

# Training Programme 2018

The Club is an RYA recognised Training Centre and the following pages give details of our training courses and activities for Youths (8-15) and Adults (16+); both beginners and those who want to develop their sailing and racing skills.

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 Tuesday, “Friendly Friday” and “Sociable Saturday” sessions to develop your skills, introduce you to racing, and give you help on the water.

Continuing in 2018, after the successful introduction last year, are our free Saturday coaching sessions “Let’s go windsurfing”. These use the Club’s newly acquired boards and rigs. Acquire the art of looking super cool by learning to windsurf!

Gift vouchers are also available for courses and membership.

We hope you’ll enjoy learning and developing your skills on the water at our Club.

Contact:

[training@grafham.org](mailto:training@grafham.org)

01480 810478

## Taster Sessions for Adults and Youths

These Saturday morning sessions let you try dinghy sailing 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. Available as a one hour or two hour session.

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-1HR	7 Apr - 27 Oct	9:15 to 10:15 or 10:30 to 11:30	£25
TAS-2HR	7 Apr - 27 Oct	9:30 to 11:30	£50

## YOUTH

### 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	29 May-1 Jun	9:30 to 16:00	£195 (4 full days)
YTH-12-5A-JUL	9-13 Jul	9:30 to 16:00	£235 (5 full days)
YTH-12-5B-JUL	23 Jul-27 Jul	9:30 to 16:00	£235 (5 full days)
YTH-12-5-AUG	13-17 Aug	9:30 to 16:00	£235 (5 full days)
YTH-12-4-AUG	28 Aug-31 Aug	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	16-20 Jul	9:30 to 16:00	£235 (5 full days)
YTH-R-5B-JUL	30 Jul-3 Aug	9:30 to 16:00	£235 (5 full days)
YTH-R-5-AUG	20-24 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, capsized 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	16-20 Jul	9:30 to 16:00	£235 (5 full days)
YTH-3R-5B-JUL	30 Jul-3 Aug	9:30 to 16:00	£235 (5 full days)
YTH-3R-5-AUG	20-24 Aug	9:30 to 16:00	£235 (5 full days)

## Youth Summer Camp

Now a regular feature in our summer programme:

- During the day 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 day as well, that would be great!!
- 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-18	6-9 Aug	9:30 to 17:00	£180 (4 full days)

## Half Term Fun

From Monday to Wednesday of the October Half Term, we will be running Half Term Fun. Participants will take part in a range of sailing activities including seamanship, adventures and some race training. The focus will be on having fun in a relaxed environment rather than gaining RYA certificates. Those taking part will need to bring their lunch or can pre-order one from the Café.

<u>Course code</u>	<u>Dates</u>	<u>Times</u>	<u>Price</u>
OHT-18	22 – 24 Oct	9:30 to 15:30	£120 (3 days)

## Team Grafham

Team Grafham caters for young sailors aged 8 upwards with a range of experience. We include race training and seamanship skills for the more experienced sailors. For those sailors who have just mastered the basics, perhaps on one of our Stage 2 courses, Team Grafham offers a great way to develop skills and confidence, as well as having lots of fun and meeting other young sailors.

<u>Course code</u>	<u>Dates</u>	<u>Times</u>	<u>Price</u>
TG	7 Apr – 27 Oct	14:30 to 16:30	£ 5 per session

## Team Grafham Racing

From this April we will be introducing “Team Grafham Racing” for our young sailors on Sunday afternoons. There will be two races; the first at 2pm. The intention is to build on the Team Grafham experience and take the next steps into organised racing. The racing will be run in conjunction with the Club Sunday afternoon racing sessions, but with a separate start and quite possibly a separate course and in-race coaching. Meet in the Cafeteria from 13:00.

	<u>Dates</u>	<u>Times</u>	<u>Price</u>
Sunday Afternoons	8 April – 28 Oct	14:00 onwards	FREE

# ADULT

## 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.

## Adult Level 1, 2 and 3 Courses



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

<u>Course code</u>	<u>Dates</u>	<u>Times</u>	<u>Price</u>
AD-C1-2-APR	15 & 22 Apr	9:30 to 16:45	£175 (2 full days)
AD-C2-2-MAY	6 & 13 May	9:30 to 16:45	£175 (2 full days)
AD-C3-2-JUN	3 & 10 Jun	9:30 to 16:45	£175 (2 full days)
AD-C4-2-JUN	24 Jun & 1 Jul	9:30 to 16:45	£175 (2 full days)
AD-C5-2-JUL	15 & 22 Jul	9:30 to 16:45	£175 (2 full days)
AD-C6-2-AUG	5 & 12 Aug	9:30 to 16:45	£175 (2 full days)
AD-C7-2-SEP	9 & 16 Sep	9:30 to 16:45	£175 (2 full days)
AD-C8-2A-SEP	30 Sep & 7 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	29 May - 1 Jun	9:30 to 16:00	£330 (4 full days)
AD-12-4-JUL	23 Jul – 26 Jul	9:30 to 16:00	£330 (4 full days)
AD-12-4-AUG	28 Aug – 31 Aug	9:30 to 16:00	£330 (4 full days)

## #thisgirlcan

#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. We have two groups.

