



Youth 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 blouses or shirts, 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. Everyone is required to wear a buoyancy aid at all times whilst you are on the water and on the pontoons. You may wish 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 somewhere safe. It is wise not to bring any unnecessary items of this nature with you.

Capsizes are inevitable, so please ensure you bring a spare set of clothing with you to each 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 a picnic lunch. There are soft drinks and, tea and coffee available for free of 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.

Notice to Parents

At the end of each session please make sure you let the course leader know before you take your child/children home.

We look forward to seeing you on the course.

Visit our website: www.chelmarshsailing.org.uk