

## BEWL WATER Sailing Course - Joining Instructions

The weekend courses starts Friday evening 20.30 and finishes Sunday approx 17.00. Please arrive between 18.00 and 19.30. Please book in **before** pitching tents and setting up your campsite. In wet weather you **may not** be permitted to drive onto the grass. If attending just on Saturday please arrive by 08.45 to book in and the day finishes at 20.30.

### Approximate weekend timetable, or Saturday times if just attending one day:-

- |            |                |   |
|------------|----------------|---|
| • Friday   | 20.30 to 20.45 | General Introduction briefing                   |
|            | 20.45 to 21.30 | Sailing Theory                                  |
| • Saturday | 09.00 to 13.00 | On the water                                    |
|            | 14.00 to 17.00 | On the water                                    |
|            | 19.30 to 20.30 | Sailing Theory                                  |
| • Sunday   | 09.00 to 12.00 | On the water                                    |
|            | 13.00 to 15.00 | On the water                                    |
|            | 15.00 to 17.00 | Storing boats, clearing site, debriefs & awards |

### General gear to bring:-

- Own tents, sleeping bag & mat, camping and cooking gear for weekend courses
- Plastic bag for your wet gear
- Towel(s) and wash kit
- Warm dry clothes for the end of the day
- Food for day/weekend

### What to bring / wear on the water – There are 4 sailing sessions - YOU WILL GET WET:-

- Goggles & Overtrousers) – *to protect from wind and spray (not the rain)*
  - Trainers (Wet Suit Boots are better)
  - Track Suit
  - T-Shirts x 4
  - Wet Suit - if owned, not essential
  - Hat (sun protection)
  - Shorts x 4
  - Fleeces x 4
  - 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.

### Training & Assessments:-

Training will be given from absolute beginners to the Seamanship award of the RYA Training scheme. It is possible for an absolute beginner to obtain the RYA Level 1 during one weekend, or over two Saturdays, but to progress to Level 2 or above requires further experience/time on the water and this can be achieved by attending one of our practice days, or further courses.

If you want to take Scouts on the water by yourself after achieving the level of Seamanship you will require an Adventurous Water Activity Permit. Contact your local DC for further details.

Handbooks (£4.50), log books (£4.75) are available to buy in advance from the Booking Secretary (see Bewl Brochure and send A5 SAE), or they can be purchased on the course.