

PSBSC Training Course – Information Sheet

COURSE AIM & CONTENT

To learn dinghy sailing skills leading towards the award of a certificate from the sport's national body, the Royal Yachting Association (RYA). All courses are based on the RYA syllabus, which is laid out in the Logbook.

ELIGIBILITY

Courses are open to PSBSC Club members only. However, membership may be purchased when booking.

INSTRUCTION

Training will be delivered by PSBSC members who are RYA qualified instructors and other experienced PSBSC members under the supervision of the duty Senior Instructor. Offers of shore assistance from volunteers would be much appreciated especially for the transporting of the toppers before and after practical instruction.

WEATHER

Courses may need to be cancelled in event of very windy weather. Every effort will be made to take a decision the evening before a course is due to commence and to widely communicate this decision. If a course is cancelled all booking fees will be refunded. However, it may be possible to run some shore-based aspects of the course and reschedule a time for more on-the-water sessions, however this will depend on instructor availability.

CRAFT

The club owns six Toppers, 4 RS Fevas and 1 RS Vision. Other dinghies are made available by club members. Numbers are therefore limited by the number of boats available and student to instructor ratios stipulated by the RYA. Participants are encouraged to use their own dinghies if suitable.

SAFETY

Sailing is a potentially hazardous activity and the sea is a potentially hostile environment. Sailing is therefore an activity that carries an element of risk and by signing up for a course, participants acknowledge and accept this risk. Every effort will be made and every reasonable precaution taken in order to minimise these inherent risks and seek to ensure the safety of those attending courses.

All participants on the course should be able to swim 50 metres in sea water wearing personal buoyancy and must be confident in the water. Everyone who goes afloat must wear personal buoyancy and should if possible provide his/her own. For dinghy sailing a waistcoat type buoyancy aid is the most appropriate type and participants will only be allowed to take part if the Instructor is satisfied that suitable buoyancy is being worn.

CLOTHING

Even in summer, going into the water can be very, very cold. Everyone should be warmly dressed and protected with: (i) a wetsuit or drysuit; (2) a thermal under-layer; (3) a windproof top outer layer; (4) a woolly hat; (5) wetsuit boots (ideally) or old trainers and (6) (ideally) wetsuit gloves. A complete change of clothing and a towel should be brought each day. Sun cream, sunglasses and a sun hat may also (occasionally) be needed.

FOOD

No food is provided, although hot drinks and biscuits may be available. All students should bring a large pack lunch for each day.

PSBSC TRAINING APPLICATION /CONSENT FORM

| | | | |
|------------------------------|------|--------------|--|
| Course | | Date | |
| Name | | | |
| Name of Parent / Guardian: | | | |
| Address | | | |
| Phone Number | | | |
| Date of Birth | | | |
| Emergency contact | Name | Phone Number | |
| e-mail | | | |
| Previous sailing experience: | | | |
| | | | |

DECLARATION AND CONSENT

- I consent to the personal data provided above to be kept on record for training administration purposes and to allow PSBSC to contact me about club activities.
- I have read the information concerning the course and I understand the nature of the activities to be undertaken and accept the inherent risks involved.
- I consider myself/my child* fit to take part.
- I do not/my child does not* suffer from any debilitating medical condition which would prevent full participation in the course.
- I/he/she can swim 50 metres in seawater wearing personal buoyancy.
- I am/my child is* required to take medication during the course

If yes please give details _____

Signature _____ Date _____

PSBSC Membership paid Course Entry Fee Paid

Cost of course: Junior: £35 course fee + member + logbook. Adult: £60 course + membership + logbook.

Booking Forms should be returned to training@plockton-sailing.com or brought along to the Safety Boat Shed. Participants must also become members of the PSBSC if they have not already joined.