



**Grafham Water
Sailing Club**



RYA Training Programme and Club Activities 2024

The Club is a recognised RYA Training Centre, and the following pages give details of our training courses and activities for Youths (8-15) and Adults (16+), for all abilities.

Our activities cover Sailing, Windsurfing, Wingsurfing and Windfoiling, Powerboating, First Aid as well as Race Management.

Our courses are for existing and new Club members. Those wishing to book a course who are not already members may take out a three-month course membership (see page 3).

We also provide a full programme of follow-on Club activities to develop skills learnt on the RYA courses. These are detailed from page 13.

If you are interested in a course that is not detailed in this booklet, or have any questions please contact us to discuss.

Gift vouchers are available for taster sessions, courses, and membership.

We hope you will enjoy learning and developing your skills on the water at our Club.

Contact: office@grafham.org

01480 810478

07943 196522

RYA TASTER SESSIONS

We run both Youth and Adult taster sessions for members and non-members. These are under the guidance of an instructor and are designed to give you an introduction to Sailing , Winging, Windsurfing or Windfoiling. During the session you will have the opportunity to practise basic skills. After the initial taster session, membership is required to attend further training. Minimum age is 8 years. Other days and times may be available on request.

Dinghy Taster Sessions

These run on a Saturday. Available as a one, two or three hour session at £35 per hour. We will allocate the time when the booking is confirmed. If you have a preference, please contact us before booking.

Why not bring a friend? It's the same price for 2 people to take part!

Weekdays may also be available – please contact the office.

<u>Dates</u>	<u>Times</u>	<u>Price</u>
Sat 6 Apr – 28 Sep	09:30 – 12:30	£35 per hour

Wingsurfing Wednesdays – *New for this Year!*

Our wingsurfing courses will introduce you to flying the wing and feeling confident on the water using an inflatable wing with a beginner windsurf board. No previous experience necessary.

It includes all the equipment needed and a buoyancy aid. We do highly recommend that you wear a wetsuit, which is not provided.

Wingsurfing then leads on to Wingfoiling.

The session is run for a minimum of two people.

There is also an evening meal available in the Top Bar afterwards if you wish.

Please book with the Café before your session starts.

<u>Dates</u>	<u>Times</u>	<u>Price</u>
10, 24 Apr	18:00 – 19:30	
8, 22 May		
5, 19 Jun		
3, 17, 31 Jul		
14, 28 Aug		
		£30 per person (min of 2 people)



Wingfoiling Taster Sessions

An introduction to Wingfoiling for Youths and Adults who have already completed a Wingsurfing session. These take place on weekdays. Wetsuits and boots are compulsory, however, not provided. All other equipment including buoyancy aid and helmet are included.

<u>Dates</u>	<u>Duration</u>
On request	1½ hours

<u>Price</u>
£30 per person (Min 2 people)

All sessions are wind speed dependant.



Windsurfing Taster Sessions

An introduction to Windsurfing for Youths and Adults.

These take place on weekdays .

We highly recommend that you wear a wetsuit and boots, which aren't provided. Boards and buoyancy aids are included in the price.

<u>Dates</u>	<u>Duration</u>	<u>Price</u>
On request	1½ hours	£30 per person (Min 2 people)

All sessions are wind speed dependant.

