



Joining Instructions For RYA National Sailing Scheme Activities

Welsh Harp Sailing Club
Birchen Grove, London, NW9 8SA

Timings - The activity runs from 9am and we aim to finish at 4pm.

Venue - Access to WHSC is either direct off Birchen Grove or from the bottom corner of the free car park at the end of Birchen Grove. WHSC is the end building, closest to the dam. There is a coded gate, please refer to the email for the code.

Food and drinks - Please bring your own snacks and lunch. There is a galley, including a microwave and toaster. There is tea and coffee, please help yourself and the water is drinkable.

Clothing - Please dress according to the weather, layering so you can add more or take off according to how you feel. Winter weight wetsuits are good in the cold when coupled with a spray vest, rash vests and board shorts for hot weather. Closed toed shoes must be worn - either sailing shoes or a pair of old trainers which you don't mind getting wet. Please don't forget suncream in case of sunshine. Please bring a change of clothes, shoes and stuff for a shower everyday. We have a range of buoyancy aids for you to borrow.

Training content - The courses are part of the RYA National Sailing Scheme and successful candidates receive the appropriate certificate on passing. There is a requirement to do a capsized recovery.

- **RYA Level 1** - During the course you'll: learn to tack and gybe, sail in all directions, gain an understanding of how to rig a boat, gain experience in launching and recovering a boat, discuss a variety of basic sailing theory. You will be given a logbook in the course.
- **RYA Level 2** - Our instructors will introduce essential new skills such as: rigging, launching, sailing in all directions, capsized recovery, essential safety knowledge. Please bring your logbook to the course.
- **RYA Level 3** - On the water, you'll have short taster sessions from the Advanced Modules, such as anchoring, rudderless sailing, etc.. On the theory side, you will gain deeper understanding in collision avoidance, learn the basics of navigation and World Sailing Racing Rules of Sailing. Please bring your logbook to the course.

Course contact - Please contact the Chief Instructor Yat Sing Yeung for enquiries. His email address is dc1@welshharpsailingclub.org.

