**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 | * Warm dry clothes for the end of the day |
| * Towel(s) and wash kit | * Food for Lunch |

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

|  |  |  |
| --- | --- | --- |
| * Cagoule & Overtrousers) – *to protect from wind and spray (not the rain)* | | |
| * Trainers (Wet Suit Boots are better) | | * Wet Suit - if owned, not essential |
| * Track Suit | * Shorts x 2 | * Hat (sun protection) |
| * T-Shirts x 2 | * Fleeces x 2 | * 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.

January 2019