

UNIVERSITY OF
Southampton

Join in. Sport and Wellbeing



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Disclaimer

The University of Southampton will use all reasonable efforts to deliver advertised programmes and other services. All information is correct at the time of going to print and is subject to change.

Welcome to the University of Southampton. Sport and Wellbeing are delighted to introduce you to the sports facilities at the University of Southampton where you can enjoy a wide range of activities throughout the year.

This brochure provides an overview of our facilities, membership, activities and events. For more detailed information visit our website at www.southampton.ac.uk/joinin

Our programme enables you to make lifestyle choices to enhance your wellbeing. We offer a comprehensive range of courses and classes to suit your specific needs, including watersports, swimming and fitness.

We work closely with the Union Southampton to support club activities and to ensure the success of interuniversity competitions. For more details about the Students' Union visit www.unionsouthampton.org

We strive to take care of all your sporting needs, so if you don't see what you want or need, then come and talk to us. Our doors are always open.

Sport and Wellbeing

If you are interested in joining a sports club or team, don't miss the Student Groups Fayre in September. More information can be found at www.unionsouthampton.org

Sports Facilities at Southampton

Indoor Facilities

Jubilee Sports Centre

- 150-station Fitness Suite
- 25m 6-lane Swimming Pool
- 8-court Sports Hall
- Sports Injuries Clinic
- Indoor Cycling Studio

Level 1 Students’ Union

- 4-court Sports Hall
- 4 Squash Courts
- Martial Arts Studio
- Indoor Bouldering Wall

Glen Eyre Halls

- Glen Eyre Gym – 15 Station Fitness Suite
- 1 Squash Court

Wessex Lane Halls

- Connaught Gym – 12 Station Fitness Suite

Wide Lane Sports Grounds

- Team Southampton Gym – Strength and Conditioning Facility
- Sports Performance Centre (available to TASS and Bursary athletes only)
- Pavilion
- Meeting Rooms
- Mayflower Gym**
- 60 Station Fitness Suite
- Studio

Outdoor Facilities

Wide Lane Sports Grounds

- 2 Floodlit Synthetic Turf Pitches
- 20 Grass Pitches
- 8 Floodlit Tennis Courts
- 26 Changing Rooms
- Car/Coach Parking

University Watersports Centre

- Boathouse
- Classroom
- Indoor Rifle/Archery Range
- Access to River Itchen

Avenue Campus

- 2 Tennis Courts

Partnership Facilities*

The Quays Swimming & Diving Complex

Bitterne Leisure Centre

Chamberlayne Leisure Centre

Southampton Outdoor Sports Centre

- Athletics Track
- Dry Ski Slope

Sport and Wellbeing is responsible for running the sports facilities at the University of Southampton.
*Facilities provided in partnership with Active Nation. Members must register a “Consent to Share” with Sport and Wellbeing in order to access these facilities. Please see our website for more information. This offer is available for Students and Staff only.

Use of Sports Facilities

Our Membership Scheme includes access to the sports facilities, details can be found on pages 14/15. Courts, pitches and courses must be booked in advance. Terms and Conditions can be found on our website.



Non-Members

Members of the University and local community who do not wish to join the Sport and Wellbeing Membership Scheme can pay a non-member guest fee for selected activities, including swimming, racket/ball sports, and fitness classes. The guest fee varies per activity – please see our website for further information. Non-members are not able to use the Fitness Suites. Non-members are also not able to access the Active Nation facilities other than as a member of public.

Hire of Sports Facilities

Indoor Sports Halls, the Swimming Pool and Wide Lane Sports Grounds are available to hire for events. These superb facilities are available all year round for events ranging from a friendly game of football, to a fair, or an international competition.

For Sports Facility bookings contact:
Email: facilitybooking@southampton.ac.uk
Telephone: +44 (0)23 8059 6878.

Sports Facility Opening Times

Mayflower Gym

Monday to Friday	07:00–22:00
Saturday and Sunday	09:00–21:00

Jubilee Sports Centre

Monday to Sunday	07:00–22:00
Bank Holidays	08:00–20:00

Open every day, excluding Christmas Day, Boxing Day and Easter Sunday.

