



## Pre-Course Information

### RYA Competent Crew (5 Days)

#### What to Expect

Competent Crew 5-day course is aimed at complete beginners, that is an introduction to the yacht sailing. By the end of the course, you will have experienced steering a yacht, sail handling, ropework and be aware of safety on board. On this course you will be staying overnight in other ports. You will be sailing the yacht after sunset.

#### Pre-Requisites

- Minimum age 12, under 16s need to be on the course with an adult.

#### Timings

Courses are normally run over a week Monday 9am to Friday 4pm. For precise timings check your booking confirmation. On this course you will be staying overnight in other ports. Your instructor will meet you at Town Quay Marina reception at your allotted start time as stated in the booking confirmation.

#### What to Bring

- Water bottle
- Closed toe non-marking shoes (feet may get wet)
- Comfortable clothing for 3 days
- Sleeping bag
- Head torch with red light
- Toiletries
- Hat and gloves
- Any medications
- Money for mooring fees

## What We Provide

- The boat!
- Lunch
- Lifejackets
- Waterproofs
- Certificates (upon successful completion)

## Pre-Course Admin

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

## Where to find us

Our Sigma 38 is kept at [Town Quay Marina](#) where all our yacht sailing courses are run from. We have limited free parking at Town Quay that can be sorted out the day of your arrival. Please be prepared that you may need to pay for parking locally.

## Contact on the day

- Sport and Wellbeing 023 8059 2119
- Watersports Mobile 07770 703599

[Book Here](#)

