



**Grafham Water  
Sailing Club**

# Training Courses and Activities 2017

In this booklet you will find details of our training courses and activities for Junior/Youth (6-15) and Adult (16+); both beginners and those who want to develop their sailing and racing skills.

New for 2017 are a midweek Adult Beginners Course, #thisgirlislearninghowto (part of #thisgirlcan), and, building on last year, an extended Junior and Youth coaching programme on Saturday afternoons.

The Club is an RYA recognised Training Centre and our courses are for existing and new Club members. Club membership allows you to hire our Club boats after successful completion of your Level 2 course, and to join in our free coached “Friendly Friday” evening and “Sociable Saturday” afternoon sessions to introduce you to racing and give you help on the water.

Gift vouchers are also available for the courses and membership.

We hope you’ll enjoy learning and developing your sailing skills at our Club.

*Ali Baines*

Principal

*Matt French*

Chief Instructor

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## Youth beginner course - RYA Stage 1 & 2



On this course you'll go from beginner to confident sailor in almost no time!

The course includes basic sailing skills and background knowledge, like launching and landing, steering, naming parts of the boat, knots and collision avoidance. There will be a mixture of practice exercises, fun games and wacky races, and there is a high chance that you will get very wet at some point! By the end of the course you will be able to steer, turn the boat around (tack), control the boat's speed and return to shore safely.

Our Saturday afternoon "Team Grafham" session is the ideal next step.

<u>Course code</u>	<u>Dates</u>	<u>Times</u>	<u>Price</u>
YTH-12-4-MAY	30 May-2 Jun	9:30 to 16:00	£195 (4 full days)
YTH-12-5A-JUL	10-14 Jul	9:30 to 16:00	£235 (5 full days)
YTH-12-5B-JUL	31 Jul-4 Aug	9:30 to 16:00	£235 (5 full days)
YTH-12-5-AUG	14-18 Aug	9:30 to 16:00	£235 (5 full days)
YTH-12-4-AUG	29 Aug-1 Sep	9:30 to 16:00	£195 (4 full days)

## Youth refresher course

In preparation for the Stage 3/racing course, this is an opportunity for holders of the Stage 2 award (or those who may have just missed out) to gain some extra experience before attempting Stage 3. The instructor will refresh the skills you learnt at Stage 1 & 2 and teach you new things to help you improve your sailing.

<u>Course code</u>	<u>Dates</u>	<u>Times</u>	<u>Price</u>
YTH-R-5A-JUL	17-21 Jul	9:30 to 16:00	£235 (5 full days)
YTH-R-5B-JUL	31 Jul-4 Aug	9:30 to 16:00	£235 (5 full days)
YTH-R-5-AUG	21-25 Aug	9:30 to 16:00	£235 (5 full days)

## Youth improvers/racing course - RYA Stage 3 and introduction to racing



This course will help you to become a good independent sailor. It includes rigging, launching and recovery, and sailing efficiently in every direction, as well as sailing techniques, capsize recovery and sailing theory. By the end of the course you will be able to launch and sail a dinghy around a triangle course efficiently in moderate conditions.

We will also provide a basic introduction to racing, covering aspects like starting, the course, rules, mark rounding, etc.

**You should have the knowledge and skills of a Stage 2 sailor, and preferably some additional, regular practice, before taking this course.**

<u>Course code</u>	<u>Dates</u>	<u>Times</u>	<u>Price</u>
YTH-3R-5A-JUL	17-21 Jul	9:30 to 16:00	£235 (5 full days)
YTH-3R-5B-JUL	31 Jul-4 Aug	9:30 to 16:00	£235 (5 full days)
YTH-3R-5-AUG	21-25 Aug	9:30 to 16:00	£235 (5 full days)

## Youth Summer Camp

Now a regular feature in our summer programme:

- During the day (09:30 to 17:00) our team, led by Chief Instructor Matt French, will provide opportunities to dinghy sail, windsurf and powerboat. This is a fun week – no RYA certificates, but expeditions, games etc.
- From 17:00 onwards each evening we hand over to parents to supervise their children, with free camping allowed on site. If parents are available to help during the days as well, that would be great!!
- There are optional evening activities for two hours from 18:30 to 20:30 at Grafham Water Centre, with Centre staff supervising. Activities will be confirmed nearer the time but may include: Raft building, Climbing wall, Grafham Challenge, High Ropes and Kiting. These activities are only £10 per session.
- You can pre-order meals for the week – we offer Breakfast, Packed lunches and Dinner.
- If you're interested, we're taking deposits of £75 per youngster to confirm your place – and there are only 30 places available – so contact the office **now!!**
- All participants must have a parent or person acting *in loco parentis* overnight – minimum age 25.