Students’ Union Facilities

Monday to Sunday	08:00–22:00
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The Students’ Union Facilities will be closed on Bank Holidays and University closure days.

Wide Lane Sports Ground

Monday to Friday	08:00–22:00
Saturday and Sunday	08:00–18:00

Team Southampton Gym

Monday to Friday	08:00–21:45
Saturday and Sunday	09:00–17:00

Wide Lane Sports Ground and Team Southampton Gym will be closed on Bank Holidays and University Closure Days.

Glen Eyre and Connaught Gyms

Monday to Sunday	07:00–22:00
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Disclaimer

Standard opening times may vary during University holidays and closure days. The Sports Halls will be closed during the University Exam Periods and from time to time for necessary maintenance.

Fitness and Wellbeing

Fitness

The 150-station fitness suite in the Jubilee Sports Centre is designed for those who wish to keep fit and healthy. A wide selection of cardio and resistance machines, free weights and functional training equipment is available.

The Mayflower Gym, newly built in 2015, offers over 60 stations plus a range of free weights & a class area. This facility is a show site for SportsArt who provide our fitness suite equipment, featuring digital display equipment and interactive media.

Free inductions

Fitness inductions – those who have no recent experience of using fitness equipment have the option of attending a free group induction. You will be shown how to get started on all of the machines with a tutorial on machine function. Experienced gym users do not need to attend an induction but will be required to sign a health commitment statement.

Free weight inductions – those who are new to working with free weights can choose to book onto a free weight induction. These are offered free of charge to those holding valid Sport & Wellbeing membership. Conducted in small groups these sessions will introduce you to free weight training and teach safe lifting techniques.

For full details of inductions, including booking availability, please contact the Jubilee Sports Centre reception.

Halls of Residence fitness suites

Fitness Suites are located at Glen Eyre, Connaught and Mayflower Halls of Residence. These are open to all those with valid Sport and Wellbeing membership. Please note that no parking is available at the Halls of Residence fitness facilities.

Team Southampton Gym

A dedicated strength and conditioning facility located at our Wide Lane Sports Ground. The gym offers a multifunctional place with a variety of free weights catering for team training sessions and Olympic lifting. Open to everyone with a valid Sport and Wellbeing membership.

Fitness assessment

Fitness Assessment sessions are aimed at all levels of participant, from elite athletes to those new to exercise. The assessment will measure:

- cardiovascular fitness (VO2 max)
- grip strength and flexibility
- height and weight
- blood pressure
- body fat
- metabolic rate
- lean muscle mass
- water levels and hydration status

Fitness Programming

A friendly, informal consultation will highlight your strengths and weaknesses and an exercise programme will be designed for your own personal benefit with a follow-up practical session in the gym.



Our classes offer an enjoyable way to keep fit

Personal training

Through Delta Nutrition & Fitness we offer one-to-one Personal Training sessions. The trainers are highly qualified with a wealth of experience and are passionate about helping you get the most from your workout, whatever your personal training goals. Sessions can be purchased as a one off, or in blocks of five or ten.

Fitness during pregnancy

Pregnancy can be a difficult time as your body changes. We can provide a specific programme of exercise to suit all levels of fitness. This could include a one-to-one pilates session or personal training to meet your requirements. We also offer a weekly *Pre-Natal Fitness Class. Book a free consultation to discuss your needs.

Physiotherapy and massage

At Jonathan Clark Physiotherapy we offer the services of dedicated, qualified and experienced Physiotherapists and Swedish, Sports and Remedial Massage Therapists to assist in the prevention, diagnosis, treatment and rehabilitation of a variety of complex musculoskeletal and sporting injuries. At Jonathan Clark Physiotherapy you can be sure that the treatment you receive will be individualised and of the utmost quality.

Fitness classes

Sport and Wellbeing run a varied fitness class programme. Booking is required for all classes. You may be excluded from the class if you cannot show your valid Sport and Wellbeing card. Classes run throughout the year. During exam periods and student holidays a reduced Fitness Class Timetable will take place.

We have a range of classes on offer including Aerobics, Circuits, Insanity and Studio Cycling. A full list and timings can be found on the website

www.southampton.ac.uk/joinin

* Additional charges may apply

Customers wishing to attend the free Fitness Classes require an adult Sport and Wellbeing membership.



