



“Learn to Sail” Information

Training is given in a fleet of 6 Laser Pico by RYA qualified Instructors and Safety Boat staff. We tow the Picos under the Bailey Bridge and use a sailing area on the river beyond the Windmill. In order to access the courses at SSC you have to become a member of the club. When you are a member then the course is free.

Each student must be able to swim 100 yds and be heavy enough to right a capsized boat.

Sessions: The times of the sessions are clearly stated in the SSC Sailing Programme. Times vary according to tide times. Sessions may be postponed due to bad weather conditions. Each member will be entitled to 4 sessions and each session will last approximately 3 hours.

Buoyancy Aids: We provide Buoyancy Aids and these will be worn at all times while students are on the water. We also provide crash helmets.

What to Bring: Students must provide a complete change of clothes and their own waterproof gear. We suggest a wetsuit and old trainers. Students need to bring a sunhat or woolly hat, depending on the weather conditions, sun cream and if you have them, sailing gloves.

Valuables: Do not bring valuable items or mobile phones to the Sailing Club.

Medication: Students should ensure that they bring all necessary medication with them and that we are made aware of any of their physical disabilities or medical conditions by completing and bringing with them the medical form issued by the Club.

RYA Levels: We would hope to help you achieve RYA Level 1 and 2. An outside examiner may be called in to test students at the appropriate time.

Students must inform Mike Carter 01502 724900 if they are likely to miss a session so that we can fill the place.