

## PRE-COURSE INFORMATION: RYA 5-DAY YACHT CRUISING COURSE

Thank you for booking onto your RYA practical sail cruising course with Sport and Wellbeing at the University of Southampton

### Start and finish location of your course:

[Town Quay Marina](#)  
Town Quay  
Southampton  
SO14 2AQ

Phone 02380 234397

<http://www.townquay.com/marina>

We very much look forward to welcoming you aboard our Sigma 38 sailing yacht "Flying Formula".

The yacht is based on pontoon E berth 17 at Town Quay Marina. On the first day of your course, please head down to the marina and meet your instructor in the reception area. Courses usually start at 09:30am but if you are running late, no worries just drop your instructor a call, text or email!

Please review the Yacht Courses Frequently Asked questions at the end of this document as most questions are answered here. You will also receive a separate email with the instructors contact details. Please feel free to contact your instructor any time before the course starts if you need to ask something that is not covered in the FAQs.



### 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.

#### The bookee cancelling the booking:

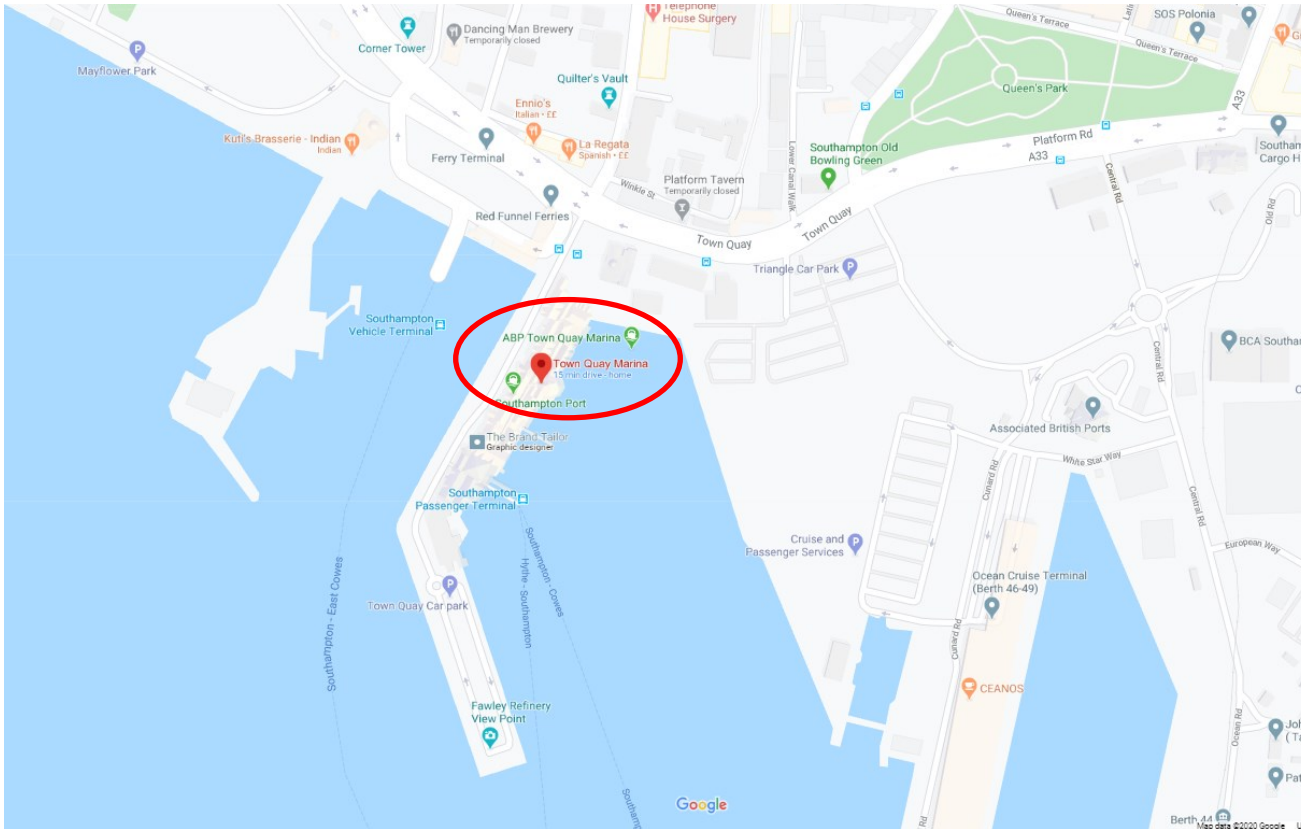
**More than 7 days before the course:** We are happy to offer a full refund or transfer your booking to another date upon request.

**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.

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.

You can find more information about the course, including a recommended packing list, on our [Frequently Asked Questions](#) document.



**Contact details:**

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

**Address:**

**University Watersports Centre**  
Mead Crescent, Southampton  
SO18 2JL

