

RYA Training at Reading Sailing Club 2019

At Reading Sailing Club we offer sail and power boat training for members and those wishing to join. We have exclusive use of an extensive lake set in a picturesque location at the foot of the Chiltern hills where we have a well-equipped clubhouse, boats for hire and a comprehensive training programme, delivered by fully qualified member volunteers.

This pack tells you about our training and how to enrol, along with contacts for more information. Or you can look on our website at <http://www.readingsc.org.uk/>. Training enquires can be made at training@readingsc.org.uk

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RYA Training at Reading Sailing Club 2019

Reading Sailing Club

RSC is accredited by the Royal Yachting Association (RYA), the governing body for sailing sports in the UK. www.rya.org.uk. Courses follow the RYA 'method' and successful completion results 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.



Training at RSC runs on the simple premise – for members by members. This includes new members, joining to take up the sport. Our prices are kept to a minimum to encourage members to gain and improve their skills, and are achieved through volunteer instructors and helpers. All our instructors are RYA qualified and hold additional certification such as power boat driving, first aid and CRB checks.

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

Training covers a range of skills;

Dinghy sailing

- *Learn to Sail at Reading* - beginner, intermediate and advanced courses for juniors & adults
- *Oppies*- beginner and improver training club for youngsters (age 8 to 11)
- *Youth and Junior Improvers* – for those with above Stage 2 skills who want to take their sailing skills further
- *Race Training* – race coaching for competent sailors wishing to start racing or improve their skills

Power boating

- *Power Boat level 2 courses*

Learning to Sail at Reading

Our courses are 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

Chief Dinghy instructors – the club's Chief Dinghy 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.

Senior Dinghy Instructors – An SDI will be present at every course and will ensure safety at all times and will be actively involved in training to make sure this is to the highest standards

Dinghy Instructors – all are highly experienced, RYA qualified and have undergone specialist training and assessment. This includes first aid, safety and rescue 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.

We offer the following RYA courses as weekend courses

All training is to RYA syllabus and standards. More details can be found at <http://www.rya.org.uk/coursestraining/courses/dinghymultikeel/Pages/default.aspx>

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Adult Sail Training

	Level 1 Introducing you sailing with all you need to know to get afloat under supervision	Level 2 Setting out the foundations of sailing for you	Level 3 Consolidating skills and trying new ones
Assumed knowledge	None	Sailing skills to the standard of Level 1	Sailing skills to the standard of Level 2
Minimum duration	2 days	2 days	2 days or equivalent
Minimum age	16	16	16
Course content	How to sail in all directions, including an awareness of launching and recovering	Rigging, launching, sailing in all directions. Capsize recovery and essential safety knowledge	Coaching of level 1 and 2 skills and taster sessions from the advanced modules
Ability after course	Able to sail in light winds under supervision	Able to sail and make decisions in good conditions	More confident in sailing skills and techniques, and ready to progress onto the advanced modules

We also run Race Training and more specialist intermediate courses (e.g. Level 3 & Seamanship skills). Dates and arrangements are published to members from time to time.

Junior Sail Training – ages 10 to 16

	Stage 1 A basic understanding of how a boat sailing, with some experience of steering and handling the boat	Stage 2 A range of sailing skills and knowledge to help in becoming a confident sailor	Stage 3 Rigging, launching and sailing in any direction. Equivalent to Level 2 in the National Sailing Scheme
Assumed knowledge	None	Stage 1 and subsequent experience	Stage 2 and subsequent experience*
Minimum duration	2 days	2 days	2 days
Minimum age	Age 10.	Age 10	Age 10
Course content	Launching and recovery, steering, parts of the boat, basic sailing	Basic sailing skills, rope work, collision avoidance	Rigging, launching and recovery, sailing techniques, capsized recovery, sailing theory
Ability after course	Able to steer and understand basic principles	Able to tack and control boat speed, and understand basic principles	Able to launch and sail a dinghy around a triangle in moderate conditions

On all Junior Courses, where possible and depending upon ability and experience between courses, instructors will endeavour to provide training and skills from the next Stage up once a student has mastered the skills of the current stage.

Please note that a responsible adult must stay on site with each child under 18 during the training – sailing participation is not necessary.

