



## Pre-Course Information

### RYA Dinghy Sailing Level 1 - Start Sailing

#### What to Expect

This 2-day course is mostly on the water and can be taught in either our single or double-handed dinghies. It will take you through the basic principles of sailing and manoeuvres out on the water, as well as pointing you in the right direction for the next steps in your personal sailing.

#### Pre-Requisites

- This course is good for anyone with an interest in being out on the water.
- Minimum age 12 (under 16s must have an adult on the course with them).

#### Timings

Courses normally run over 2 days on weekends 09:00-17:00, 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
- Hat
- Gloves

## What we Provide

- The boats!
- Buoyancy Aids
- Wetsuits
- Logbooks
- 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](#)**

