



## Adult Sailing Information Sheet



### **Clothing**

Wear warm and comfortable clothing. Several layers is best, tee-shirts, thin jumper or a sweatshirt are suitable. Thermal wear is ideal, Tracksuit bottoms or cords are suitable. A wetsuit is not essential but if you have one you may want to wear it. Protect yourself against sunburn by wearing a sunhat and applying sun creams. If the sun is strong then sunglasses may help with cutting down the glare off the water.

### **Avoid**

Cotton blouse or shirt, jeans, Arran jumpers and shorts (however knee length trousers are useful)

### **Footwear**

Your feet will get wet. We recommend wearing gym shoes or trainers with woollen socks.

### **Windproof**

If you have a nylon anorak or windproof jacket wear it. Even in summer the weather can be wet and chilly.

### **Buoyancy aids**

A buoyancy aid is more appropriate for dinghy sailing than a life-jacket. You will be required to wear a buoyancy aid at all times whilst you are on the water and on the pontoons. You will need to purchase your own from a chandler or specialist shop when you have completed the course but before buying you may wish to seek advice from your instructors.

Buoyancy aids are available F.O.C. for trainees whilst on the course.

### **Valuables**

There are already sufficient pairs of spectacles at the bottom of the reservoir. If you wear glasses make sure they are tied on. Please leave money, mobile phones and other valuables locked in your car

Capsize drill is an enjoyable and essential part of the course. It will be carried out on the first suitable occasion, so please ensure you bring a spare set of clothing with you to every session to change into afterwards. Students must be able to swim.

Hot showers are available so bring a towel too.

You will need to bring your own picnic lunch. There are tea and Coffee making facilities available for a small charge. There is not time to leave the premises for lunch.

### **Attendance**

Attendance at all sessions is important or you may not progress sufficiently to complete the course. If you are unavoidably incapable of attending any session please contact your course leader so he/she can inform your instructor in time.

We look forward to seeing you on the course.

Visit our website: [www.chelmarshsailing.org.uk](http://www.chelmarshsailing.org.uk)