

Climb aboard.
Watersports



Contents

- 4 Paddling
- 5 Sailing
- 8 Powerboating
- 11 Windsurfing
- 12 Developing your skills for bigger boats
- 14 Instructor courses
- 16 Essential Watersports theory
- 18 Further practice
- 19 Taster days

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.

Visit our website at

www.southampton.ac.uk/sportandwellbeing
for more information.



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

Activities take place at one of our three Watersports centres:

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

The Watersports Centre is also the site of the University Rifle Range where alongside Air Rifle Shooting sessions we offer a variety of activities for individuals and groups aimed at improving skills and teambuilding. If you cannot find a course date that suits you then why not create your own course? You can arrange this by contacting sportandwellbeing@southampton.ac.uk.



Paddling

Paddle Taster Sessions

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.



BCU 1 Star Kayak or Canoe

This one day course is aimed as an introduction to the sport. No previous paddling experience is required.



BCU 2 Star Kayak and Canoe

After gaining a BCU 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.

Our Boats:

Mad River Canoes, Explorer 14
Sonic Perceptions
Pyranah H3/ G3
Dagger GTX
Supersonic Perceptions
Scooter sit on Kayaks

Prices

	SportWel	UoS-CP*	Public
Taster	£10.00	£13.00	£15.00
1 Star	£45.00	£50.00	£60.00
2 Star	£75.00	£85.00	£90.00

* University of Southampton & Community Partner, see website for more details.

Kayak Taster Sessions (2 hour session)

Dates	Times
11 October 2014	10.00-12.00 13.00-15.00
24 January 2015	10.00-12.00 13.00-15.00
2 May 2015	10.00-12.00 13.00-15.00
17 October 2015	10.00-12.00 13.00-15.00

Kayaking 1 star

Dates	Times
23 August 2014	09.00-17.00
12 October 2014	09.00-17.00
8 November 2014	09.00-17.00
25 January 2015	09.00-17.00
7 March 2015	09.00-17.00
5 April 2015	09.00-17.00
17 May 2015	09.00-17.00
6 June 2015	09.00-17.00
5 July 2015	09.00-17.00
15 August 2015	09.00-17.00
18 October 2015	09.00-17.00
14 November 2015	09.00-17.00

Kayaking 2 star

Dates	Times
30/31 August 2014	10.00-18.00
25/26 October 2014	09.00-17.00
22/23 November 2014	09.00-17.00
7/8 February 2015	09.00-17.00
23/24 May 2015	10.00-18.00
1/2 August 2015	09.00-17.00
31/1 October/ November 2015	09.00-17.00
28/29 November 2015	09.00-17.00



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; 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.

Children under 14 years

SS1 – Start Sailing One

Start Sailing for the very first time



SS2 – Start Sailing Two

Sail with confidence and in every direction



SS3 – Start Sailing Three

Sailing independently for the first time



SS4 – Start Sailing Four

Sailing with a crew in a bigger boat

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

Seamanship Skills

Sail independently.

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 trapease 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.

All equipment is provided and all course costs include logbooks, handbooks and certificates as appropriate except where stated.

All courses are two days.

See pages 14/15 for details of the Dinghy Sailing Instructor Course

Prices

SportWell	UoS-CP	Child	Public
£95.00	£100.00	£90.00	£150.00

The Fleet

Laser Pico – One Person Boat

Topper – One Person Boat

Laser Bahia – Four Person Boat

RS Vision – Three Person Boat

Wayfarer World – Four Person Boat

Laser 4000 – Two Person Boat

49er – Two person Boat

Start Sailing: Level 1

Dates	Times
11/12 October 2014	09.00–17.00
8/9 November 2014	09.00–17.00
6/7 December 2014	09.00–17.00
7/8 February 2015	09.00–17.00
7/8 March 2015	08.00–16.00
2/3 May 2015	08.00–16.00
16/17 May 2015	09.00–17.00
6/7 June 2015	09.00–17.00
4/5 July 2015	09.00–17.00
15/16 August 2015	09.00–17.00
12/13 September 2015	08.00–16.00
10/11 October 2015	08.00–16.00
31/1 October/ November 2015	09.00–17.00
28/29 November 2015	09.00–17.00