<u>Course code</u>	<u>Dates</u>	<u>Times</u>	<u>Price</u>
CAMP-17	7-10 Aug	9:30 to 17:00	£180 (4 full days)

## Team Grafham

This is our expanded programme for Youths and Juniors.

Grafham Pirates: for ages 6-13

Grafham Youth Squad: for ages 13-19

Team Grafham will cater for young sailors at all levels of experience: for those who have perhaps sailed once or twice before, but who want to come along to meet other young sailors of a similar age and have fun on the water, to race training for those who are more experienced. On some Saturdays during the season we will join forces with the OnBoard Flyers from Grafham Water Centre and have one big session, giving Team Grafham members the opportunity to meet and sail with others.

Come and join us.

<u>Course code</u>	<u>Dates</u>	<u>Times</u>	<u>Price</u>
TG	1 Apr – 14 Oct	14:30 to 16:30	£ 10 per session

NB – Additional hire fee of £10 apply for use of Club boats. Boats need to be booked and paid for at the Office before going on the water.



## **Taster Sessions for Adults and Youths**

These Saturday morning sessions let you try dinghy sailing in one of our larger boats with an experienced instructor on board to show you the ropes. During this session, you will have a chance to take control of the boat (if you wish), and you'll learn how to control the boat's speed, as well as how to steer and turn around.

Why not bring a friend? It's the same price for 2 people to take part!

<u>Course code</u>	<u>Dates</u>	<u>Times</u>	<u>Price</u>
TAS-2HR	1 Apr-14 Oct	9:30 to 11:30	£50

## **Adult Level 1 – Start Sailing**



An introduction to sailing in one of our larger (2-3 person) dinghies (2000 or Stratos). You will have an instructor on-board teaching you how to steer, control the boat's speed, turn around and sail in all directions. We will also cover rigging, knots, launching and recovering a dinghy, and basic safety aspects. We recommend that you follow this with the Level 2 course to consolidate your skills and gain confidence.

## **Adult Level 2 – Basic Skills**

This two-day course builds on the foundation skills gained in Level 1. In addition to capsizing recovery, knots and safety aspects, we will refine your sailing skills and introduce you to some additional techniques and manoeuvres. You will develop the skills and confidence to sail proficiently and make your own decisions in light to medium winds. Following on from this course, you will be able to hire the club boats or join our Saturday club-coaching session to gain more experience.

## **Adult Level 3 – Better Sailing**

This will enhance your skills and develop your techniques. A two day course designed to boost your confidence giving you the ability to progress to advanced sailing such as Racing and Performance Sailing.

All of the above courses are available on the following dates:

<u>Course code</u>	<u>Dates</u>	<u>Times</u>	<u>Price</u>
AD-C1-2-APR	16 & 23 Apr	9:30 to 16:45	£175 (2 full days)
AD-C2-2-MAY	7 & 14 May	9:30 to 16:45	£175 (2 full days)
AD-C3-2-JUN	4 & 11 Jun	9:30 to 16:45	£175 (2 full days)
AD-C4-2-JUN	25 Jun & 2 Jul	9:30 to 16:45	£175 (2 full days)
AD-C5-2-JUL	16 & 23 Jul	9:30 to 16:45	£175 (2 full days)
AD-C6-2-AUG	6 & 13 Aug	9:30 to 16:45	£175 (2 full days)
AD-C7-2-SEP	10 & 17 Sep	9:30 to 16:45	£175 (2 full days)
AD-C8-2-OCT	1 & 8 Oct	9:30 to 16:45	£175 (2 full days)

## Adult Level 1 and 2 – Start Sailing and Basic Skills

The four-day intensive option follows the same format and content as the two-day Level 1 and 2 courses (see above). Additional dates available by arrangement.

