

PRE-COURSE INFORMATION: RYA BASIC SKILLS SAILING

This 2 day sailing course will run from the University Watersports Centre, Mead Crescent ([SO18 2JL](#)). Tidal access is limited, so please be punctual and aim to arrive 10 minutes before the session starts and make your way to either the Watersports Classroom or Watersports Office which are clearly marked with yellow signs. Limited parking is available on site but please observe the 5mph speed limit and park in the area beyond the slipway into the water.

Course content:

This course builds on the skills covered in Start Sailing and adds some further skills including the "5 essentials," man overboard, coming alongside and competent sailing around a triangular course. You will have to capsize on this course to pass; you will not be alone when you do this, other course members and an instructor will most likely jump into the water with you.

There will be some theory covered as well as the practical exercises. If you enjoy taking notes, you may wish to bring a pen and paper and supporting course texts are available through our online store.

Please visit our website www.southampton.ac.uk/watersports for more information.



What to wear: Wear warm clothes - Sweaters and jogging bottoms would be suitable and waterproofs, if you have them. Wetsuits, spray tops and buoyancy aids will be provided. Old trainers, wetsuit boots or soft shoes are suitable footwear. Please ensure you have adequate warm clothes, a towel and a change of clothes with you.

We DO provide: Wetsuits, spray tops and buoyancy aids, large waterproof bags, helmets (where appropriate)

We DO NOT provide: Gloves, hats, towels, change of clothes, thermals, jumpers, sun cream, bottled water, food, toiletries (shower gel etc.)

Meals: Please bring a packed lunch and something warm to drink.



Weather: Practical sessions will take place except when wind conditions are outside of operational limits. An alternative session will be arranged if these conditions arise.

Safety: Buoyancy aids are provided and must be worn when afloat. Any course member with a medical condition e.g. diabetes should relay this information to the instructor before beginning the course- this will be treated with the strictest confidence.

All instructors are first aid trained; please approach them for help if required.

Facilities: There are shower facilities available; please bring with you necessary clothes, towels and toiletries if you wish to make use of these.

Please [download](#), print and complete and bring with you a medical form to inform the staff of any impairment that may affect their ability to complete the course. Where staff feel that candidates are unable to complete sections of a course this will be discussed with them in a mid course de-brief.

Course Cancellations/Transfers

We retain the right to cancel a date and transfer your booking or offer you a refund if the weather is unsuitable to run the course on the basis of health and safety. As part of this decision we will be looking at wind, temperature and sea state. Where possible we will give you 24 hours' notice when a clear and accurate weather forecast comes through.

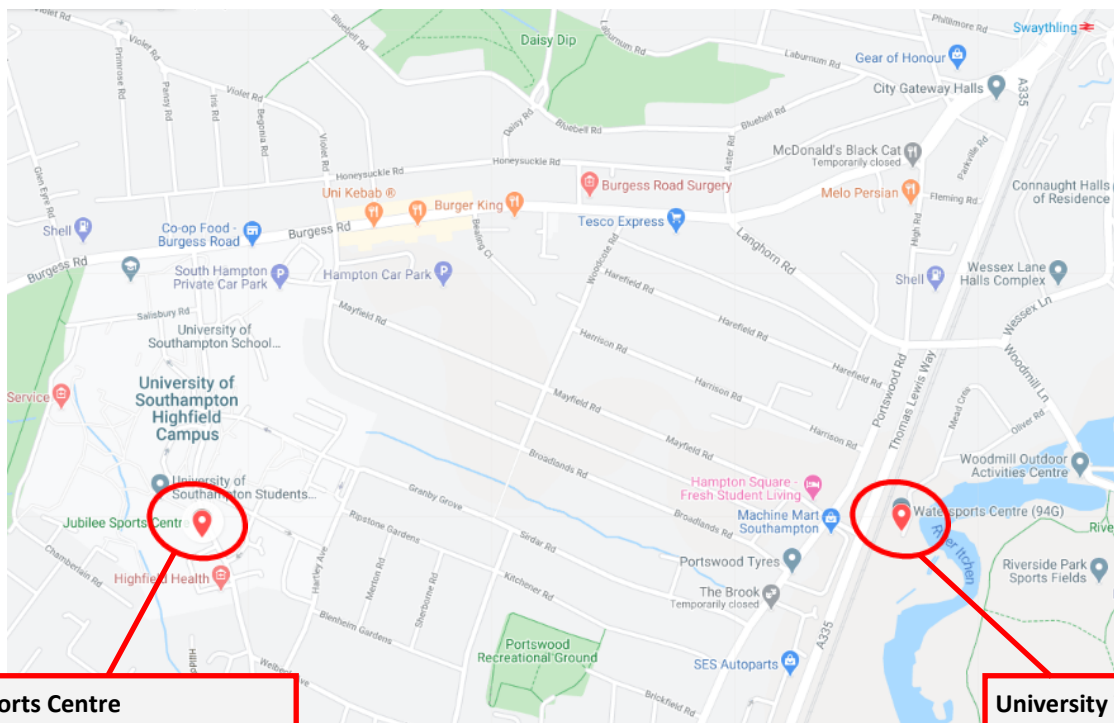
On the rare occurrence of staff sickness we will endeavour to cover the staff shortage and continue to run the course. This would also be grounds for a refund or date transfer.

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More than 7 days before the course: We are happy to offer a full refund or transfer your booking to another date upon request.

More than 48 hours before the course: We will give a full refund upon the presentation of a current doctor's note. No transfers are available at this point.

24 hours before the course or less: We are not able to offer a refund or transfer.



Jubilee Sports Centre

Sport and Wellbeing Main Reception

University Watersports Centre and Classroom

Contact details:

- Sport and Wellbeing 023 8059 2119
- University Watersports Centre 023 8067 6875
- Watersports Mobile 07770 703599

Address:

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Mead Crescent, Southampton
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