Membership Rates – for an initial three-month period

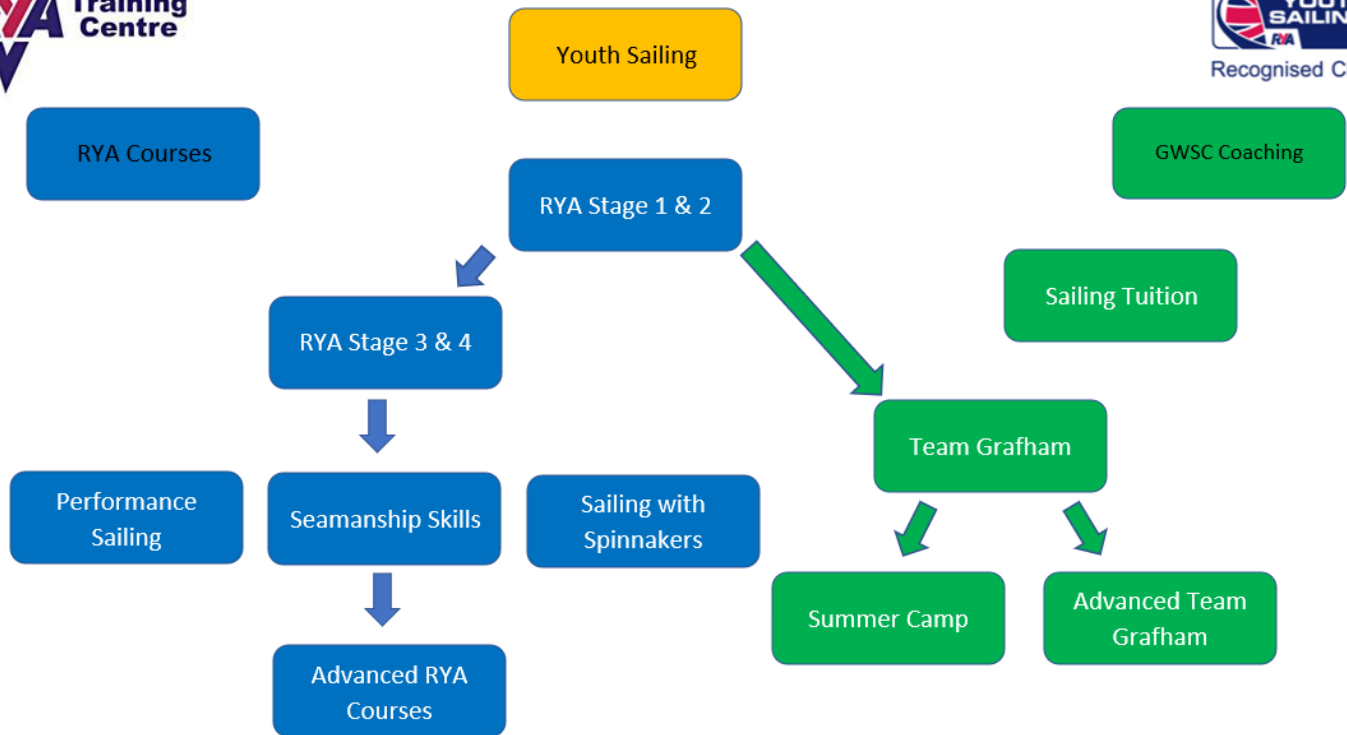
The training courses described in this booklet are for Club members. Those wishing to book a full course who are not already members may take out a three-month course membership.

Membership rates are:

	Three months	Full Year
Adult (25+)	£ 88	£352
Youth (under 25)	£ 22 (plus £22 non-Sailing Adult for under 18s)	£ 88
Senior (66+)	£ 66	£264

The initial three-month course membership starts on the first day of your training course.

RYA YOUTH DINGHY COURSES



RYA Youth Beginner Sailing Course - RYA Stage 1 & 2

On this course you will go from beginner to confident sailor in an intensive week-long course. By the end of the Stage 1 course, you will have a basic understanding of how a boat sails, and some experience of steering and handling the boat.

By the end of the Stage 2 course, you will have a range of sailing skills and background knowledge and be well on the way to being a confident small boat sailor.

The course topics in the RYA curriculum will be signed off in your logbook as you achieve them. At the end of the course, we will issue you with an action plan to detail the next steps in your sailing development. If any sections cannot be completed satisfactorily the action plan will explain how you can achieve this.

Our Saturday afternoon “Team Grafham” session is the ideal next step (page 14).

<u>Dates</u>	<u>Times</u>	<u>Price</u>
27 – 31 May	10:00 – 16:30	£360 (5 Day Course)
22 - 26 Jul		
29 Jul - 2 Aug		
12 - 16 Aug		

We also offer **Youth Refresher Sessions**. Please see page 14.

RYA Youth Improvers Sailing Course - RYA Stage 3 & 4

You must have the knowledge and skills of a Stage 2 sailor and additional recent practice. Before booking you need to attend a pre-course assessment. These are available during our Team Grafham sessions (see page 14).

Having completed Stage 3 you will be able to sail in any direction and rig and launch your boat. Your skills and knowledge mean that you can regard yourself as a sailor not a beginner. A stage 4 certificate means that you have the skills to sail a double-handed boat as crew or helm and solve a variety of problems afloat. Passing this course is the natural entry point for the advanced courses.

