



Pre-Course Information

RYA Dinghy Sailing Level 3

What to Expect

This 2 day improver course seeks to bridge the gap between Start Sailing, Basic Skills, and the Advanced modules by offering an introduction to the different modules, allowing sailors to select more easily their preferred route within the sport. Better Sailing allows for opportunity to practice and consolidate sailing techniques, and experience some of the activities the Advanced modules have to offer, helping to build confidence and support development of good technique and independent sailing.

Additional module options are non-compulsory for completion of the Better Sailing course, but are designed to provide an introduction to the various aspects of sailing. Which elements are chosen should be discussed by the participant and Instructor. Where practicable, students should be provided with the opportunity to sail different dinghies during the course, single and double-handers.

Pre-Requisites

- Students should have completed their Dinghy Sailing Level 1 before attending this course or have equivalent experience.
- 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
- Logbook

What we Provide

- The boats!
- Buoyancy Aids
- Wetsuits
- Certificates

Pre-Course Admin

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

Where to find us

Our fleet of dinghies are kept at Southampton Sailing Club where all our dinghy sailing 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](#)