<u>Course code</u>	<u>Dates</u>	<u>Times</u>	<u>Price</u>
AD-12-4-MAY	30 May-2 Jun	9:30 to 16:00	£330 (4 full days)
AD-12-4-JUL	31 Jul-3 Aug	9:30 to 16:00	£330 (4 full days)

## Friendly Fridays

We meet in the Cafeteria on the ground floor of the Clubhouse from 18:00 for an evening of social sailing with an optional coached pursuit race. With the race finishing at 19:45 there's time to head to the top-deck bar for a drink and maybe a meal whilst we debrief on the sailing.

	<u>Dates</u>	<u>Times</u>	<u>Price</u>
Friday Evenings	5 May-11 Aug	18:00 onwards	FREE

## Sailing Clinic

During this Saturday morning session, the instructor will help you (and up to three friends) to achieve your goals, whether this is to improve your sailing, gain confidence or try something new! You might want to familiarise yourself with a Club boat, try catamaran sailing, learn how to use a spinnaker, or improve aspects such as your tacking, upwind sailing or leaving/returning to shore.

<u>Course code</u>	<u>Dates</u>	<u>Times</u>	<u>Price</u>
CL-2HR	1 Apr-14 Oct	9:30 to 11:30	£50 (per session)

NB - Additional hire fees apply for use of Club boats

## Club Coaching

These Saturday sessions are designed to help you to improve your sailing skills in a relaxed, supervised environment and prepare you for "Sociable Saturday" racing. As a group, we will decide on an activity that suits the conditions. You might improve your tacking one week, and learn techniques for going faster or practice a variety of controlled manoeuvres the next. We may also look at racing skills, such as starting, tactics, rules, etc. We will provide two coaches so that we have flexibility to provide tuition at different levels of ability.

**Minimum sailing experience: Adult Level 2 or Youth Stage 2.**

	<u>Dates</u>	<u>Times</u>	<u>Price</u>
Saturday Afternoons	1 Apr-14 Oct	12:00 to 14:00	FREE

NB - Additional hire fees apply for use of Club boats. Boats need to be booked and paid for at the Office prior to going on the water.

## Sociable Saturdays

We meet at 14:30 in the Cafeteria and there will be one or two handicap races on a triangle course, with the first race starting at 15:00. The racing will follow on from the Club Coaching sessions, and is intended to be suitable for intermediate standard sailors and above. Seasoned Sunday racers are welcome to join in, and perhaps provide coaching tips for others, or give their crews a chance to helm! Afterwards, there will be an opportunity to meet, de-brief and have some tea and cakes in the Cafeteria.

	<u>Dates</u>	<u>Times</u>	<u>Price</u>
Saturday afternoons	1 Apr-14 Oct	14:30 to 17:00	FREE

NB – Additional hire fees apply for use of Club boats. Boats need to be booked and paid for at the Office before going on the water.

## #thisgirlcan (boys also welcome)

#thisgirlcan is a national campaign developed by Sport England and a wide range of partnership organisations. It's a celebration of active women up and down the country who are doing their thing no matter how well they do it, how they look or even how red their face gets. It is a chance for some friendly sailing supported by a coach to help you develop your sailing skills. There will be refreshments afterwards and you can even bring a friend along with you to try out sailing (please enquire at the office).

	<u>Dates</u>	<u>Times</u>	<u>Price</u>
Tuesday mornings	4 April-10 Oct	10:30 to 12:30	FREE

NB - Additional hire fees apply for use of Club boats. Boats need to be booked and paid for at the Office before going on the water.

## #thisgirlislearninghowto (also open to boys)

New this year, this is a course of six weekly 1/2 day sessions on a Tuesday morning, starting at 10:30am and finishing by 14:30. The aim is to progress through RYA national sailing scheme Adult Level 1 & into Level 2. The course will include launching and recovery, steering, parts of the boat, basic sailing skills, rope work and collision avoidance. By the end of the course participants should be able to steer, turn the boat around (tack), control boat speed and understand basic principles.



The course is being run at the same time as our established #thisgirlcan sessions (see above), so you will get to know a lively and sociable group of people who are already having fun on the water and hopefully, at the end of the course, will want to continue with them.

	<u>Dates</u>	<u>Times</u>	<u>Price</u>
Tuesday mornings	25 April- 30 May (six sessions)	10:30 to 14:30	£270

## RYA Powerboat Level 1

An introduction to powerboating in one day, covering the basics including preparation of boat and crew, launch and recovery, boat handling, picking up and securing to a mooring buoy, leaving and coming alongside and being towed.