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2019 Sailing Course Information

Course dates for 2019:

Course Code	Level	Dates
Course A 19	Adult level 1. Youth Stage 1	Saturday 4 th May & Monday 6 th May
	Open Day – come and try sailing for yourself.	May 11 th
Course B 19	Adult level 1 Youth Stage 1	Saturday 25 th May & Monday 27 th May
Course C 19*	Adult Level 2 Youth Stage 2	Saturdays 15 th & 23 rd June
Course D 19*	Adult Level 2 Youth Stage 2	Saturdays 6 th & 13 th July
Course E 19*	Adult Level 2 Youth Stage 2	Saturday 7 th & Sunday 8 th Sept (provisional)

All courses are priced at £95.00 (2018).

If you are not already a club member you will need to join to attend a course– annual membership covers all training for the season and family membership includes you all. As a member you will have full access to the lake, club house and boat hire as well as being able to join in our busy calendar of events.

All courses start at 9.30am and typically finish around 5.00pm depending on weather.

Applying For a Course

1. Please email or post:
 - a. The course application form– one for each person applying
 - b. If you are not already a member, a completed membership formBoth forms are available on the website if you don't already have them
2. We will send you an invoice
3. Pay the invoice promptly, either electronically or by cheque. **We will hold course places for you for 7 days.**
4. On receipt of payment we will confirm your places
5. During the week prior to your course we will send you full joining instructions.

Courses are not confirmed until payment has been received.

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About Our Training

Choosing the right course

For complete beginners or those with very little experience we strongly recommend taking both Level 1 & 2, combined with the practice support 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. Please note: the practice support sessions are not part of the RYA course but are extras exclusively provided by RSC regular sailors to help you consolidate your skills.

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. You will certainly need dinghy experience and be able to sail a triangular course. 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.

Boats and 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. Not available on all courses. Please check.



Laser: A more nimble 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 –buoyancy aid, wet suit, spray top and helmet. If you already have your own, please feel free to bring them.
- All necessary instruction
- Safety boat cover
- Use of the club facilities including hot showers and galley

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Preparing for Training and Follow On

Before you arrive

At Level 1 / Stage 1 we assume you have no knowledge or skills. If you want to 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 the Met office at http://www.metoffice.gov.uk/weather/uk/se/reading_forecast_weather.html
 - 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 basics:
 - Learning the parts of a boat will leave you to concentrate on learning technique – bow; stern; mast; boom; main sail; jib; sheets; tiller; rudder; centre board, dagger board, will give you a good start
 - Get used to using 'Port' and 'Starboard'
 - Find out what these terms mean: tack; gybe; windward.
- For a practical kick start why not come along a bit earlier on your course day to help get the boats and equipment out. This will give familiarity with equipment, club facilities and meet the people you will be spending your time with.

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! Do not plan to sail with bare feet.
- Whatever the weather it is advisable to bring sun screen, a hat and sunglasses.
- Food! We have a well equipped galley (kitchen) with oven, microwave, fridge 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 an active sport and you will burn energy faster than you generally would at home.

After your course

As a club member you can participate in all activities or come down anytime and sail – note, it is against the club's rules to sail as a lone boat on the lake. 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.
- Come along to a Pink Day or two, held on the second Saturday of every month. 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 Pirates club will give time on the water in a fun environment during the spring and summer

Boat hire: As a club member you will be able to hire boats at extremely competitive rates until you decide to buy your own boat.

Club House: For a small deposit members can have a key which gives access to the club house and facilities.

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Boat Hire

If you don't yet have your own boat you can hire a club boat at modest prices. The boats are largely those you will train on so there will be no surprises in equipment.

Personal clothing and equipment.

Club buoyancy aids and clothing are not available for use outside of RYA courses. If you need to make any purchases we will be happy to give guidance on your course. There are a number of chandlers on the internet who offer good deals for proprietary brands. Try Purple Marine, Trident and Pinnell&Bax. If you are a RYA member you can often get a discount too. We frequently point students at Decathlon, Tesco's and other low cost suppliers who sell a good range of clothing and equipment suitable for general sailing but take care not to think you have a bargain but find gear is not to the specification you need.