For more information, including prices, check our website at:
www.southampton.ac.uk/joinin



Swimming

Swimming pool opening times

Swimming sessions are available every day of the week. Each session includes lanes for slow, medium and fast swimmers. Timetables are subject to change throughout the academic year. Current versions are available from the JSC Reception and on the Sport and Wellbeing website. You can view our pool timetable at www.splashpath.com or via the speedofit, gymjam or MySouthampton apps. Use of the swimming pool for general sessions and lane swimming is included for Sport and Wellbeing members. Prices for non-members can be found on our website.

Jubilee Swimming Academy

The Jubilee Swimming Academy (JSA) offers a wide range of services for all age groups including: children and adult group swimming lessons, private one-to-one sessions, swimfit, aquafit, pool parties and individual swimming assessments and programmes. Our lessons cater for all abilities ranging from a non-swimmer to a competitive swimmer. All our instructors are Amateur Swimming Academy (ASA) or Swim Teacher Association (STA) qualified and have undergone an enhanced Disclosure and Barring Service (DBS) check.



For more details of the Jubilee Swimming Academy programme please visit:

www.southampton.ac.uk/joinin

or email: sportandwellbeing@southampton.ac.uk

“Since joining Southampton I have learnt to swim and have joined a team.”

James Stone

Performance Sport

Sports Bursaries at Southampton

Sport and Wellbeing offer an excellent Sports Bursary to high level athletes who have represented their county, region or country of origin in competition or have the potential to do so whilst studying at the University of Southampton.

Successful applicants must be endorsed by the relevant National Governing Body for their sport, and students must have the ability to manage the relationship between academic and sporting demands.

Benefits of the Scheme:

- Financial Assistance
- Guarantee of first choice of accommodation within University Halls
- Free Sport and Wellbeing Membership
- Strength and Conditioning Coaching
- Access to the Sports Performance Centre
- Access to Physiotherapy

Talent ID Bursary

This level of assistance is aimed at those competing at regional level with the potential to reach national level in the forthcoming year and for elite international performance long-term.

Silver Bursary

This level of assistance is aimed at those who have been recognised by their relevant National Governing Body, and are currently on their Performance or Talent ID pathway. This is also aimed at those who are close to or have just started competing at international level, or have the potential to compete at World or European Championships.

Gold Bursary

This level of assistance is aimed at those who are competitive at an international level for their country and/or major national/international events.

If you think you fit the criteria of either the Talent ID, Silver or Gold bursary and would like to receive the support of a dedicated team of professional staff, whatever your sport, for more information please email:

sportandwellbeing@southampton.ac.uk

The Talented Athlete Scholarship Scheme (TASS)

The Talented Athlete Scholarship Scheme (TASS) is a Government funded programme to support and fast-track young sporting talent, the potential medal winners of the future. Students are selected by the National Governing Body for their sport and the funding is channelled through the university where students are based or where the support structure is in place. Visit the TASS website **www.tass.gov.uk** for more information. For advice about TASS at the University of Southampton, email **sportandwellbeing@southampton.ac.uk**

Sports Performance Centre

The Sports Performance Centre at the Wide Lane Sports Grounds provides a fully equipped strength and conditioning facility. The Sports Bursary and TASS athletes have exclusive use of this facility for training sessions as part of their funding and support. The strength and conditioning rooms are fully equipped with lifting platforms, a large selection of free weights and plated machines.



Supporting athletes to realise their potential



Activities

Air rifle shooting – recreational sessions

Sport and Wellbeing will be running recreational air rifle sessions for complete beginners to those who want to hone their skills. Sessions will be run by qualified National Small-bore Rifle Association instructors. The sessions will take place in our 25-yard range, where we shoot between 10 and 25 yards.

Children's activities

During the holidays, Sport and Wellbeing offer a range of different activities to children through our Sports Camps. Children aged 8 – 14 can partake in land and water-based activities lasting for the whole day.



For more information and details of how to book or register please visit:
www.southampton.ac.uk/joinin

As well as organised sessions, we offer tailored rifle shooting experiences for private groups and team building parties.

Membership Scheme

Sport and Wellbeing membership is available to members of the University of Southampton and local communities. Membership is valid for 12 months from the date of purchase unless otherwise stated on the application form.

