

RNCYC RYA Course joining instructions

Venue: Rhu Marina - meet at the RNCYC training hut (beside the marquee).

Course Timings: 9am - 4pm

What to bring: Participants should arrive each morning changed and ready for sailing in the personal equipment listed below and bring a towel and spare change of clothes including shoes. If you have a Dryrobe or similar this is an excellent idea too. Buoyancy aids can be the participants own (will be checked by instructors) or can be provided.

Please ensure you bring any medication each day (including inhalers, even if you rarely use them) and ensure that the instructor knows how to access it.

Participants will also need lunch, a drink and plenty of snacks to keep them going on an active course all day.

Personal equipment (Dinghy sailing)

All personal equipment should be provided by the participant. Personal equipment must include the following: full wetsuit*, waterproof jacket (or cag), fleece (over wetsuit under jacket), wetsuit boots and hat. Gloves are optional, but recommended.

*Wetsuits may be available for hire by prior arrangement - contact training@rncyc.com

Personal equipment (Keelboat sailing/Powerboating)

All personal equipment should be provided by the participant. Personal equipment must include the following: full waterproofs (jacket & trousers), warm clothes, wellies (or wet trainers/wetsuit boots) and hat. Gloves are optional, but recommended.

Please bring your RYA logbook along on the first day, if you do not have one, these will be available for purchase.

If you have any questions or concerns, please do not hesitate to contact the RNCYC office (01436 820322) or training@rncyc.com. We look forward to seeing you on the course.

Happy sailing!