

Learn to Sail at Reading

Further information and course briefing notes.

Training Courses at Reading

RSC is accredited by the Royal Yachting Association (RYA), the governing body for sailing sports in the UK. www.rya.org.uk. Our courses follow the RYA 'method' and successful completion result in the issue of an RYA certificate that is recognised throughout the world, as an example, by many 'all inclusive' holidays that offer free use of boats subject to proof of competence.



The Team

Principle and Senior instructors – the club Principle Instructor is responsible for all training at the club. He is present at every course or delegates a Senior Instructor to take responsibility for safety and course management on the day.

Instructors – all are highly experienced, RYA qualified and have undergone specialist training and assessment. This includes first aid, safety and power boat skills. You will train directly with a qualified instructor who may use Assistant Instructors or other experienced sailors to help in basic training, boat launching etc

Safety Boat crews - always active when trainees are 'on the water'

Support - other club members come along to help launch boats, assist instructors and be available to help you.

ALL ARE UNPAID VOLUNTEERS! They do this work because they enjoy introducing new people to sailing and seeing you grow your skills and enjoying yourself.

We offer

- Level 1 for adults – starting from an assumption of no skills or knowledge and taking you to a level where you can safely sail under supervision.
- Level 2 for adults – combined with practice this course will enable most participants to sail in good conditions without supervision.
- Level 3 for adults – ideal for those wanting to hone their basic skills and learn more advanced techniques
- Stage 1 for juniors - provides basic boat skills such as steering and boat handling
- Stage 2 for Juniors–takes skills and confidence further. Juniors at Stage 2 will still need adult supervision when sailing.
- Race coaching and further specialist skills.

All training is to RYA syllabus and standards. More details can be found at www.rya.org.uk

Course dates for 2012:

Course A Level / Stage 1	28 April & 5 May
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Course B Level / Stage 1	19 May & 26 May
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Course C Level / Stage 2	16 June & 23 June
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Special Offers for Olympic Year

1. Book Level/Stage 1 and 2 courses at the same time:
 - The combined course cost is just £140 – saving £16
 - AND you can enjoy additional free coaching sessions on the Sundays between.

Course D
Level TBC

30 June &
7 July

Book a level/Stage 2 course before the end of your level/stage 1 course and you can enjoy additional free coaching sessions on the Sundays between.

All courses are priced at £78.00. All are held on Saturdays and start at 9.30am

Choosing the right course

For complete beginners or those with very little experience we strongly recommend taking both level 1 & 2, combined with the coaching sessions offered by RSC to help reinforce your newly won skills. This should lead you to a point where you can rig, launch and sail a boat without supervision enabling you to sail when you want to.

If you have sailed in the past or have gained reasonable skills without formal training then direct entry to level 2 might be more appropriate. If you are unsure please ask us and we will be happy to advise.

Juniors, unless they have sailed extensively and are used to helming should always start at Stage 1.

Families often find that attending courses at the same level and dates works well and results in a momentum that encourages ongoing family sailing.

Equipment

Boats we use:

Topper: the ideal learning boat for juniors



Pico: a great first boat for adults and older juniors



Sport 14: A spacious two sail boat taking up to three trainees and an



instructor

Laser: A higher performance single hander for more experienced



sailors

Course fees include:

- Use of club boats. If you would like to use your own boat this is generally acceptable although we will conduct a safety inspection and would like to discuss suitability prior to the course.
- Protective clothing - wet suit, spray top and helmet. If you already have your own, please feel free to bring them.

You will need to bring:

- Suitable clothing – comfortable and suitable if you fall into the water i.e. not heavy wool. In summer long sleeves can be helpful against the effects of the sun
- A change of clothes and towel – we have hot showers and changing facilities.
- Suitable footwear – trainers, wet boots or similar but not loose fitting such as flip flops. Remember they will get wet!
- Whatever the weather it is advisable to bring sun screen, a hat and sunglasses.
- Lunch! We have a well equipped galley (kitchen) with oven, microwave and facilities to make hot drinks, all of which are available to you. Whilst there is a good supply of soft drinks, tea/coffee and sweets you will need to bring a midday meal. Remember, sailing is a sport and you will burn energy faster than you generally would at home.

Before you arrive

At level 1/ stage 1 we assume you have no knowledge or skills. If you want to start a little way ahead and get a taste of what is to come you might like to;

- Look at the weather forecast – try www.bbc.co.uk/weather or www.metcheck.com
 - wind speed and direction
 - will it rain
 - temperature
 - how likely are you to get sun burn!

Note: course cancellation due to weather is extremely unlikely.

- Trawl around the internet and learn some very basics:
 - Learning the parts of a boat will leave you to concentrate on learning technique – bow; stern; mast; boom; main sail; job; sheets;tiller; rudder; centre board; dagger board will give you a good start
 - Port and starboard
 - Teach yourself to tie a couple of knots – reef knot; round turn and two half hitches would be helpful
- For a practical kick start why not come along a bit earlier on your course day arrive around 9.00am and help get the boats out. This will give familiarity with equipment, club facilities and meet the people you will be spending your time with.

