

Pre-course notes for Littleton RYA Level 1, 2 or 3

V6 - July 2023

1. RYA training at Littleton Sailing Club is for club Members.
2. For insurance reasons you must have completed all membership formalities before you can join a course.
3. The course hours will normally be 9am – 5 pm each day. However if possible please come prepared to stay a bit later because we may get a bit behind for weather or other reasons. You will always be away by 6 pm. Also if you are able to come up to 30 min early you can help to get the boats ready which would be a great help. In any event make sure you are there by 9am.
4. By completing the on line application form you have confirmed that you are water confident, and declared all health or mobility issues. I recommend you take advantage of a try sailing session before your course. If you have any doubts, contact me on training@littletonsc.co.uk and we can usually arrange adjustments to accommodate everyone keen to sail.
5. **DISCLAIMER:** Acceptance on the course is only after confirmation from Littleton Training **and** dependent on availability and suitability. By submitting the on-line application you acknowledge that, other participants, leaders or sailing coaches undertaking instruction authorised by this Club do not accept responsibility for any loss, damage or injury suffered by persons and/or their property arising out of or during the course of their activities whilst training or coaching or instructing unless such loss, damage or injury was caused by or resulted from negligence or deliberate act.

What to wear...

6. you will need to bring:
 - a. **A Buoyancy aid (Personal Flotation Device - PFD)** to the CE 50 N standard. Note that **self-inflating buoyancy aids or full lifejackets are not suitable** for dinghy sailing. We now see more buoyancy aids designed for *Stand Up Paddle Boarding (SUP's)* which are **not** suitable - these are 'full body' length, and don't allow you to sit, lean or move in a dinghy. The style generally suitable for dinghy sailing will come down to the bottom of your rib cage, not your hips. (similar to that illustrated here)
 - b. Littleton SC does not endorse or guarantee any specific product or store in the following illustrative list: **Whitewater Canoe centre** in Shepperton have some PFDs suitable for dinghies, such as the Palm Quest Adult Buoyancy Aid. **Decathlon** has recently opened a store in Staines. **Gill, Crewsaver and Musto** are brands that make Dinghy specific PFD's. Again, if you can, try before you buy rather than purchase on-line.
 - c. Gloves. *Not essential* but you can get rope burn without them. Short finger sailing gloves are best **but** any thin gloves that can survive getting wet are fine. Even kitchen gloves (eg Marigolds) are OK for colder weather!



- d. Footware. Old trainers are fine to start off with. The main disadvantage is that they don't dry very fast, and become smelly. Alternatively you can get various types of sailing boots ranging from slipper style neoprene booties like this (about £20) to more substantial boots of neoprene or rubber like this (from about £30).



Note that wellington style boots are **not** suitable for dinghy sailing.

- e. Wetsuit. This is not essential but it is recommended. We will have a capsizing practice at the end of the first day but after that we try not to get you wet again – but no guarantees! A shorty (short arms and legs) like this is probably best but a summer wetsuit with long legs and detachable arms will allow you to sail in colder weather.



- f. For courses in summer you could get away without one, but shorty wetsuits (3mm-4mm thick) are available on-line for only £20-£30 and are a good investment for the future. If you pay more than this you will probably get one that has better quality (warmer) neoprene, 3-4mm. In winter (Oct-March) a 4-5mm full body wetsuit or drysuit is required. Sports Direct currently has **Gul** wetsuits in adult and child sizes in short style and full length. Obviously, the bigger the store, the bigger range of sizes. Also, **Decathlon** has a good range of wetsuits at good value.
- g. Lightweight waterproof top. You can get special sailing ones, but any waterproof will do.
- h. If your hair is getting a bit thin, then a hat is essential to avoid sunburn. A baseball cap or a beanie hat is fine. You don't want something that can easily get blown off.
- i. If you don't have a wetsuit then you **will** need a change of clothes (or two) – we can never guarantee that you will not end up in the water at some point.
- j. If the weather is warm then quick drying swimming shorts are good. Also you could consider a rash vest instead of a T shirt. They dry much faster and give better uv protection.
- k. Man-made fibres are generally better than cotton and wool, which get heavy when wet and take an age to dry.
- l. High protection factor (30 or more) water-resistant sun-cream is a must, even when cloudy.

If you have any doubts please ask us. Alternatively a chandlery/sailing shop which deals with dinghy sailing will be able to give advice.