Basic Skills: Level 2

Dates	Times
25/26 October 2014	09.00–17.00
22/23 November 2014	09.00–17.00
21/22 February 2015	09.00–17.00
4/5 April 2015	08.00–16.00
23/24 May 2015	10.00–18.00
29/30 August 2015	08.00–16.00
17/18 October 2015	10.00–18.00
14/15 November 2015	09.00–17.00

Better Sailing: Level 3

Dates	Times
25/26 October 2014	09.00–17.00
22/23 November 2014	09.00–17.00
21/22 February 2015	09.00–17.00
4/5 April 2015	08.00–16.00
23/24 May 2015	10.00–18.00
17/18 October 2015	10.00–18.00
14/15 November 2015	09.00–17.00

Seamanship Skills

Dates	Times
22/23 November 2014	09.00–17.00
21/22 February 2015	09.00–17.00
4/5 April 2015	08.00–16.00
23/24 May 2015	10.00–18.00
17/18 October 2015	10.00–18.00
14/15 November 2015	09.00–17.00

Day Sailing

Dates	Times
22/23 November 2014	09.00–17.00
21/22 February 2015	09.00–17.00
4/5 April 2015	08.00–16.00
23/24 May 2015	10.00–18.00
17/18 October 2015	10.00–18.00
14/15 November 2015	09.00–17.00



49er Sailing in Southampton Water

Spinnakers Sailing

Dates		Times
8/9	November 2014	09.00–17.00
7/8	March 2015	08.00–16.00
6/7	June 2015	09.00–17.00
4/5	July 2015	09.00–17.00
31/1	October/ November 2015	09.00–17.00

Performance Sailing

Dates		Times
8/9	November 2014	09.00–17.00
7/8	March 2015	08.00–16.00
6/7	June 2015	09.00–17.00
4/5	July 2015	09.00–17.00
31/1	October/ November 2015	09.00–17.00

Dates for Child Courses

We will put a course on for groups of 3 or more. Please contact sportandwellbeing@southampton.ac.uk

Powerboating

Children under 16 years

Powerboat Taster

Spend an hour in a powerboat to see what you think, driving the boat slow and fast.

Powerboat Level 1

Introduction to Powerboating for those who have never done it before.

Adults go straight to level 2

National Powerboat Certificate: Level 2

The National Powerboat course is seen as the international bench mark for Powerboating across the world. After successfully completing two days of slow and fast manoeuvres you will gain a Level 2 Certificate which will allow the holder to apply for an (ICC) International Certificate of Competence. No prior knowledge of boat-handling is expected for candidates participating in this course.

Intermediate Day Cruising

This course provides practical experience of piloting and passage-planning by day on coastal waters, using both traditional and electronic navigational techniques. Candidates should be competent to the standard of National Powerboat Certificate Level 2 with Coastal Endorsement. It is strongly recommended that candidates hold current First Aid and VHF/SRC Operator's certificates.

Safety Boat

This course provides the skills required when acting as an escort craft, safety boat or coach boat for a fleet of dinghies, windsurfers or canoes and for racing or training activities. You must hold the RYA Level 2 National Powerboat Certificate to participate in this course.

Instructor

Please see instructor courses on pages 14/15

Advanced

The Advanced course provides the practical skills and background knowledge needed by powerboat drivers operating by day or night in known or unfamiliar waters. Candidates should be competent to the standard of Intermediate Powerboat Certificate. Candidates are required to hold current First Aid and VHF/SRC Operator's Certificates. We also recommend that all candidates hold Dayskipper theory or higher shorebased qualifications.



Powerboat Taster Session (2 hours)

Dates	Times
27 September 2014	10.00–12.00 13.00–15.00
24 January 2015	10.00–12.00 12.00–14.00 14.00–16.00
25 April 2015	10.00–12.00 12.00–14.00 14.00–16.00
26 September 2015	10.00–12.00 12.00–14.00 14.00–16.00