After your course

As a club member you can participate in all activities or come down anytime and sail – we strongly recommend you do not sail as a lone boat at any time though. We would strongly recommend;

- Get out and sail as soon as you can after completing your course. The longer you leave it the more you will forget! After level 2 you should be able to rig a boat, launch and sail. If you come down almost any Saturday or Sunday you can expect a few experienced members to be around who can give you pointers.
- For adults, come along to a Pink Day or two. There are always plenty of people around who can help with questions and rigging boats. The morning always starts with a cooked

breakfast for those who want it and there is always a fun race. Or just cruise around the lake knowing there is help at hand if you need it

- For juniors the weekly Oppies or Pirates club will give time on the water in a fun environment

Safety

Like all sports, especially those taking place on water it is important to be mindful of potential risks. We respond to this by active risk management which is in line with RYA requirements and our compliance is regularly monitored by the RYA.

When on a course you will see our active commitment to safety in action:

- Senior Instructor in attendance and monitoring safety at all times
- Safety briefing on arrival
- First class personal equipment for all trainees
- Fully equipped Safety boats patrolling at all times trainees are afloat
- All instructors are trained first aiders

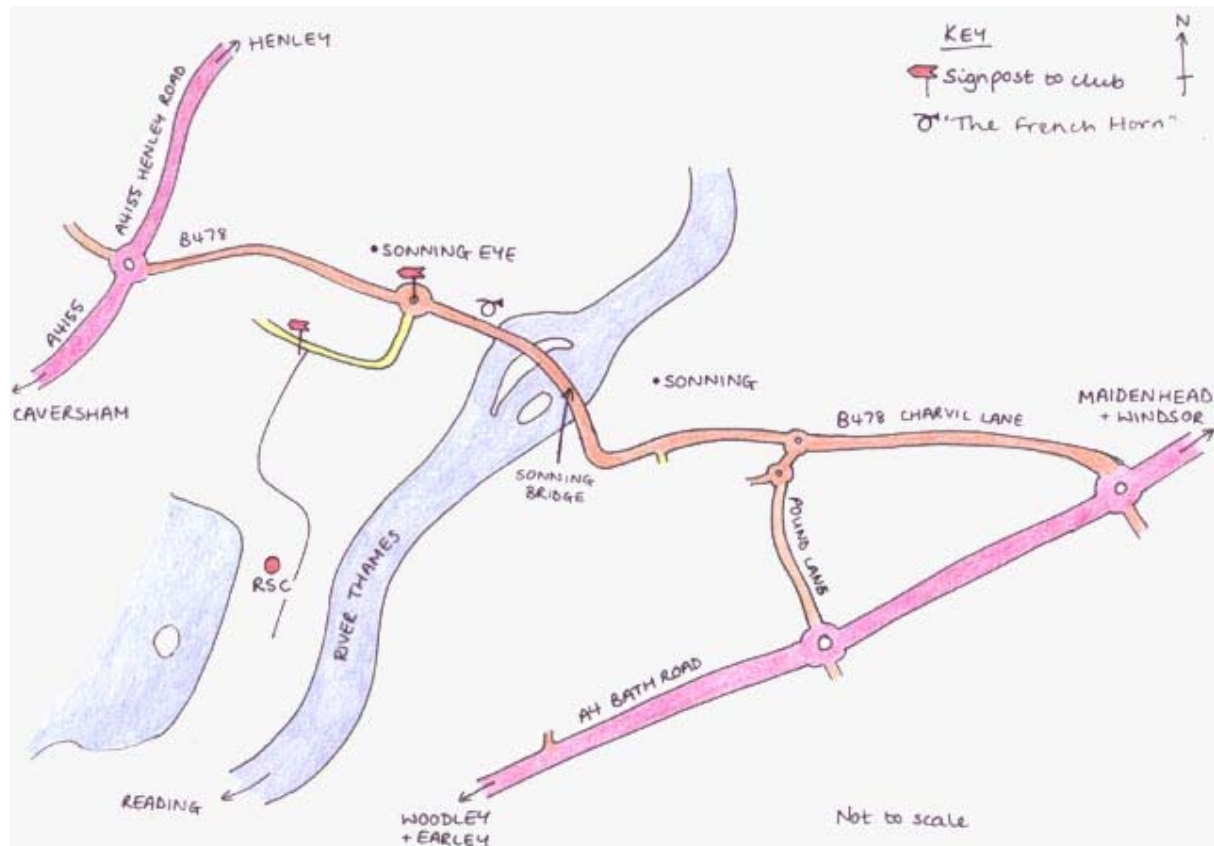
Contact / find us:

Email: training@readingsc.org.uk

Web site: www.readingsc.org.uk . Please visit the site to learn about club activities, facilities and much more.

Address: Reading Sailing Club, Sonning Eye, South Oxfordshire, RG4 6TT

Grid reference:- SU 750754



Gate Access: The gate from the road and at the club car park have combination locks. You will be given the codes when you join. The gates will be open when courses are being run.

