



## GUIDE FOR BEGINNERS ON SATURDAYS

1. All boats should be launched from the beach. This is for keeping the fleet together for safety reasons etc. Make sure the Pico rudder is tied to the boat. Do not launch/sail if the safety boat is not on the water with 2 persons. There may be situations when the safety crew are one short so a beginner or a sailor must volunteer.
2. The safety boat will lay a short triangular course not far from the beach. Please remain in this triangle for safety reasons and to get some basic instruction. The safety boats primary job is safety for **all sailors** on the reservoir so there may be situations where they will assist other boats not in the triangle. They will manage the fleet and you must obey their instructions. They will use sound signals. Three or more whistles mean that all boats should go ashore or tie up to the pontoon if you have a rope at the bow.
3. The safety boat crew may not be sailing instructors. They have been asked to monitor your safety and give some basic instruction. The quality of instruction will vary week to week. Feel free to ask questions.
4. For advice on tacking, gybing etc. use youtube.
5. There are 5 Picos. If they are allocated then you can use the fevas/lasers/toppers as single handers. Alternatively you can use the clubs GP14's or Xenon's. Try and use the Pico single hander's as you will learn quicker, have more fun and be safer. Remember Level 2 is capable of sailing a dinghy in **light** winds. Some conditions will be windy so do not be foolish and go out overpowered as you will struggle to remain in control and you will capsize often. Better to be **prudent and reef** to get your skills up (tacking, gybing, launching, recovery, etc.)
6. Further training can be done at commercial centres. There are brochures in our galley on the training board of Plas Menai (The National Sailing Centre for Wales). Feel free to take one. You can come along as a spectator on race days and observe from the shore or you can sit in the committee boat and look and learn. The officer of the day will give you guidance. Ask questions. Just turn up. You could be an extra person on board.
7. There will be a copy of this document in the desk at the door in a pink folder. Please read it before launching. It will be your briefing.

Further advice on any aspect of sailing can be found by contacting Gordon who is at the club most Wednesdays and Sundays. Contact details are [gordon.bissett@btinternet.com](mailto:gordon.bissett@btinternet.com) and 07880 872760