Powerboat Level 2

Dates	Times
23/24 August 2014	09.00–17.00
11/12 October 2014	09.00–17.00
25/26 October 2014	09.00–17.00
8/9 November 2014	09.00–17.00
22/23 November 2014	09.00–17.00
6/7 December 2014	09.00–17.00
7/8 February 2015	09.00–17.00
21/22 February 2015	09.00–17.00
7/8 March 2015	09.00–17.00
2/3 May 2015	09.00–17.00
16/17 May 2015	09.00–17.00
6/7 June 2015	09.00–17.00
20/21 June 2015	09.00–17.00
18/19 July 2015	09.00–17.00
15/16 August 2015	09.00–17.00
10/11 October 2015	08.00–16.00
31/1 October/ November 2015	09.00–17.00
14/15 November 2015	09.00–17.00
28/29 November 2015	09.00–17.00

Powerboat Intermediate

Dates	Times
8/9 November 2014	09.00–17.00
9/10 May 2015	09.00–17.00
7/8 November 2015	09.00–17.00

Powerboat Advanced

Dates	Times
29/30 November 2014	09.00–24.00 & 09.00–17.00
14/15 March 2015	(Saturday) 09.00–24.00 (Sunday) 09.00–17.00
21/22 November 2015	(Saturday) 09.00–24.00 (Sunday) 09.00–17.00

Safety Boat

Dates	Times
25/26 October 2014	09.00–17.00
21/22 February 2015	09.00–17.00
23/24 May 2015	10.00–18.00
17/18 October 2015	10.00–18.00

Prices

	SportWel	UoS-CP	Public
Powerboat Taster	£15.00	£17.00	£20.00
Powerboat Level 2	£135.00	£155.00	£210.00
Powerboat intermediate	£135.00	£155.00	£210.00
Advanced Courses	£170.00	£200.00	£255.00
Safety Boat	£135.00	£155.00	£210.00



Windsurfing

Adults

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.

Start Windsurfing

Dates	Times
11/12 October 2014	09.00–17.00
8/9 November 2014	09.00–17.00
21/22 February 2015	09.00–17.00
4/5 April 2015	08.00–16.00
23/24 May 2015	10.00–18.00
4/5 July 2015	09.00–17.00
29/30 August 2015	08.00–16.00
17/18 October 2015	10.00–18.00
14/15 November 2015	09.00–17.00

Intermediate Windsurfing

Dates	Times
25/26 October 2014	09.00–17.00
23/24 May 2015	10.00–18.00
17/18 October 2015	10.00–18.00

Dates for Child Courses

We will put a course on for groups of 3 or more. Please contact

sportandwellbeing@southampton.ac.uk

Children under 14 years

Stage One Windsurfing

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



Stage Two Windsurfing

Learn how to sail upwind, tack and gybe. Start to look like a windsurfer.

All courses start at the University Watersports Centre, but after a short mini bus ride courses will take place at Southampton Sailing Club on Weston Shore unless otherwise stated.

Prices

SportWel	UoS-CP	Child	Public
£95.00	£100.00	£90.00	£155.00

Our Windsurf Kit:

Boards:

Naish Kailua 230
 Fanatic Vipers 190
 Starboard Carve Wood 171
 Starboard Go 151
 Starboard Carve 141 AST
 Starboard Carve 131 AST

Sails:

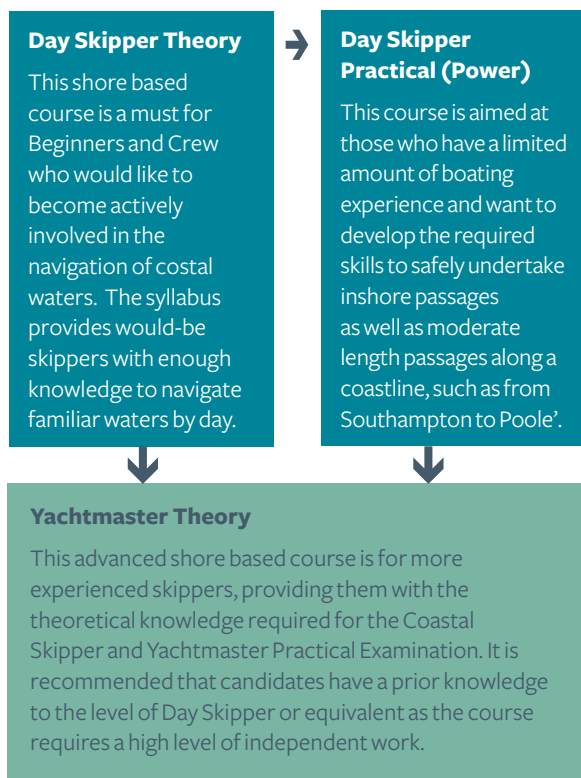
Naish sails ranging from 3.7m – 5.4m
 Tushingham Concept sails ranging from 5.5m – 7.5m