Sport and Wellbeing membership benefits:

- use of the swimming pools
- use of our 4 fitness suites: Jubilee, Team Southampton Gym, Glen Eyre & Connaught
- fitness and Aquafit classes
- use of indoor courts
- use of outdoor courts and pitches (some restrictions apply)
- use of dry ski slope and athletics track
- court/pitch bookings (up to 7 days in advance)
- discounts on sports courses and Spinning classes
- easy access to sport facilities using your smart ID Card
- access to Active Nation partner sites

Sport and Wellbeing membership is required to participate in any University Sports Club training session held at University of Southampton sports facilities. Sport and Wellbeing membership does not include Athletic Union or University Sports Club membership fees. Full terms and conditions of membership can be found on the Sport and Wellbeing website.

How do I apply?

Students, staff, retired staff and alumni holding a valid University ID card:

- Complete an application form and take it with your ID card and payment to the Jubilee Sports Centre or Mayflower Gym reception for processing. Forms are available at Reception or as a download on the Sport and Wellbeing website.
- Freshers and PGCE students can apply for membership via the online ID card application. Students can also apply via the ID card services website.

Non-University Card Holder:

- Your photograph will be taken on your first visit to the Jubilee Sports Centre and saved on our database for identification purposes. ID application forms are available at our receptions, after which we can create a membership card for you which you will be able to collect at a later date.
- Complete a membership form and take it with your payment to the Jubilee Sports Centre reception for processing. Forms are available at Reception or as a download on the Sport and Wellbeing website.
- External Students, Emergency Services, NHS staff and Lloyds Register staff will need to provide proof of their status.

Payment Methods

- Cash (at Jubilee Sports Centre only), cheque (made payable to University of Southampton) and credit/debit card.
- Salary deduction – members of staff paid via monthly salary may be able to take advantage of tax efficiencies under the University's enhanced employee benefits scheme by opting to pay for Sport and Wellbeing membership for themselves, partners and children by monthly salary deduction. Details are available on request from the JSC reception or Payroll.
- Recurring Card Payment - Sport and Wellbeing are able to take monthly payments from non-University members. Application forms are available from reception.



Our sports facilities are among the best of any UK university

Cancellations and refunds

You cannot cancel your membership and/or payments made by monthly instalments, or request a refund of membership fees paid fully or in part, during the membership period as part of the terms and conditions you sign.

Exceptions only where the member is:

- unable to take part in sporting activities on proven medical grounds; or
- University staff leaving post; or
- a student leaving the University before completion of their studies; or
- moving out of the Southampton area

Applications to cancel membership should be submitted to sportandwellbeing@southampton.ac.uk

Confirmation from the appropriate professional will be required (i.e. medical certificate, letter from the Faculty etc). All refunds agreed under the above criteria are subject to a £10 administration fee.

Terms and Conditions of the Membership Scheme are available on the website www.southampton.ac.uk/joinin/membership

‘Course cancellation’ 7 days before the course

We are happy to offer a full refund or transfer your booking to another date upon request. If cancelling 48 hours before the course, we will give a 50% refund or a full refund upon the presentation of a current doctor's note. No transfers are available at this point. If cancelling 24 hours before the course, we are not able to offer a refund or transfer.

Watersports at Southampton

The University Watersports Centre offers a wide range of Royal Yachting Association (RYA) and British Canoeing approved watersports courses which are internationally recognised.



“Very patient and reassuring instructors!
Plenty of opportunity to practice... really,
really enjoyed it.”

Jamie Watson



University Watersports Centre

The University of Southampton Watersports Centre is a Royal Yachting Association (RYA) and British Canoeing approved centre offering internationally recognised courses in watersports. In addition we offer courses in engine maintenance and first aid to complement your professional certification. Courses are programmed throughout the year.

