



# Thursday Taster Session

## Welcome, What to expect & FAQs

[www.welshharpsailingclub.org](http://www.welshharpsailingclub.org)

**Hello and a very warm welcome to you from The Welsh Harp Sailing Club (WHSC).** Our Thursday evening Taster sessions are a relaxed opportunity for non-members to get out on the water, have a go at sailing and get a feel for the club. Sessions are generally 45 minutes and typically there are two trainees in a boat with a coach. You can try one session at a cost of £25 before you decide whether to join. Please follow this link for all taster, training and course bookings <https://webcollect.org.uk/whsc/category/dinghy-sailing-courses>

### **Where and when is it?**

Your session will last for about 45 minutes between 6.30 and 9.00 on Thursday evenings. The address is The Welsh Harp Sailing Club, Birchen Grove, London, NW9 8SA - follow Birchen Grove to the very end and turn right into the public car park; the entrance to WHSC is at the far end of the car park. **Please come to the welcome desk in the South Building to sign in; if it is your first visit, we will ask you to complete our medical and information form.** See also <https://www.welshharpsailingclub.org/2-about-club/282-how-to-find-us-2.html>

### **What will I be doing on a Thursday evening?**

After signing in and getting changed, you will be introduced to your coach (please bear with us as the instructors generally come straight from work so can be affected by normal London type traffic delays) Typically two trainees would be allocated a coach for about 45 minutes. The time might be spent doing some land based stuff, for example boat rigging and practice land-drills as well as time on the water, where depending on your confidence / competence you may crew or helm. After de-rigging the boat and a debrief, its time to get changed and you are invited to stay for a reasonably priced, home-cooked meal and some drinks from the bar.

### **How much does the session cost?**

The session costs £25. If you decide to join, we will reimburse you the cost of the taster.

### **I've never sailed before - is it OK for me to come?**

Yes! Because there is an experienced sailor in the boat with you, everything will progress at a pace that is right for you.

### **What should I wear?**

Wear weather-appropriate clothes that you do not mind getting wet - a wet suit if you have one - plus closed toed shoes with a grip. No barefoot, sandals, crocs or slip on shoes. **We can provide buoyancy aids.** Please bear in mind that it always feels colder on the water. Please also bring a change of clothes and stuff for a shower in case you get wet.

### **Who is running the session?**

The sessions are overseen by an RYA qualified Senior Instructor and safety boat cover is provided by RYA qualified safety / power boat drivers. All are volunteers who have a wealth of experience, a love of sailing and stacks of enthusiasm.

### **Can I keep coming after my taster session?**

Yes - as a member you can keep coming on Thursdays and the sessions are free. Initially you would continue in a double-hander boat with a coach, but as you progress you could move on to supervised sailing, either in a double hander with another trainee or in a single hander by yourself.

### **How do I join the club?**

We have number of different options depending on your situation. Adult full membership is £265, concession / student / 18-25 membership is £135 and family membership, which can work out really well for some, is £425. If you'd like to join please follow this link: <https://webcollect.org.uk/whsc/subscription> click on the subscription of your choice and also select to take the cost of the tasters off.

And if you have any membership queries, please email our membership secretary, Caro [membership@welshharpsailingclub.org](mailto:membership@welshharpsailingclub.org)

### **Do you run any other courses?**

Yes! If you're interested in regular weekly sessions, as a member you can continue with the Thursday sessions, free of charge - they continue until the end of August. Once you can tack, gybe, control the boat and right a capsized you can join our Saturday morning sessions which are also free of charge to members. These sessions are where more competent sailors can start honing their skills and working on race techniques. We run Plain Sailing for double handers and Saturday Lasers for single handers.

If you are interested in something more intensive, we periodically run RYA 2-day weekend courses or RYA 5-day midweek courses. These RYA certificate courses give you a nationally recognised qualification that is transferable to other sailing centres. The RYA Level 1 or RYA Level 2 certificate will be awarded depending on progress. The courses are both practical and theoretical and include intensive sailing time on the water with RYA qualified instructors, accelerating your learning. By the end of the course, you should be sailing independently and you will find a marked improvement in your sailing after solid days of skilled instruction. These are open to all but members are offered a discount.

Any currently planned courses can be found on this link: <https://webcollect.org.uk/whsc/category/dinghy-sailing-courses>

### **What else can I do at WHSC as a member?**

If you are interested in more sailing, we have regular Saturday afternoon races all year round, and in the Spring and Summer we have Tuesday evening races. We race two classes of boat, GP14 (double hander) and Laser (single hander). We are a friendly and sociable club and after racing we always have either tea & cake or a meal on a Tuesday evening. Members of our racing fleets often race in regional, national and international opens and to continue improvement, we often have world class sailors coming to coach us race skills.

We have a large fleet of club boats that are available to members free of charge, once you reach a safe level of competence known as "check out". People will borrow these to take part in the organised racing, or to recreationally sail on the reservoir at any time during the week.

We also have a lively windsurfing section here. There are regular Thursday taster and member sessions, as well as RYA courses, and once members have met a level of competence, they can borrow the club equipment and meet others at the reservoir for a surf when the wind is good. For more details please contact Keith [windsurfing@welshharpsailingclub.org](mailto:windsurfing@welshharpsailingclub.org)

We encourage members to develop other boat related skills - for example if you were interested in becoming an instructor, learning to drive a power boat or getting an RYA first aid qualification. Many of our members also take on other volunteering roles, such as committee members, maintaining the boats, buildings and grounds, managing the website, looking after money & grant applications.

### **I have more questions - who should I ask?**

You can ask the Senior Instructor on Thursday night or contact Cathy who coordinates Thursday evenings on [thursdays@welshharpsailingclub.org](mailto:thursdays@welshharpsailingclub.org)