### Beginners

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 improver sessions (see below), 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, you will want to continue with them.

<u>Course Code</u>	<u>Dates</u>	<u>Times</u>	<u>Price</u>
AD-TGCB-6-MAY	15 May – 19 Jun	10:30 to 13:30	£120
	Tuesday mornings (six sessions)		



# PATHWAY

## **#thisgirlcan Improvers**

This 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	3 Apr - 30 Oct	10:30 to 12:30	FREE

## **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 for a debrief on the sailing.

	<u>Dates</u>	<u>Times</u>	<u>Price</u>
Friday Evenings	4 May - 10 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	7 Apr - 27 Oct	9:30 to 11:30	£50 (per session)

## **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.

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

	<u>Dates</u>	<u>Times</u>	<u>Price</u>
Saturday Afternoons	7 Apr - 27 Oct	11:45 to 13:45	FREE

## 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 races 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	7 Apr - 27 Oct	14:30 to 17:00	FREE

## Let's Go Windsurfing

These sessions are for Adults and Youths to develop windsurfing experience in light and moderate winds. You will focus on the essential basics, beach starts, non-planing gybes, harnesses and you will learn some freestyle moves. This is a series of anytime drop-in clinics. We have Club boards which you may hire with a wide range of sails, or you may bring your own board. There is also a land windsurf simulator.

Please pre-book your place with the office even if you don't require a board as numbers are limited.

<u>Course code</u>	<u>Dates</u>	<u>Times</u>	<u>Price</u>
LGW	26 May, 9 Jun, 30 Jun, 14 Jul, 28 Jul, 18 Aug, 25 Aug, 1 Sep and 15 Sep.	12:00 to 14:30	FREE

## POWERBOAT

### **RYA Powerboat Level 1**

An introduction to powerboat handling, 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.**

<u>Course code</u>	<u>Dates</u>	<u>Times</u>	<u>Price</u>
PB1-MAY	Sat 13 May	9:30 to 16:45	FREE
PB1-JUN	Sat 30 Jun	9:30 to 16:45	FREE
PB1-JUL	Tues 3 Jul	9:30 to 16:45	FREE
PB1-SEP	Sat 15 Sep	9:30 to 16:45	FREE

## 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.

<u>Course code</u>	<u>Dates</u>	<u>Times</u>	<u>Price</u>
PB2-APR	7 & 8 Apr	9:30 to 16:45	£150
PB2-MAY	5 & 6 May	9:30 to 16:45	£150
PB2-JUN	16 & 17 Jun	9:30 to 16:45	£150
PB2-JUL	14 & 15 Jul	9:30 to 16:45	£150
PB2-AUG	18 & 19 Aug	9:30 to 16:45	£150
PB2-SEP	1 & 2 Sep	9:30 to 16:45	£150
PB2-OCT	13 & 14 Oct	9:30 to 16:45	£150
PB2-DEC	1 & 2 Dec	9:30 to 16:45	£150

Rebates are available for Safety Boat volunteers. Please enquire at the Office for details.

## 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 dinghies, 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 windsurf boards must be held prior to this course.**

<u>Course code</u>	<u>Dates</u>	<u>Times</u>	<u>Price</u>
SB-JUL	7 & 8 Jul	9:30 to 16:45	£150
SB-OCT	27 & 28 Oct	9:30 to 16:45	£150

Rebates are available for Safety Boat volunteers. Please enquire at the Office for details.



# OTHER

## Dinghy Instructor Course 2 – 6 April



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 17 March and costs £45.

## Safety and Committee Boat Refresher Days

A one day refresher to update your skills in Rescue and Committee Boat driving including GPS and VHF basics. There will also be an emergency drill on the water. It is open to Safety Boat Volunteers and Race Officers. Please book your place with the Office.

	<u>Dates</u>	<u>Times</u>	<u>Price</u>
Saturday	5 May, 15 Sep	09:30 – 16:30	FREE

## Mark Laying Course

A one day introduction to Mark Laying for Racing. The day includes the basics of Race Management and time on the water laying marks. It is a great prelude to the RYA Regional Mark Laying Course.

It is open to our Safety Boat volunteers with PB2 or above. Please book your place with the Office.

	<u>Dates</u>	<u>Times</u>	<u>Price</u>
Saturday	13 Oct	09:30 – 16:30	FREE

## VHF Radio Course



We intend to run the RYA Marine Radio (SRC) course on selected dates during the year.

Please contact the Office for further 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	21 April	9:30 to 16:00	£30
FA-Oct	27 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.

## Club Boats available for hire

The club has a fleet of boats that are available for hire by competent Club members. The prices for hiring the boats are:

	Times	Pico/Topper/ RS Tera/Laser Radial/ Laser Standard	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.

Special rates apply for Team Grafham, Club Coaching, Sociable Saturdays and #thisgirlcan.

## Membership Rates – 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+)	£ 60	£ 240
Youth (under 25)	£ 15 (plus £15 non Sailing Adult for under 17)	£ 60
Senior (65+)	£ 45	£ 180

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