For more information visit the Sport and Wellbeing website at www.southampton.ac.uk/joinin

Activities take place at one of four locations:

- University Watersports Centre, Swaythling on the River Itchen
- Southampton Sailing Club, Woolston on Southampton Water
- The National Oceanography Centre, Dock Gate 4, Southampton
- Town Quay Marina, Southampton

Courses Available

Canoeing and Kayak Courses

CEVNI – European Code for Inland Waterways (The University Watersports Centre provides the facility to practice and complete this online test)

Dayskipper and Yachtmaster Theory

Diesel Maintenance

First Aid

Instructor training (Sailing, Powerboating and Windsurfing)

Motor Cruising

Outboard Maintenance

Powerboating (at Various Levels)

PPR – Professional Practices and Responsibilities

Sailing

VHF/SRC leading to Maritime Radio Operating Certificate of Competence

Windsurfing

Recreational Watersports

Kayak evening sessions

Taster days and sessions

Bareboat Yacht Charter

Recreational Sailing and Windsurfing – free to all Sport and Wellbeing members who hold an RYA Basic Skills award or can demonstrate skills to this level.



Sailing, Windsurfing, Kayaking,
Improvised Rafting, Open Canoeing
Confirm on: Tel 029 2075 5715





Paddling

Paddle Taster Session

Why not come and try out a kayak or a canoe and see what you think. This two hour session is an informal introduction to the sport.



British Canoeing

Following the completion of this one day course you will understand the basics of how to handle your chosen craft safely on and off the water without bumping into other water users and be confident in the event of a capsize.



British Canoeing 2 Star Kayak or Canoe

After gaining the British Canoeing 1 Star Certificate or gaining a little prior knowledge about paddling, take a course where you can try both kayaks and canoes. This course is spread over two days and aims to give paddlers greater confidence.

We have a range of boats including open canoes, sit-on-top kayaks and closed cockpit kayaks.

Sailing

Adults

Start Sailing: Level 1

Sailing for the very first time, learn how to control the boat and sail it around under the supervision of qualified instructors. Perfect for the complete beginner.



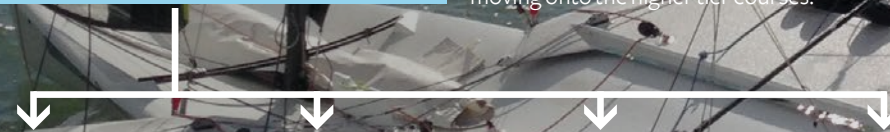
Basic Skills: Level 2

Become a Sailor. Learn how to take the boat out on your own. Learn to safely handle and recover a boat, along with the skills to sail it in every direction.



Better Sailing: Level 3

Consolidate the skills learnt in Level 2 and experience a range of taster sessions from the higher level courses.



Seamanship Skills

Sail independently. Learn how to handle the boat in a variety of circumstances and solve problems afloat. Sail without a rudder and recover a person in the water.

Day Sailing

Go cruising. Learn to use a chart to navigate to another location such as Calshot or the Isle of Wight. Sail the boat without an instructor.

Sailing with Spinnakers

As a confident Sailor sail the boat faster with a spinnaker. Learn how to control three sails at once and sail the boat faster than ever before. The trapeze will also be used on this course.

Performance Sailing

Sail hard and fast ready to enter performance boats. Gain an extended understanding of how to sail effectively in a range of different boats such as the Laser 4000.

The Fleet

We have a range of boats from single handers to a yacht including cruising and racing craft.

One season's sailing experience is recommended before moving onto the higher tier courses.

All equipment is provided and logbooks are provided for Level 1 courses, but are available for purchase for Level 2 and higher courses. Handbooks are available for purchase but are not included in the course fee. All courses are two days. See page 24 for details of the Dinghy Sailing Instructor Course. Children's courses are available.



Please enquire at:
sportandwellbeing@southampton.ac.uk

49er Sailing in
Southampton Water

Windsurfing

Start Windsurfing

Start to windsurf for the very first time, learn the basics to sail and turn around.



Intermediate Non-Planing

Go a little faster and learn how to control the sail using a harness. Get ready to make the board plane.



Intermediate Planing

The second part of the Intermediate course, build on your skills to get the board planing.

Stage One Windsurfing

This course is an introduction into the sport, learning to sail across the wind and turn around.