	<u>Dates</u>	<u>Times</u>	<u>Price</u>
Stage 3 & 4	19 – 23 Aug	10:00 – 16:30	£360 (5 Day Course)
Stage 4	22 – 23 Aug	10:00 – 16:30	£145 (2 Day Course)

RYA Advanced Youth Courses

These are courses for the more experienced Youth sailor. You will need to be able to sail to a Stage 4 standard and must have attended Team Grafham regularly (see page 14).

RYA Seamanship Skills

This course will help you learn skills a short step beyond Stage 4. During this course you will polish and test your skills and learn to resolve problems afloat. The course will give you a solid foundation for the future and enable you to become much more confident and self-sufficient afloat.

RYA Sailing With Spinnakers

A very short but fun and thrilling syllabus which probably packs the most enjoyment of all the RYA courses. Everything you need to know to enjoy modern three-sail boats.

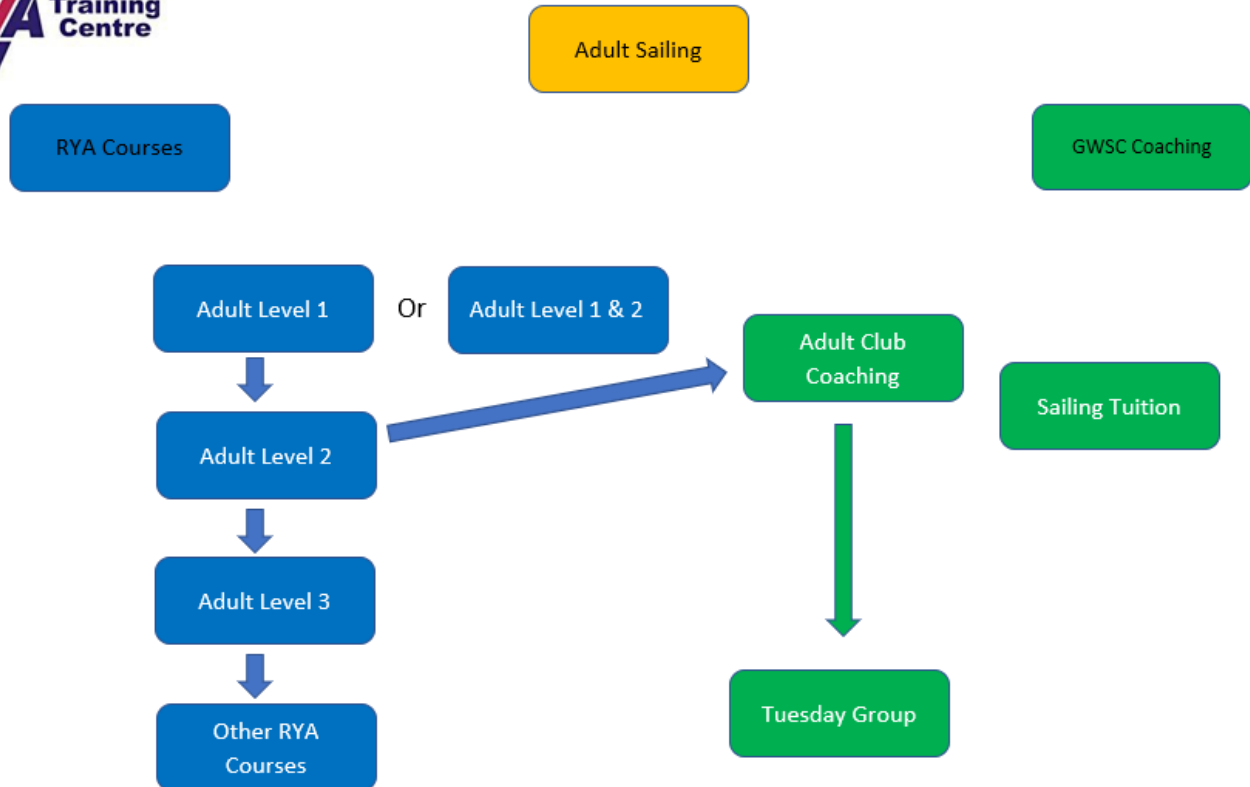
RYA Performance Sailing

Improve your boat-handling and confidence in performance boats. This is an opportunity to be coached, practice your helming and crewing and work on a smooth fluent sailing performance with or without the spinnaker.

