



# Newhaven & Seaford Sailing Club



## **NEWHAVEN & SEAFORD SAILING CLUB** **RYA Dinghy Level 1 & 2 Courses 2023**

### Description

This course is an introduction to Dinghy sailing and is aimed at the complete beginner. This all-practical course is delivered over 4 days for both levels by RYA registered Instructors, at a maximum ratio of 6 trainees to 1 Instructor, on our double and single hander dinghies, at our training base on Piddinghoe Pond.

We recommend doing both levels over 4 days, but one level over 2 days each can be done.

At the end of the course the trainee will have a good knowledge of dinghy sailing, be safety conscious, and be able to handle a dinghy under most wind conditions, on inland waters.

The training includes, practical sailing and helming techniques, launching and recovery, rigging, safety on water, recovering a man-overboard, theory of sailing, weather forecasts, rights of way, collision regulations and much more.

The trainee will have ongoing assessment, and when successful, an RYA Level 1 and/or Level 2 Certificate, inland endorsement, will be awarded. If the RYA standards are not met, an action plan will be agreed. Included in the cost is the RYA book Start Sailing (G3), the RYA National Sailing Scheme Syllabus and Logbook (G4), and the RYA Level 1 and / or Level 2 certificate. Additional reading materials are available from the online RYA Bookshop or other outlets.

### Dates

Spring Course:      Level 1 Saturday 22<sup>nd</sup> and Sunday 23<sup>rd</sup> April  
                                 Level 2 Saturday 29<sup>th</sup> and Sunday 30<sup>th</sup> April

Summer Course:    Level 1 Thursday 22<sup>nd</sup> and Friday 23<sup>rd</sup> June  
                                 Level 2 Saturday 24<sup>th</sup> and Sunday 25<sup>th</sup> June

Autumn Course:       Level 1 Saturdays of 2<sup>nd</sup> and 9<sup>th</sup> September  
                              Level 2 Saturdays of 16<sup>th</sup> and 23<sup>rd</sup> September

## Fees

All 4 days for Level 1 and Level 2: Non-members £330, Members £250

2 days only for Level 1 or Level 2: Non-members £180, Members £140

Payment is for the whole course and there are no refunds for non-attendance.

If an individual or family joins the club as a result of being on the course, we would like to offer Membership Benefits of either:

- To discount the joining fee (£25) from the membership subscription,
- OR free boat hire to the trainee during supported sailing sessions for the remainder of the season
- The individual or family will be eligible to join Club Social activities, including camping (for a fee) and sailing during Sailing Week at Seaford and Cadet Week at Piddinghoe.

## Location

Piddinghoe Lake, Piddinghoe, BN9 9AF.

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On the main C7 road between Newhaven and Lewes there are sign-posted roads into Piddinghoe at the north and south ends of the village. Take the road into the village at the southern end. At a sharp left-hand bend, with a bus shelter opposite you, turn right down a dirt track. We are at the end of that track, with free parking.

## Joining Instructions

The course starts at 9:30 each day and goes on until late afternoon. Bring your own refreshments. The Club facilities include free car parking, changing rooms with toilet and showers and Galley for hot drinks.

Parents and Guardians for under 18s are to remain on site during the session and are encouraged to join in with rigging, theory sessions, and packing away while supporting their child.

Expect to get wet!! Do bring soft shoes eg. trainers, and clothes that you don't mind getting wet, Bring a towel, complete change of clothes, and even better a wetsuit or dry-suit if you have one, for every session.

Come in warm clothing, remember to bring sunscreen, sunglasses and a peaked hat if hot. We use our Galley club room for refreshments but bring a cold drink. We will supply a Buoyancy Aid, as you are expected to wear one within 2m of the water.

You should be confident to swim in light clothes and be reasonably fit, but do tell your instructor if you have any medical problems that may affect your enjoyment of the course.

Valuables, phones etc, should be left locked in your car. Please ask if you have any queries, and most importantly, enjoy yourself.

If you have a problem on the day, tel Simon Suter on 07738 064009 or email enquiries to [trainingnssc@nssc.org.uk](mailto:trainingnssc@nssc.org.uk).