All courses start at the University Watersports Centre, but after a short minibustride courses will take place at Southampton Sailing Club on Weston Shore unless otherwise stated. Childrens' courses are available. Please enquire at sportandwellbeing@southampton.ac.uk

Our Windsurf Kit:

We have kit ranging from beginner to mid-range intermediate, with sails ranging from 2.5 to 7.5 meters

Racing at Calshot



Developing skills for bigger boats

Essential Navigation and Seamanship Course (Online)

This is a highly informative course with lots of opportunities for you to put your new found knowledge into practice either before or after a Level 2 Powerboat Course. When taking this online course you will find many interactive exercises to help reinforce the information and lots of chances to try out what you have learned. The course duration is approximately 6 hours but may be taken at your own speed whenever and wherever you like. Although this is a highly independent course you will still have access to ask our instructors questions through the online portal. You will receive a course pack which includes a chart, plotter, dividers, course handbook, exercises and an electronic chart plotter CD.

Helmsmans' Practical Course

A two day course covering basic boat handling, engine checks and safety. After the course you should be able to handle a motor cruiser of a specific type in sheltered waters.



Dayskipper Theory

This shore based course is a must for Beginners and Crew who would like to become actively involved in the navigation of coastal waters. The syllabus provides would-be skippers with enough knowledge to navigate familiar waters by day.



Yachtmaster Theory

This advanced shore-based course is for more experienced skippers, providing them with the theoretical knowledge required for the Coastal Skipper and Yachtmaster Practical Examination. It is recommended that candidates have a prior knowledge to the level of Day Skipper or equivalent as the course requires a high level of independent work.

Dayskipper Practical (Power and Sail)

This course is aimed at those who have a limited amount of boating experience and want to develop the required skills to safely undertake inshore passages as well as moderate length passages along a coastline, such as from Southampton to Poole.

The Dayskipper and Yachtmaster courses take place on 4 Tuesday evenings and 4 Saturdays

Instructor courses

RYA Windsurfing Instructor Course

This five-day course has been designed to prepare the budding, yet experienced, Windsurfer to teach the RYA Start Windsurfing course. Candidates are expected to be competent to the level of Intermediate non-planing, and should have a solid understanding of the syllabus.

Pre-entry requirements:

Intermediate Windsurfing non-planing Certificate, a current First Aid Certificate and an RYA Level 2 Powerboat Certificate. RYA "Safe and Fun" Safeguarding Course pass certificate. RYA membership required.

These pre-requisites may be gained after the course.



RYA Intermediate Instructor Course

This four day course introduces established instructors with the skills necessary to deliver the Fastforward Coaching tool.

Pre-entry requirements:

Minimum age 16, Start Windsurfing/Intermediate non-planing instructor, Advanced certificate with Waterstart and carve gybe clinics, RYA Powerboat Level 2 Certificate, valid First Aid Certificate, evidence of 50 hrs logged as Start Windsurfing or Intermediate non-planing instructor, RYA "Safe and Fun" Course pass certificate.

RYA Dinghy Sailing Instructor Pre-Assessment

This one-day direct assessment is a pre-requisite for those wishing to take part in the Instructor Course and is aimed at sailors who have a good knowledge of the RYA dinghy scheme. This assessment will involve rudderless and spinnaker sailing and requires candidates to hold at least one of the higher tier certificates.



RYA Dinghy Sailing Instructor Course

This five-day course is for experienced sailors who wish to teach the RYA National Sailing Scheme. Before taking part candidates must familiarise themselves with the course outlined in the Dinghy Coaching Handbook. It is advised that candidates have taken part in at least one higher tier course. Candidates should familiarise themselves with the RYA publications before the course.

Pre-entry requirements:

A signed off pre-entry Sailing Assessment, RYA Powerboat Level 2 Certificate and a current First Aid Certificate. RYA membership required. RYA "Safe and Fun" Safeguarding Course pass certificate.

RYA Powerboat Instructor Pre-Assessment

This one-day direct assessment is a pre-requisite for those wishing to take part in the RYA Powerboat Instructor Course. The day involves practical boat handling to a competent standard similar to that of the direct assessment for a RYA Powerboat Level 2 candidate. There is also a written assessment on the key aspects of the Powerboat Level 2.



RYA Powerboat Instructor Course

This three-day course is designed for people who wish to teach the RYA Powerboat Courses up to Level 2. Candidates in possession of the RYA Safety Boat Certificate will also be able to teach the Safety Boat course. Those wishing to become an instructor should be confident in their ability to perform the Level 2 skills and have a solid understanding of the relevant theory.