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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:

- ✓ 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, crewed by trained and qualified personnel
- ✓ All instructors and many of the support team are trained first aiders

You have a responsibility to yourself and others:

- ! NEVER get into a boat or walk on the jetty without wearing a buoyancy aid
- ! Take care around the water's edge: walking surfaces get slippery, especially the slipway
- ! Take the usual outdoor activity precautions – sunscreen, drink plenty of water, wear a hat, don't do strenuous exercise after a heavy meal
- ! Always wear suitable safety clothing – wetsuit, buoyancy aid, closed toe footwear. Helmets are available but optional
- ! Do not swim in the lake unless you have fallen out of a boat

These requirements also apply to adults accompanying under 18 trainees. We will be happy to loan buoyancy aids for your use on the day.

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Terms and Conditions

1. Under 18 year olds – a legally appointed guardian must be in attendance at all times during training.
2. Cancellation
 - a. Courses cancelled by RSC due to bad weather or club reasons will be re-arranged or refunded by individual agreement
 - b. courses cancelled for any reason less than 4 weeks before the course will be refunded at 50% unless we can re-sell the place, in which case a full refund less a £25 admin charge
 - c. courses cancelled for any reason less than 1 week before the course will not be refunded unless we can re-sell the place, in which case a full refund less a £50 admin charge.
3. Acceptance and participation on any course is subject at all times to the agreement of the duty Senior Sailing Instructor (SSI) and at their sole discretion. Refunds will only be made where the SSI deems this appropriate. The following list, though not exhaustive, indicates circumstances that may result in trainees not being allowed to participate:
 - a. Undeclared medical conditions
 - b. Behaviour jeopardising the safety of the trainee or any other person
 - c. Deliberate damage to RSC or other persons property
 - d. Disruptive behaviour
 - e. Discriminatory or bullying language or behaviour
 - f. Application forms containing false or misleading information
4. Illness or disability - It is rare that we do not accept trainees for these reasons and is only likely if we do not have suitable boats/equipment or the SSI considers the illness or disability may jeopardise the safety of the trainee or other persons. If you have any illness or disability please declare this on the application form and discuss with the SSI before the day so that we can best care for you should the need arise.
5. Swimming skills are highly desirable but so long as we know we can cater for non-swimmers. Swimming skills or a fear of water must be declared on the application so that any necessary additional safety cover can be arranged.

In applying for this course you are accepting our terms and conditions, including cancellation policy.

Parents of children under 18 must be present throughout the training course days. If willing, we would be delighted if accompanying parents want to get involved with helping on the course.

All Parents of students under 18 years old must sign here to acknowledge that they are aware of the young person's attendance at the activity and consent to that attendance. RSC Safeguarding and Child Protection policies and procedures apply to all children and young people who are under 18.

A legally appointed guardian of children under 18 must be present throughout the training course days.

In accordance with our child protection policy Reading Sailing Club does not allow photographs or video of young people to be taken or published without the consent of the parents/guardians and children.

Conditions of Use of Photography or Video

- 1. We will only identify a child by reference to the child's first name*
- 2. We may use photographs within the clubhouse or on the club website*
- 3. We will only use photographs of children who are suitably dressed*
- 4. Photographs or video may be used for coaching purposes*

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Contact / find us:

