

Timings, venue and arrival - the course runs from 9am - 4pm, Monday - Friday. The pedestrian entrance to the site is via the Birchen Grove Car Park gate which will be opened from 8.55am. You will see a row of clubhouses across the site; please make your way to the Welsh Harp Sailing Club North Building where our Training Centre is based (it is the third building from the left) where we will be ready to greet you each morning. On your first day, please arrive 10 minutes early so we can check through details and paperwork with you.

Food and drinks - please bring your own snacks, packed lunch and a water bottle. Due to allergies we ask that you ensure there are no products containing nuts brought onto the site.

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. We have buoyancy aids and spray tops available to borrow. Closed toed shoes must be worn - either sailing shoes or a pair of old trainers. Please don't forget suncream in case of sunshine. Please also bring a change of clothes and stuff for a shower in case you get wet.

Course content - the courses are part of the RYA Youth Sailing Scheme and successful candidates receive the appropriate certificate on passing.

- RYA Start Sailing Stage 1 - A course for complete beginners. Launching and recovery, sailing across the wind, turning around, steering and basic parts of the boat.
- RYA Start Sailing Stage 2 - Improved sailing skills on all points of sail. Tacking, gybing, ropework and collision avoidance.
- RYA Start Sailing Stage 3 - Improved rigging, sailing theory, launching and recovery. Building confidence in a range of sailing techniques on all points of sail and capsize recovery
- RYA Start Sailing Stage 3 - Transferring pre-learnt skills, techniques and manoeuvres to sail crewed boats, enhance rigging, launching, recovery and practical skills to recover a man overboard.

Course contact - Senior Instructor Jamie Isles saturdayjuniors@welshharpssailingclub.org



How to find Welsh Harp Sailing Club

- 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. See also <https://www.welshharp-sailingclub.org/2-about-club/282-how-to-find-us-2.html>

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