The duration of each course is three days and dates will be confirmed when booking. Please contact the office to enquire. Minimum numbers required.

<u>Dates</u>	<u>Times</u>	<u>Price</u>
On request	10:00 - 16:30	£220 (3 Day Course)

RYA ADULT DINGHY COURSES



RYA Adult Level 1 Course – RYA Start Sailing

This course provides a short introduction to sailing for novices. By the end of the course, you will have the basic understanding of dinghy-handling techniques and background knowledge. It is recommended that all participants consolidate this short introduction with the Basic Skills course.

<u>Dates</u>	<u>Times</u>	<u>Price</u>
4 & 5 May	09:30 – 16:45	£225 (2 Day Course)
29 & 30 June		

RYA Adult Level 2 Course – RYA Basic Skills

On completion of this course, you will have a basic knowledge of sailing and be capable of sailing without an instructor on board in light winds. It will be assumed that every student starting this course has already mastered the practical skills and absorbed the background knowledge required for Start Sailing.

<u>Dates</u>	<u>Times</u>	<u>Price</u>
18 & 19 May	09:30 - 16:45	£225 (2 Day Course)
13 & 14 July		

On successful completion of this course, you will be able to hire the club boats or join our Saturday club coaching session to gain more experience.

RYA Adult Level 1 & 2 Course – RYA Start Sailing and Basic Skills

This five-day intensive option follows the same syllabus as the two-day Level 1 and 2 courses (see above) and with additional time with an instructor to develop your skills.

<u>Dates</u>	<u>Times</u>	<u>Price</u>
27 - 31 May	10:00 - 16:30	£450 (5 Day Course)
29 Jul – 2 Aug		
19 Aug – 23 Aug		

On successful completion of this course, you will be able to hire the club boats or join our Saturday club coaching session to gain more experience.

Advanced RYA Adult Courses

Please contact the office to enquire on the following course. Minimum numbers required.

RYA Adult Level 3 Course – RYA Better Sailing

On completion of this course the successful sailor will be safety conscious and capable of sailing without an instructor on board in light to moderate conditions.

This improver course seeks to bridge the gap between Start Sailing, Basic Skills and the five Advanced modules by offering an introduction to the different modules, allowing sailors to select better their preferred route within the sport.

<u>Dates</u>	<u>Times</u>	<u>Price</u>
On request	09:30 - 16:45	£225 (2 Day Course)



RYA WINDSURFING COURSES

RYA Youth Beginner Windsurfing Course – RYA Stage 1

Begin by getting straight out onto the water and discovering windsurfing. You will be up and sailing around in no time with the ability to sail to a chosen point and return to where you started in light winds. Minimum age 10 years. This course includes a logbook.

<u>Dates</u>	<u>Times</u>	<u>Price</u>
On request	10:00 – 16:30	£160 (2 Day Course)

RYA Youth Windsurfing Course – RYA Stage 2

Once you have completed Stage 1 or equivalent standard, with stage 2 you will learn to tack and gybe to enable you to sail in all directions. Minimum age 10 years. Please bring your logbook along with you.

<u>Dates</u>	<u>Times</u>	<u>Price</u>
On request	10:00 – 16:30	£145 (2 Day Course)

RYA Adult Start Windsurfing Course

An introduction to windsurfing for Adults using our Club boards. You will learn the basics of windsurfing, tacking, steering, and gybing. This is a two-day course to provide you with the skills to sail out, enjoy windsurfing and return to the shore.

<u>Dates</u>	<u>Times</u>	<u>Price</u>
On request	10:00 – 16:30	£225 (2 Day Course)



OTHER RYA COURSES

RYA First Aid Course

A one-day session which covers all the usual first aid subjects, but from a boating perspective and meets the requirements of RYA qualifications such as Dinghy Instructor.

<u>Dates</u>	<u>Times</u>	<u>Price</u>
13 th Jul, 21 st Sep	09:30 – 16:30	£65

This course is free for regular Safety Boat volunteers, please enquire at the office.

RYA SRC Course (Marine Radio Short Range Certificate)

This course is run by Les Rant. Please contact him directly to book:

www.eastcoastoffshoryachting.co.uk , L.rant@outlook.com or 01480 861381.