See pages 14/15 for details of the Windsurfing Instructor Course



Day Skipper Training Vessel

Developing your skills for bigger boats



Prices

SportWel	UoS-CP	Public
£125.00	£140.00	£180.00

Day Skipper Power Practical

Prices

SportWel	UoS-CP	Public
£640.00	£680.00	£70.00

Please check the website for dates.

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

Day Skipper Theory

Dates	Times
Tuesdays 4,11,18,25 November 2014	18.00–21.00
Saturdays 8,15,22,29 November 2014	09.00–17.00
Tuesday 3,10,17,24 November 2015	18.00–21.00
Saturday 7,14,21,28 November 2015	09.00–17.00

Candidates must attend all of the dates stated above

Yachtmaster Theory

Dates	Times
Tuesdays 10,17,24 February 2015 & 3 March 2015	18.00–21.00
Saturdays 14, 21, 28 February 2015 & 7 March 2015	09.00–17.00

Candidates must attend all of the dates stated above.

For Day skipper and Yachtmaster Theory Courses an additional charge of approximately £40 will be levied for practice navigation tables and assessment papers which should be paid direct to the instructor on the first day of the course.



The bridge of RV Bill Conway (Image courtesy of SOES)

Instructor courses

RYA Dinghy Instructor Pre-Assessment

This one day direct assessment is a pre-requisite for persons 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 Power Boat Level 2 Certificate and a current First Aid certificate. RYA membership required.

RYA Powerboat Instructor Pre-Assessment

This one day direct assessment is a pre-requisite for persons 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 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 membership required.

These pre-requisites may be gained after the course.



Powerboating in the Solent

Windsurfing Instructor course

Dates		Times
1/2/3	May 2015	09.00–19.00
9/10	May 2015	09.00–19.00

Dinghy Instructor Pre-Assessment

Dates		Times
7	February 2015	9.00–17.00

Dinghy Instructor

Dates		Times
20/21/22	February 2015	09.00–19.00
7/8	March 2015	09.00–19.00

Powerboat Instructor Pre-Assessment

Dates		Times
1	November 2014	09.00–17.00
7	November 2015	09.00–17.00

Powerboat Instructor

Dates		Times
15/16/17	November 2014	09.00–19.00
21/22/23	November 2015	09.00–19.00

Prices

	SportWel	UoS-CP	Public
Pre Assessment	£50.00	£55.00	£85.00
Instructor Course	£235.00	£270.00	£295.00
Package Cost – Pre Assessment and Instructor	£270.00	£300.00	£350.00

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.

Engine Maintenance

RYA Diesel Engine Maintenance

A practical course aimed at preventing you from breaking down at sea, but if you do have mechanical problems, it will give you the knowledge to try and get started again. You will have access to a complete marine diesel engine.

Outboard Maintenance

Similar in content to the RYA Diesel Engine Course, this course has been developed to give you practical experience of servicing a petrol outboard motor. A qualified marine technician leads the course and you should leave feeling confident in basic outboard maintenance.

Prices

SportWel	UoS-CP	Public
£40.00	£65.00	£85.00

First Aid

Dates	Times
23 August 2014	09.00–17.00
4 October 2014	09.00–17.00
1 November 2014	09.00–17.00
29 November 2014	09.00–17.00
17 January 2015	09.00–17.00
14 February 2015	09.00–17.00
14 March 2015	09.00–17.00
25 April 2015	09.00–17.00
30 May 2015	09.00–17.00
29 November 2015	09.00–17.00
27 June 2015	09.00–17.00
12 July 2015	09.00–17.00
19 September 2015	09.00–17.00
24 October 2015	09.00–17.00
21 November 2015	09.00–17.00

Prices

SportWel	UoS-CP	Public
£55.00	£60.00	£70.00

Private courses may be run at a convenient time for you. Please contact us by email at sportandwellbeing@southampton.ac.uk for further details and availability.