**This is offered free of charge for Safety Boat volunteers: please ask in the Office.**

## RYA Powerboat Level 2

This entry-level two day course provides all the basic skills and background knowledge needed to drive a small powerboat competently. No prior experience required. On the water, we will introduce you to low-speed manoeuvres, such as coming alongside a jetty, anchoring, and man overboard, as well as driving the boat at planing speed. We also cover various theoretical and safety aspects. **Please note that this course is conducted in planing craft on inland waters.**

We can also offer a one-day direct assessment for experienced power-boaters who would like to be certified as competent drivers – dates for this by arrangement.

## RYA Safety Boat

This course covers the skills and techniques required to provide rescue cover at the club or when assisting with racing events. We will practice rescuing sailing boats, catamarans and windsurfers, as well as introducing basic elements of race management and mark-laying. It is ideal for competent power-boaters who are keen to become more involved with safety duties and open meeting events at the club.

**Please note that RYA Powerboat Level 2 and a basic understanding of sailing boats and windsurfers must be held prior to this course.**

Powerboat and safety boat courses will be run on the following dates

<u>Course code</u>	<u>Dates</u>	<u>Times</u>	<u>Price</u>
PBC-1JUL	1 & 2 Jul	9:30 to 16:45	£150
PBC-2JUL	8 & 9 Jul	9:30 to 16:45	£150
PBC-3JUL	15 & 16 Jul	9:30 to 16:45	£150
PBC-4AUG	12 & 13 Aug	9:30 to 16:45	£150
PBC-5SEP	2 & 3 Sep	9:30 to 16:45	£150
PBC-6OCT	28 & 29 Oct	9:30 to 16:45	£150
PBC-7NOV	25 & 26 Nov	9:30 to 16:45	£150

Rebates are available for Training Centre Staff and Safety boat volunteers. Please enquire at the Office for details.

## RYA First Aid

A one-day session which covers all of the usual first aid subjects, but from a boating perspective and also meets the requirements of RYA qualifications such as Dinghy Instructor.

<u>Course code</u>	<u>Dates</u>	<u>Times</u>	<u>Price</u>
FA-Apr	22 April	9:30 to 16:00	£30
FA-Oct	28 Oct	9:30 to 16:00	£30

Non-members are also welcome on this course at a cost of £60 and it's free for regular safety-boat volunteers.

## Dinghy Instructor Course – 10-14 April or 17-21 July



The dinghy instructor course takes experienced sailors through the basic skills, knowledge and teaching techniques required to instruct, coach and develop sailors of all levels of ability. There will be a maximum of six students and the course costs £295 and includes all relevant handbooks and logbooks from the RYA National and Youth Sailing Schemes.

A pre-entry assessment is required to confirm that you have the sailing ability and background knowledge required to become an instructor. You will be asked to sail a triangular course efficiently and must also successfully complete a variety of sailing manoeuvres. This is one of a number of qualifying criteria that should be met before your dinghy instructor course starts. The assessment takes place on 2 April or 25 June and costs £45.

## Club Boats available for hire

The club now has a fleet of boats that are available for hire by competent Club members when the boats are not being used for training courses. The prices for hiring the boats are:

	Times	Pico/Topper/ RS Tera/Laser Radial/ Laser Standard	Laser 2000/Dart 16/ Laser Stratos
Sat/Sun mornings	09:30 – 13:00	£15	£25
Sat/Sun afternoons	13:30 – 17:00	£15	£25
Mon - Fri mornings	10:30 - 13:00	£15	£25
Mon - Fri afternoons	13:30 - 17:00	£15	£25
Wed/Fri evening	17:30 – close	£10	£20

Advance bookings can be made for a maximum of two sessions bookable for any future date. If you've already booked two sessions, further additional sessions can be booked a maximum of one week in advance.

## Membership Costs – for an initial three month period

The training courses described in this booklet are for Club members (except where otherwise stated). Those wishing to book a course who are not already members may take out three month membership. Membership rates are:

	<b>Three months</b>	<b>Full Year</b>
Adult (25+)	£ 58	£ 230
Youth (under 25)	£ 15 (plus £15 non Sailing Adult)	£ 58
Senior (65+)	£ 43	£ 173

*The initial three month membership period starts on the first day of your training course.*