

BEWL WATER Practice Sailing Day - Joining Instructions

The Saturday will start at 09.00 (arrive after 08.30) and finishes at approx 17.00.

Approximate timetable:-

• Saturday	09.00 to 09.15	General Introduction briefing
	09.15 to 13.00	On the water
	13.00 to 14.00	Lunch
	14.00 to 16.00	On the water
	16.00 to 17.00	Storing boats, debrief

General gear to bring:-

- Plastic bag for your wet gear
- Towel(s) and wash kit
- Warm dry clothes for the end of the day
- Food for Lunch

What to bring / wear on the water – There are 2 sailing sessions - YOU MAY GET WET:-

- Gaiters & Overtrousers) – *to protect from wind and spray (not the rain)*
 - Trainers (Wet Suit Boots are better)
 - Track Suit
 - T-Shirts x 2
 - Shorts x 2
 - Fleeces x 2
 - Wet Suit - if owned, not essential
 - Hat (sun protection)
 - Sunscreen (waterproof)
- ❖ If you wear glasses - bring a cord/string/strap to secure them
- ❖ **NO bare feet, flip flops, boots, jeans, rings, earrings, necklaces, jewellery etc**

All sailing equipment is provided for you.

Coaching:-

Coaching will be given, from RYA Level 1 to RYA Level 2 and above and tailored to individual's needs as much as possible. These sessions will not provide assessments so you should book onto a training course to gain awards.