Dates for Diesel Engine Maintenance and Outboard Maintenance

Courses created by arrangement



Undertaking a radio examination

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 else an online course that you may study at your leisure, the 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.

Online VHF/SRC Operators Course

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 do need to be booked in advance, but may be scheduled in at a convenient time at the Watersports centre. Please contact sportandwellbeing@southampton.ac.uk for further details.

VHF/SRC Operator's

Dates	Times
13 September 2014	09.00–17.00
18 October 2014	09.00–17.00
15 November 2014	09.00–17.00
31 January 2015	09.00–17.00
28 February 2015	09.00–17.00
28 March 2015	09.00–17.00
9 May 2015	09.00–17.00
31 May 2015	09.00–17.00
4 July 2015	09.00–17.00
3 October 2015	09.00–17.00
7 November 2015	09.00–17.00
5 December 2015	09.00–17.00

During 2014 changes by the RYA could affect the duration and format of this course. Please check our website for further details.

Prices

SportWel	UoS-CP	Public
£50.00	£70.00	£85.00

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 BCU 2*.

Prices

SportWel	UoS-CP	Public
£20.00	£25.00	£30.00

Evening Kayaking Trips

Please check website for available dates.

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 four 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

Prices per 8 hour session

SportWel	UoS-CP	Public
£120.00	£135.00	£150.00

Shorter sessions are negotiable- please contact sportandwellbeing@southampton.ac.uk

Recreational Sailing

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 Start Sailing course. Sessions will take place on a Wednesday afternoon at the University Watersports Centre.

Sessions can be arranged at the weekend by negotiation with centre staff. Please contact sportandwellbeing@southampton.ac.uk

Prices

SportWel	UoS-CP	Public
£18.00	£20.00	£25.00

Recreational Sailing

Dates	Times
1 October 2014	13.00-18.00
15 October 2014	13.00-18.00
29 October 2014	12.00-18.00
12 November 2014	12.00-18.00
26 November 2014	12.00-18.00
10 December 2014	12.00-18.00
11 February 2015	13.00-18.00
25 February 2015	13.00-18.00
11 March 2015	13.00-18.00
22 April 2015	13.00-18.00
6 May 2015	12.00-18.00
20 May 2015	12.00-18.00
27 May 2015	12.00-18.00
3 June 2015	12.00-18.00
30 September 2015	12.00-18.00
14 October 2015	12.00-18.00
28 October 2015	12.00-18.00
4 November 2015	13.00-18.00
18 November 2015	13.00-18.00
2 December 2015	13.00-18.00

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



Team building at the Watersports Centre

Team Building Days

Team Building sessions from £15 a head

Sport and Wellbeing is equipped to provide a range of activities which can form a morning, afternoon or full day event to work towards your desired outcome. Organised and run by our professional sports staff, and tailored to your requirements, we can give your team a great day out and fill them with enthusiasm for the challenges ahead. Whether your team consists of 6 or 60, aged 18 to 80, events are suitable for both the fit and active and for those with a more sedentary lifestyle and can be held on dry land or on the water.

Group Parties from £15 for a half day

Events available include:

- Watersports – kayaking, powerboating, sailing and windsurfing
- Team Building – group activities, games, raft building and air rifle shooting
- Reward days – powerboat trips to the Isle of Wight
- Fully catered events – Sit down or a BBQ

We also offer recreational sessions for Sport and Wellbeing members. Please see our website for further information.

Air Rifle Shooting from £1.60 a head

For those who wish to learn or practice target shooting, Sport and Wellbeing offer time for individuals to use the Rifle Range under supervision on a Wednesday afternoon from 17.00-18.00. Under the instruction of our qualified staff, we can offer sessions for people who have never shot before, or run competitions for groups that wish to hone their skills. Please visit the Jubilee Sports Centre to book a place. For further details or bookings at other times, please contact sportandwellbeing@southampton.ac.uk.

Price pre 1 hour session (Wednesday)

SportWel	UoS-CP	Public
£1.60	£2.10	£2.60

www.southampton.ac.uk/sportandwellbeing
sportandwellbeing@southampton.ac.uk
+44 (0)23 8059 2119