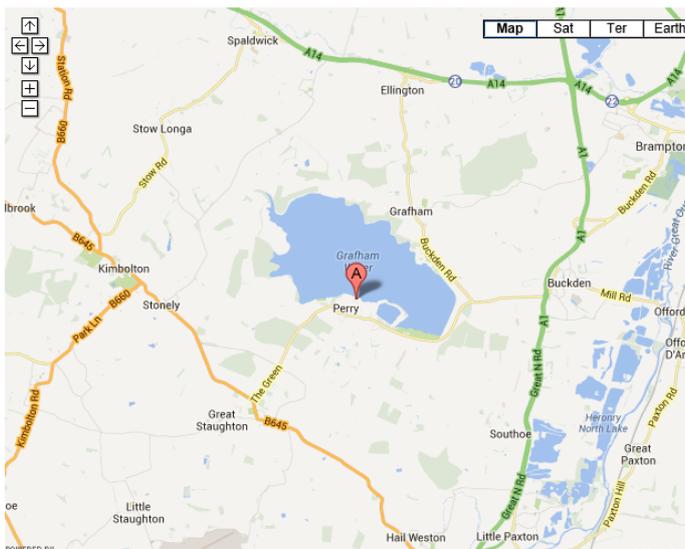
If you require any further information, please do not hesitate to contact us.

GWSC Training Principal

### Clothing and equipment:

<b>We supply:</b>	<b>You should bring:</b>
<ul style="list-style-type: none"> <li>Boats (unless you are on an “own boat” tuition, improver or racing course)</li> <li>Buoyancy aids</li> <li>Instructional material, log books, certificates, etc. (generally given out at the end of the course)</li> </ul>	<ul style="list-style-type: none"> <li>A full-length wetsuit</li> <li>Waterproofs</li> <li>Warm clothing</li> <li>Soft footwear</li> <li>A change of clothes</li> <li>Medication, such as inhalers</li> <li>Lunch and plenty to drink (the cafeteria is open at weekends to purchase lunch but not on weekdays)</li> <li>High factor sun cream (essential)</li> <li>Sun hat or warm hat (depending on weather)</li> <li>Sailing gloves (recommended)</li> <li>Knee pads (optional)</li> </ul>

### How to find us:



As you enter Perry from the B661, turn into Chichester Way (opposite the Wheatsheaf pub).

Carry on to the end of the road.

The club's entrance is via the green gate on the right.

### Locating the training room:

When looking at the clubhouse from the roundabout, this can be found on the ground floor, left-hand corner.

Just around the corner from the stairs that lead up to the ladies changing room.



Training room