



## Pre-Course Information

### RYA Windsurfing Level 1 - Start Windsurfing

#### What to Expect

This is the first course in the RYA Windsurfing Scheme.

It is a gentle introduction to the sport of windsurfing, teaching you the basics so you can turn the board around, sail to where you want to go, and get back to shore. With a bit of practice following this course, you will soon start to feel very comfortable.

#### Pre-Requisites

- This course is good for anyone with an interest in being out on the water. There are no prerequisites to Start Windsurfing other than a degree of water confidence.
- Minimum age 12 (under 16s must have an adult on the course with them).

#### Timings

Courses normally run over 2 days on weekends 9am-5pm, for precise times check your booking confirmation.

#### What to Bring

- Something to wear under a wetsuit (swimming costumes)
- Towel
- Comfortable shoes that you are happy to get wet (must be closed toe) old trainers or wetsuit boots are ideal
- Lunch and any snacks
- Water bottle
- Sun Cream/Sun Glasses
- Hats
- Gloves

## What we Provide

- The boards!
- Buoyancy Aids
- Wetsuits
- Logbooks
- Certificates

## Pre-Course Admin

- [Medical Consent Form](#) – Must be completed before you attend.

## Where to find us

Our variety of windsurfing boards are kept at Southampton Sailing Club where all our windsurfing courses are run from. We encourage, where possible, that participants travel by public transport or cycle.

Local buses run to Foundry Court, Vosper Road which is around a 10-minute walk from the club. There is limited parking available. However, be prepared that you may have to pay for alternative parking.

[Book Here](#)