RYA Assistant Dinghy Instructor Course

Participants will need to be at an advanced level of Dinghy Sailing and have a recommendation from our Chief Instructor to take part in this course. The course covers basic teaching principles, centre procedures and specific training in any unfamiliar equipment (see RYA book G14). Candidates will be assessed on their teaching ability with beginners. You will then assist our qualified Instructors.

Minimum age is 14.

Please note that this is a Centre Specific qualification and can only be used at GWSC.

Please enquire at the Office.

RYA Dinghy Instructor Course

The dinghy instructor course takes experienced sailors through the basic skills, knowledge and teaching techniques required to instruct, coach, and develop sailors of all levels of ability. There will be a maximum of six students and includes all relevant handbooks and logbooks from the RYA National and Youth Sailing Schemes.

A pre-entry assessment is required to confirm that you have the sailing ability and background knowledge required to become an instructor. You will be asked to sail a triangular course efficiently and must also successfully complete a variety of sailing manoeuvres. This is one of a number of qualifying criteria that should be met before your dinghy instructor course starts.

Minimum age is 16.

Please enquire at the Office.

RYA POWERBOATING COURSES

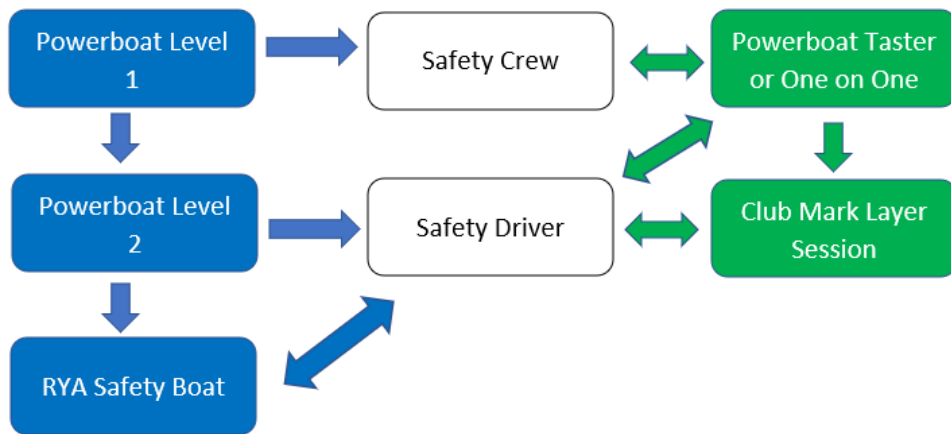
The RYA Powerboat courses are also available midweek, on request. Rebates are available for Safety boat volunteers. Please contact the Office for details.



RYA Courses

Powerboating

GWSC Coaching



RYA Start Powerboating Course – RYA Level 1

This course is an introduction to boating techniques for launching and recovering a boat from a road trailer, everyday boat handling and the use of safety equipment.

Please note that this course is conducted in planing craft.

<u>Dates</u>	<u>Times</u>	<u>Price</u>
On request	09:30 – 16:45	£140



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RYA Powerboat Handling Course – RYA Level 2

This two-day entry level course provides the skills and background knowledge needed to drive a powerboat and is the basis of the International Certificate of Competence (ICC).

It focuses on low-speed close quarters handling, man overboard recovery, an introduction to driving at planing speed, and collision regulations. No prior experience required.

Please note that this course is conducted in planing craft.

<u>Dates</u>	<u>Times</u>	<u>Price</u>
18 & 19 May	09:30 – 16:45	£275
15 & 16 Jun		
27 & 28 Jul		
31 Aug & 1 Sep		
12 & 13 Oct		

RYA Powerboat Handling Course – RYA Level 2 One Day Assessment

We can also offer a one-day direct assessment for experienced power boaters who would like to be certified as PB2.

<u>Dates</u>	<u>Times</u>	<u>Price</u>
On request	09:30 – 16:45	£150

RYA Safety Boat Course

This course covers the skills and techniques applicable to providing rescue cover at the club or when assisting with racing events. We will practise rescuing dinghies, catamarans, and windsurfers, as well as introducing basic elements of race management and mark-laying.

It is ideal for competent powerboaters who are keen to become more involved with safety duties and open meeting events at the club.