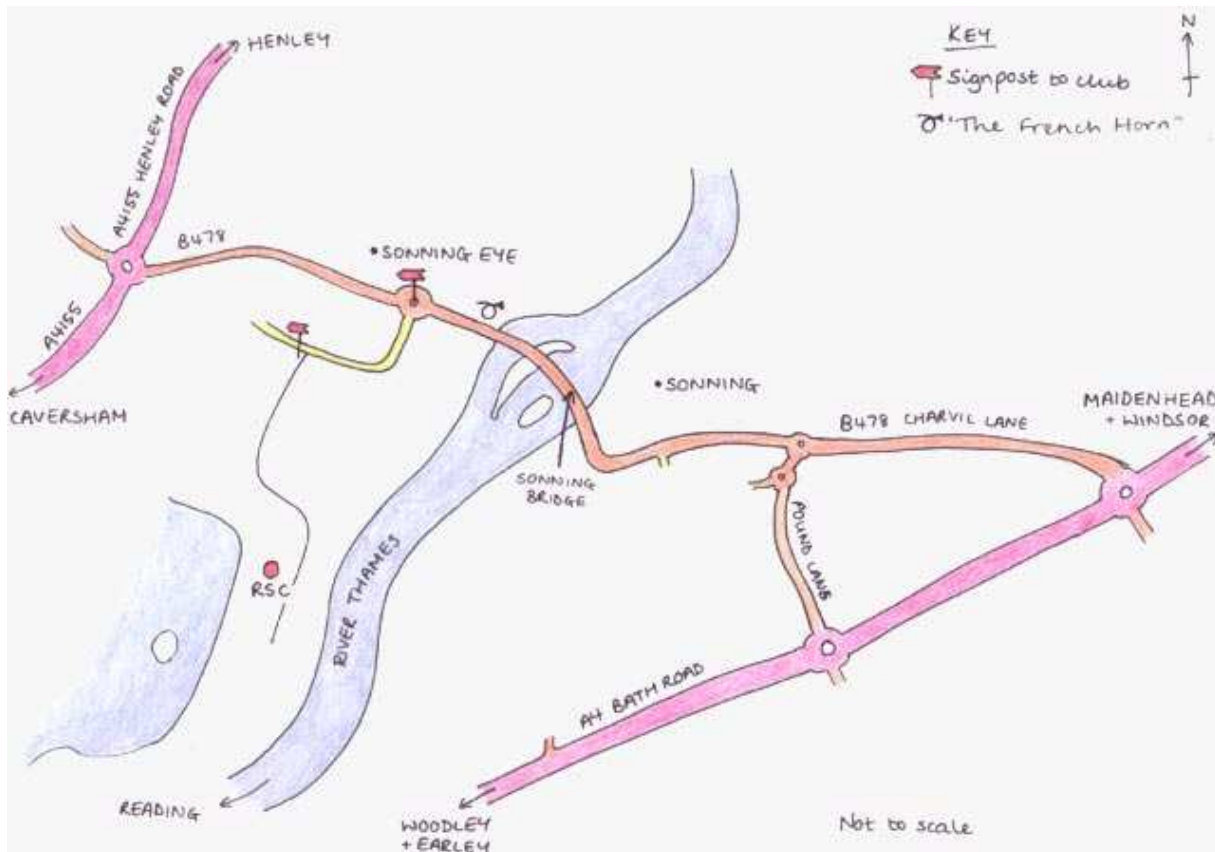
For more information about learning to sail at Reading courses please contact us at training@readingsc.org.uk

Web site: www.readingsc.org.uk .

Please visit us in Sonning to learn more about club activities, facilities and much more. Most weekends year round and spring/summer evenings from April to September.

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.

Please drive carefully and keep to a low speed at all times on the access road.

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Membership of RSC

You must be a member to attend any of our training courses – family membership includes all members of your immediate 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
 - Training support days for those who have recently attended an RSC course
 - Pink days for social sailing every second Saturday of the month
 - Pirates for older children on Friday evening during spring and summer
 - Sunday morning and Wednesday evening (summer) 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

If you would like further information you are welcome to come down to the Club on Sunday mornings for a chat or pop down to a Pink day, second Saturday morning every month. Or just turn up, there is always someone around at weekends and often during the week.

Alternatively, contact the Membership Secretary, Sylvia Bohnenstengel, at membership@readingsc.org.uk. Other contact details are on the website.

Membership Fees

New members are always welcome and there is no waiting list if you are joining to attend a course.

Annual membership runs from 1 April 2018

Membership type	Cost	Description
Joining fee	£37.00	New member joining fee payable in the first year of joining
Family	£142.00	Includes partner and children under 18 living at the same address
Adult	£121.00	
Crewing/ Social	£58.00	For those who don't own or sail their own boat or will not hire club boats. Does not entitle attendance on RYA courses.
Student	£28.00	Aged 16 – 24 in full time education
Junior	£61.00	Only available if linked to any adult membership category, children under 18 must be supervised at all times
Boat parking	£28.00	Per craft parked at the club (members only)
Trailer park	16.00	For storage in fenced compound (members only)