



# Deviot Sailing Club Inc. Sail Training Program 2014

## Enrolment 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 ages 10 and 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 15 February	9.30am sharp – 12.00 midday
Sunday 16 February	9.30am – 3.00 pm
Sunday 23 February	9.30am – 3.00 pm

The training will include:

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

## Cost

The cost for the full program is \$120 for adults and \$70 for students including full time Uni students. Participants will be provided with a certificate on completion of the course. Participants will be offered free club membership to the end of the season, which allows use of club facilities and insurance coverage for sailing.

## 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.



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## What to wear sailing for Sail Training

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

- Bathers / Towel
- Wetsuit
- Shorts (ideally worn over wetsuit for protection)
- Polyester shorts and tops recommended. Don't wear cotton – it is too cold when wet.
- 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 a Saturday. 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, Sail Training Coordinator  
Phone 0417 384156 (M)  
Email: [tfist@its.jnj.com](mailto:tfist@its.jnj.com)

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## Enrolment Form

Please enrol me in the 2014 Sail Training Program for Beginners at Deviot Sailing Club

Name: .....

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

Phone Number(s): .....

Email Address: .....

Payment Enclosed: ..... or direct deposit to: BSB 067023 Account: 28012546

Note: Numbers are strictly limited. Apply as soon as possible to avoid disappointment.  
Closing date Tuesday 11th February 2014.