Please note that RYA Powerboat Level 2 and a basic understanding of sailing boats and windsurf boards must be held prior to this course.

<u>Dates</u>	<u>Times</u>	<u>Price</u>
10 & 11 Aug	09:30 – 16:45	£275

RYA RACE TEAM COURSES

RYA Regional Race Officer Course

The Regional Race Officer Courses are organised by the Regional RYA Race Management Coordinators and run by RYA Race Management Committee approved Instructors.

RYA Regional Mark Laying Course

A two-day course as part of the qualification for Regional Mark Layer status. The course contains a mixture of classroom and on the water practical work. The on the water element forms part of the overall assessment and this is carried out continuously. There is no formal examination associated with this seminar.

For more details and to book onto one of the courses above please see www.rya.org.uk





**Grafham Water
Sailing Club**

Sailing Club Activities 2024

To complement our RYA Certified Training Courses, we also run a variety of sessions to allow Club Members to improve their skills, be it sailing, windsurfing, wingsurfing, powerboating or race management.

Club Boats available for hire

The Club has a fleet of boats that are available for hire by competent Club members. Minimum experience is Level/Stage 2 or equivalent.

The prices for hiring the boats are:

	Pico/Topper/RS Tera/Laser Radial/Laser Standard Sailboard/ Single SUP	Laser Stratos/Dart 16 2000 Go Mega Team SUP
Per session	£15	£25

There is a discount of £5 on the above rates if booked for Team Grafham or Club Coaching.

Sessions are morning, afternoon, or evening for up to 3 hours. Exact times will be confirmed on booking. Advance bookings can be made for a maximum of two sessions bookable for any future date. If you have already booked two sessions, further additional sessions can be booked a maximum of one week in advance.

Please call the Office on 01480 810478 to reserve your boat, board or SUP.

YOUTH SAILING

Team Grafham Intermediate and Advanced

Team Grafham caters for youth sailors aged 8 upwards who have passed the RYA Stage 2 course.

Team Grafham Intermediate provides an opportunity to develop skills and confidence.

We include race training and seamanship skills for the more experienced sailors in Team Grafham Advanced.

These sessions are a great way to improve your sailing skills as well as having lots of fun and meeting other young sailors.

Team Grafham is also where we carry out pre-course assessments for those who want to attend our more advanced courses.

Please make sure you read the attached Booking Conditions and you need to be changed and rigged ready to go afloat at the start time.

If you need to hire a boat, please book this with the Office.

Please note that you must book before midnight on the Thursday prior to the session.

<u>Dates</u>	<u>Times</u>	<u>Price</u>
6 Apr –26 Oct	13:30 – 16:00	£13 per session

Refresher Session

The instructor will refresh your skills you learnt at Stage 1 & 2 and teach you new things to help improve your sailing. You will then be able to progress through the RYA Youth programme.

Books can be provided at an additional charge.

<u>Dates</u>	<u>Times</u>	<u>Price</u>
12 Aug – 16 Aug	10:00 – 16:30	£345 (5 Days)

Team Grafham Advanced – Autumn and Winter Sessions

These take place over October half term and between November and March. These sessions are for regular Team Grafham participants and focus on a range of advanced sailing activities including seamanship and race training.

If you are unsure if your child is at the correct level of experience for these sessions, then please contact the office. Please make sure that suitable clothing is worn for the conditions and note that wetsuits and drysuits are compulsory from 1st November. Minimum numbers will apply and book online as normal.

<u>Dates</u>	<u>Times</u>	<u>Price</u>
28 – 30 Oct	10:00 – 15:30	£50 per day
Nov – Mar see website	13:30 – 15:30	£13 per session

Youth Summer Camp

Now a regular feature in our summer programme:

- During the day our team, led by Chief Instructor Matt French, will provide opportunities to dinghy sail, windsurf and SUP. This is a fun week – no RYA certificates but expeditions, games etc.
- From 17:00 onwards each evening we hand over to parents to supervise their children, with free camping allowed on site – please pre-book this on the Website. If parents are available to help during the day as well, that would be great!
- You can pre-order meals for the week – we offer Breakfast and Packed Lunches – please speak to Lisa in the kitchen or call: 07738 401190 by 2nd August 2024.
- All participants must have a parent or person acting *in loco parentis* overnight – minimum age 18.

Please note that all participants must have RYA Stage 2 or above.

