



Deviot Sailing Club Inc. Sail Training Program 2008

Information Sheet

This sail training program is designed for people who have had no experience in sailing. It caters for adults as well as children (from 10 up). Participants will need to be fit enough to undertake moderate physical activity, and must be able to swim.

We will cover all the basics to get you sailing safely. We use sailing dinghies owned by the sailing club, as well as some provided by club members – you don't need your own boat for this course. All training will be held at the Deviot Sailing Club, Deviot.

Dates and Times

The training will be held on the following days:

Saturday 16 February	9.30am sharp – 12.00 midday	(Session 1)
Sunday 17 February	10am to 3 pm	(Sessions 2-3)
Saturday 23 February	9.30 am – 12.00	(Session 4)
Sunday 24 February	10am to 3 pm	(Session 5-6)

The training will include:

- Clothing and safety equipment
- Rigging the boat with assistance
- How to steer the boat
- Primary boat controls
- Rescue procedures – including capsize recovery
- Launching and recovery
- Basic rules of the road
- Introduction to tides and currents.

Cost

The cost for the full program is \$100 for adults and \$60 for students. All participants will be provided with a log book, and a certificate on completion of the course.

What will I learn?

The course covers everything that you need to know to sail a sailing dinghy. In the first 2 sessions we will cover the safety requirements of small boat sailing. You will learn how to rig a sailing boat, how to launch a boat, and return to the beach.

In the later sessions you will learn the basic rules of the road, and more advanced boat handling.

What to wear sailing for Sail Training

Weather conditions may vary from cold to hot, so students should bring:

- Bathing / Towel
- Wetsuit
- Shorts (ideally worn over wetsuit for protection)
- Polyester shorts and tops recommended. Don't wear cotton – it is too cold when wet.



Deviot Sailing Club Inc. Sail Training Program 2008

- PFD (life jacket). Type 2 is preferred (no collar).
- Woollen or thermal jumper in case it is really cold.
- Windproof / waterproof jacket
- Old sneakers or wetsuit boots (there are oysters in the Tamar river which are very sharp on feet).
- Sun Hat
- Sunglasses
- Sunscreen
- No long pants

Registration

To enrol, please forward the sheet below with payment to Deviot Sailing Club, P.O. Box 224, Launceston, or deliver to the club on Saturdays. A health information form and a parent consent form for juniors also need to be completed prior to the first session.

For More Information

Contact: Tony Fist, Commodore, phone 63442914 (AH),
Email: fists@netspace.net.au

Mike Whitmore phone 0417 017 045
Email: michael.edge21@gmail.com

.....

Enrolment Form

Please enrol me in the 2008 Sail Training Program for Beginners at Deviot Sailing Club

Name:.....

Address:.....
.....

Date of Birth (if under 18):.....

Phone Number(s):.....

Email Address:.....

Payment Enclosed:.....

Note: Numbers are strictly limited. Apply as soon as possible to avoid disappointment.
Closing date Friday 8 February.