Pre-entry requirements:

RYA Powerboat Level 2, a current First Aid Certificate and five seasons' experience. RYA membership required. RYA "Safe and Fun" Safeguarding Course pass certificate.



First aid training

Essential watersports theory

First Aid Courses

These courses lead to a qualification in basic first aid.

The Royal Yachting Association (RYA) one day First Aid course is designed to provide a working knowledge of first aid for people using small craft and to support skippers. It fulfils the requirements for professional skippers working within 60 miles of a safe haven. The course is approved by the Maritime and Coastguard Agency (MCA) and partly satisfies the requirements of commercial work afloat. The syllabus is based on recommendations from the Health and Safety Executive (HSE) and the MCA.

VHF/SRC Operator's Course

This course is aimed at people wishing to obtain the Maritime Radio Operator Certificate of Competence – Short Range Certificate, in order to legally operate the VHF on their boat. The course is either a classroom-based course of 7 hours with 3 hours of pre-course study and a final written and practical exam, or an online course that you may study at your leisure, followed by a practical and written exam.

There is a final exam cost and administration charge of £60 levied by the RYA to pay for the assessor and the processing of the VHF Licence applications.

As well as being able to attend a classroom-based course, we also offer an online version of the VHF/SRC Operators course. This allows you to study the course content around your commitments and then come in for your exam at a convenient time. Assessments need to be booked in advance, but may be scheduled at a convenient time at the Watersports Centre. Please contact

sportandwellbeing@southampton.ac.uk for further details.



Private courses may be run at a convenient time for you. Please contact us for further details and availability:

sportandwellbeing@southampton.ac.uk

Further access to boats

Kayak evening trips

Evening trips are offered to candidates with some canoeing and kayaking experience. Enjoy a trip along the local waterways, and view some areas of Hampshire that can only be seen from the water. It is advised that candidates hold a qualification to the level of the British Canoeing 2 Star*.

Recreational Powerboating

After completing the Powerboat Level 2, we offer a powerboat practice session with an instructor for the day. Day trips last 8 hours and are tailored to the group, be it practice of slow manoeuvres or a fast trip over to the Isle of Wight.

This activity is arranged on request and it is suitable for individuals or groups of up to 4 persons.

Prices are set for the boat, instructor and safety equipment.

Fuel is an additional cost.

Larger boats are available for groups of up to 7 people. Prices are available on request by contacting sportandwellbeing@southampton.ac.uk

Recreational sailing and windsurfing

Recreational sailing offers the opportunity to sail under the supervision of a qualified instructor. These sessions are essential to any candidate wishing to undertake a higher tier sailing course or brush up on their skills having completed the Basic Skills course. Sessions take place at Southampton Sailing Club on Wednesday and Friday evenings when the tide and daylight hours allow. Sessions also are scheduled to run on Sunday afternoons when the tides are good. Please check out the website for dates.

Sport and Wellbeing own a Sigma 38 yacht which is available to students and staff for charter either bareboat or with a skipper. For those who hold an ICC Sail Certificate or above a competency test is offered to qualify them as a recognised skipper. Once obtained the skipper will be eligible to bareboat charter the vessel with their guests. Evening pleasure trips will also be on offer for staff and their families, places can be booked individually or for groups. For more information please contact sportandwellbeing@southampton.ac.uk

Shorter sessions are negotiable. Please contact sportandwellbeing@southampton.ac.uk

Further Recreational Sailing Session may take place alongside any of our Start Sailing Courses.



Main Office

Sport and Wellbeing
Jubilee Sports Centre
University of Southampton
University Road
Highfield
Southampton
SO17 1BJ
023 8059 2119

Wide Lane Sports Grounds

Sport and Wellbeing
University of Southampton
Wide Lane
Eastleigh
Southampton
SO50 5PE
023 8059 8085

Watersports Centre

Sport and Wellbeing
University of Southampton
Oliver Road
Swaythling
Southampton
SO18 2JL
023 8067 6875

Mayflower Gym

Mayflower Gym
Sport and Wellbeing
West Park Road
Southampton
SO15 1DQ
023 8059 2119

www.southampton.ac.uk/joinin
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