<u>Dates</u>	<u>Times</u>	<u>Price</u>
5 – 9 Aug (4 ½ days)	10:00 – 17:00 (13:30 on last day)	£265 Please book by 21 Jul
Single Full Day	10:00 – 17:00	£65 (available Monday – Thursday)
Half Day	10:00 – 13:30	£35 (available Friday only)

Sailing Tuition

This is available for coaching, racing and to complete your action plan from a previous course. During these sessions, the instructor will help you (and your crew if double-handed) to improve your sailing, gain confidence or try something new. You might want to familiarise yourself with a new boat, one of our Club boats, try catamaran sailing, learn how to use a spinnaker, or improve aspects such as your tacking, upwind sailing or leaving/returning to shore.

Please fill in as much detail as you can on the booking form detailing what you would like to achieve from the session.

Available as a one, two or three hour session at £35 per hour. We will allocate the time when the booking is confirmed. If you have a preference, please contact us before booking.

These sessions can be used to complete your action plan from a previous course.

Weekdays available on request.

<u>Dates</u>	<u>Times</u>	<u>Price</u>
Sat 6 Apr – 28 Sep (Except 1 & 22 June)	09:30 – 13:00	£35 per hour

ADULT SAILING

Adult Club Coaching

These Saturday sessions are designed to help you improve your sailing skills in a relaxed, supervised environment. As a group, we will decide on an activity that suits the conditions. You might improve your tacking, learn techniques for going faster or practise a variety of controlled manoeuvres. We may also look at racing skills, such as starting, tactics, rules, etc.

Minimum sailing experience: Adult Level 2 or equivalent.

Please note that you must book in for these sessions before midnight on the Friday.

Please contact the Office if you need to hire a boat.

<u>Dates</u>	<u>Times</u>	<u>Price</u>
6 Apr – 28 Oct	10:00 – 12:30	£13 per person

Sailing Tuition

This is available for coaching, racing and to complete your action plan from a previous course. During these sessions, the instructor will help you (and your crew if double-handed) to improve your sailing, gain confidence or try something new. You might want to familiarise yourself with a new boat, one of our Club boats, try catamaran sailing, learn how to use a spinnaker, or improve aspects such as your tacking, upwind sailing or leaving/returning to shore.

Please fill in as much detail as you can on the booking form detailing what you would like to achieve from the session.

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These sessions can be used to complete your action plan from a previous course.

Weekdays available on request.

<u>Dates</u>	<u>Times</u>	<u>Price</u>
Sat 6 Apr – 28 Sep (Except 1 & 22 June)	09:30 – 13:00	£35 per hour

Tuesday Group

The Tuesday Group is a chance for some friendly sailing supported by an experienced clubsailor to help you develop your sailing skills. The group normally runs from May to August and further information is available in the club newsletter or via the website.

The group extends the session with tea and cake. Bring a packed lunch for the debrief session; a kettle is available to make your own hot drink, don't forget to bring a mug as the café is closed during the week.

<u>Dates</u>	<u>Times</u>	<u>Price</u>
See website	10:30 – 12:30	FREE

POWERBOATING

Powerboat Taster and One-on-One Training Session

If you would like to try Powerboating or are out of practice with RIB driving and would like some one-on-one support, then we can arrange this whilst supporting Open Meetings. You will go out with an instructor to provide Safety and Mark Laying.

Please contact the office for a list of available sessions.

Club Mark Laying Session

A one-day introduction to mark laying for racing. The day includes the basics of race course management and time on the water laying marks. It is a great prelude to the RYA Regional Mark Laying Course.

<u>Dates</u>	<u>Times</u>	<u>Price</u>
See Website	See Website	FREE

Please register your interest with the Office who will then advise on available dates.

RACE TEAM

Race Management Seminar

These sessions are held periodically, with at least one each year. They are designed to bring race management teams together - Race Officers and Committee boat teams to discuss race management issues, and update on best practice. A key aim is to raise confidence levels and make running racing fun and stress free! There will be useful hints and tips to achieve this.

The sessions will also offer basic training opportunities for newcomers who wish to be involved with running club racing at Grafham.

<u>Dates</u>	<u>Times</u>	<u>Price</u>
See Website	See Website	FREE

For more information about any of
our Club Activities please visit
www.grafham.org