Membership of RSC

You must be a member to attend one of our training courses – family membership includes all the family.

In addition to training all members enjoy:


- Use of the clubhouse, lake and facilities any day of the year
- Access to hire boats
- Club activities
 - Pink days for social sailing every second Saturday of the month
 - 'Oppies', for younger children
 - Pirates for older children
 - Sunday morning racing
 - Other social events such as Campsail weekends, special sailing days and BBQ's

Above all we are a friendly and active club. Families and individuals can enjoy safe sailing in a fun environment, whether beginners or advanced sailors. If you are an enthusiastic racer we have weekly competitive races, open to all members

How to Join

There is no waiting list for membership of the Club and costs are very reasonable. If you would like further information you are welcome to come down to the Club on Sunday mornings for a chat or please ring either:

Simon Bray, Membership Secretary, 01494 530019 or Jerry Cresswell, Commodore, 01491824507.

Download information for [New and Prospective Members](#) 

Cost of Membership 2011/2012

Annual membership runs from April.

Joining Fee	15	New member entry fee
Family	115	Includes partner and children living at the same address
Adult	105	
Crewing	50	
Model Yacht	55	
Student	20	Full time students only
Junior	15	Under 18 years of age
Boat Parking	20	Per craft parked at the club (Members Only)
Trailer Parking	10	

There are reduced fees for those joining in the period October to March. Contact the membership secretary for details.

Reading Sailing Club

Sail Training 2012

Registration Form.

Course date.....

Beginners: **RYA Level 1 / Youth Stage 1** **No previous experience necessary**

Intermediate: **RYA Level 2 / Youth Stage 2** **Can sail a triangular course without instruction**

Name	
Address	
Telephone Nos	
Emergency contact name and number	
Email address	
Previous experience	
Can you swim?	
Age if less than 18	
Age if less than 14 (Must be 10yrs or over by September 2012)	
Medical, Personal or practical details that the organisers should know about for reasons of safety or understanding.	
Paid up RSC membership (or enclosed)	Yes No
Paid up training fee at £ 78.00 Per person.	Yes No

Welcome

We are looking forward to having you on the course. **Please bring** your own wetsuits, spray suits, and lifejackets if you have them. The club has some if you can borrow if you do not. **You must bring**, shoes (old trainers will do) or wetsuit boots, warm dry things to change into, towels, packed lunch, (tea, coffee, chocolate, crisps etc, are for sale at the canteen), hat, and especially sun cream. If the weather is not suitable for sail training, that course day may be postponed. We don't take risks in unsuitable conditions.

Parents of children on the course are welcome to come and spend the day. If they are knowledgeable about sailing there are many things to help with such as, rigging, launching, recovering boats, etc. although doing those things is part of the training for the learners, and they will be taught and practiced. **Parents** of children under 14 have to be present throughout the training course days.

Course arrival times are 9:00 – 9:30 for a 9:30 start. We normally finish at 5:00pm

Registered byRSC member

Pupil or parentSignature

For any queries, please contact Philip Markham at philip.markham@btinternet.com .

Please return the Registration Form to Philip Markham, and cheques for payment to 57 Ramsbury Drive, Earley, Reading, RG6 7RS. **Cheques payable to Reading Sailing Club**

Reading Sailing Club

Membership Form - 2012/2013

Membership type	Fee (£)
Joining Fee	15.00
Family*	115.00
Adult	105.00
Crewing /Social	50.00
Model yacht	55.00
Student**	20.00
Junior***	15.00
Boat Parking****	20.00
Trailer Park	10.00

Total Fee _____

- Notes:**
- * Includes partner and children under 18 living at same address
 - ** Full time students only.
 - *** Under 18 years of age.
 - **** Per craft parked at Reading Sailing Club (**Members only**).

Please complete the following in CAPITALS:

Surname First name (Title).....

Partner's surname First name (Title).....

Helpful skills

Address

.....

Post Code Phone no

Children:
First name Age

First name Age

First name Age

E-Mail Address (please print)

Boat details.

			BoatPark Space No.
Class.....	Sail No	Name
Class.....	Sail No	Name
Class.....	Sail No	Name

Insurance Company

If you require a key to the Clubhouse, please contact Jerry Cresswell on jerlainecress@btinternet.com

Conditions:

- 1) I agree to observe the club's rules, abide by decisions made by the Committee for the general conduct of the club, carry out my OOD Duties and attend the Work Parties.
- 2) I understand that boats must be insured at all times when in the boat park or on the water with third party insurance for a minimum of **£2,000,000**.
- 3) I understand that boats are not allowed in the boat park or on the water without the current membership sticker attached to the outside of the transom.
- 4) I understand that boats must not trespass onto the Rowing Course.

Signed **Date**

Please make cheques payable to "Reading Sailing Club".
Return completed form to: Simon Bray, Membership Secretary RSC,
38 Hamilton Road, High Wycombe, Bucks HP13 5BJ
 Telephone Number; 01494 530019: Mobile 07989 427032