

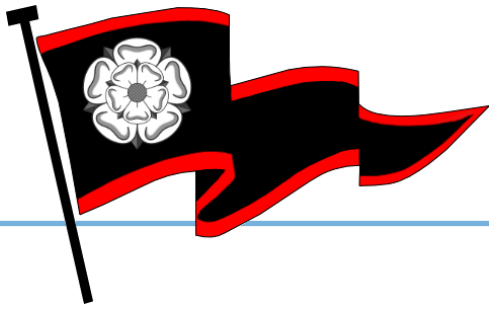
West Riding Sailing Club



Training.officer@wrsc.org.uk

Training Courses 2023





Dinghy Sailing Courses

Level One - Start Sailing

A two-day course involving detailed instruction on and off the water to get you started. Syllabus covers what to wear for sailing, help with rigging and launching the boat, familiarisation with the controls and training on how to turn the back or front of the boat through the wind. On completion, you should be able to sail round a triangular course with a level of supervision. Please come with an open mind and a willingness to get on with new people.

Taught by qualified RYA Instructors, you won't be disappointed if you do!
Usually held at WRSC during spring and autumn.

Course costs £50 per person, per course (plus club membership - for age 16 and over)
RYA handbook and logbook available for purchase at £15 person (£8.00 and £7.00 each).

Level Two – Basic Skills

A further two-day course with the aim of developing you into a competent new sailor. Builds on skills learnt at Level one with a greater emphasis on sailing at different angles to the wind and adjusting the controls to suit. Includes an introduction to basic racing and coastal advice for the inland sailor. Capsize drill is mandatory for this course! You will also learn how to control speed, stop the boat correctly and come back safely to shore in a variety of circumstances.

Taught by qualified RYA Instructors.
Usually held at WRSC in spring/summer

Course costs £50 per person, per course (plus club membership - for age 16 and over)
RYA handbook and logbook available for purchase at £15 person (£8.00 and £7.00 each).

Level Three – Better Sailing

An additional two-day course enabling you to perfect the skills developed at Level Two and introduce elements of each of the intermediate/advanced modules. Taught by qualified RYA Instructors. Run subject to demand. £50 per person (club members)

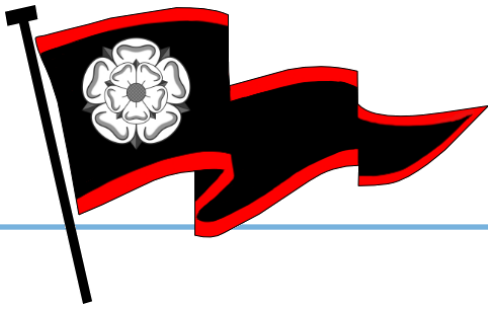


Youth Sailing Scheme

Stages 1-4 of the RYA Youth Sailing Scheme break up the adult Dinghy Level One and Two syllabus into more easily achievable chunks with a huge emphasis on fun!

These YSS courses are often based around a series of games and activities with maximum practical involvement to enable children and young people to progress according to their individual needs. This is where future champion sailors start out!

Approximate cost for YSS training: £15 per day, plus £5 for logbook. This course is run subject to demand and all our key volunteers are DBS checked.



Intermediate and Advanced Modules

The following two-day certificated courses, run subject to demand.

Start Racing

A general introduction to starts, courses and tactics preparing you to join the Sunday scene at WRSC. Want to learn how the Olympians do it? Come along and join in the fun!

This course is run by a Race Coach or Racing Instructor.

£50 for club members.

Sailing with Spinnakers

Now you've mastered the basics, why not introduce a third sail? Enjoy the art of downwind sailing. Can cover asymmetric and/or conventional kites (another name for spinnaker).

£50 for club members.

Performance Sailing

Feel the need for speed? Learn to sail a performance boat to best advantage with in-depth coaching on boat handling and sail controls. This course is taught by an Advanced Instructor.

Get the most from yourself and your boat!

£50 for club members.

Seamanship Skills

Develop a problem-solving approach to traditional dinghy sailing, often in preparation for instructor training or as experience towards going further afield.

Perfect your man overboard recovery, try reefing afloat and sail without a rudder, among other things.

£50 for club members.



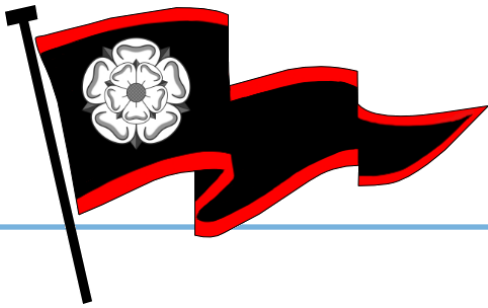
Other Modules

Assistant Instructor

Fancy putting something back in? We like to grow our own volunteers and as preparation for Dinghy Instructor training one of our Senior Instructors will take you through the drills for teaching tacking and gybing.

This course introduces you to the RYA method through a combination of one-to-one coaching and on-the-job training, approximately equivalent to two full days.

This course is free to our club volunteers and only valid at the club for a temporary five year period.



Other Modules

RYA Small Craft First Aid

This one-day course takes place when required to support our regular club volunteers. Covers actions to take in a range of emergency situations and includes specific advice for those taking part in activities afloat, dangers of hypothermia, instruction on CPR, bandaging injuries and dressing wounds. Run by an external First Aid trainer. Instructors need this!

£50 for members, £60 for non-members. This includes cost of certificate and training resources

RYA Powerboat Levels One and Two

A two-day course (16 hours) covering personal and boat preparation, types of engine and hull-shapes, basic boat handling techniques, rule of the road and coastal advice (among other subjects). Aimed at the complete beginner, once completed this course will also count towards the International Certificate of Competence (ICC). A safe, seamanlike approach is important at all times. Minimum age 12 (PBL2), supervised by responsible adult until 16.

£50 for members.

Will help prepare you to carry out other duties around the club

Run subject to demand – email training.officer@wrsc.org.uk to arrange dates

Direct assessment (min. 3 hours) available for experienced boat handlers

Private courses available for external candidates/temporary members at £200 per person.

RYA Safety Boat Certificate

A two-day course (16 hours) exploring a range of techniques to apply when attending kayaks, windsurfers, singlehanded dinghies, two-person sailing boats and performance craft in distress. Add to your rescue toolkit through a combination of group discussion, controlled exercises and ongoing assessment.

Private courses available for external candidates/temporary members at £200 per person.

£50 for members and associate members (registered groups e.g. Scouts, Sea Cadets).

Powerboat Level Two is a pre-requisite for this course.

Interested?

Feel free to send us an email (training.officer@wrsc.org.uk)

or pop down to the club and ask for

Registered Principal: Tom Butterworth

Chief Dinghy Instructor: Helen Cook

Chief Powerboat Instructor: Roger Perry

