



Canberra Yacht Club Sailing School

ADULT SAILING COURSES

WELCOME, to the Canberra Yacht Club Sailing School The Sailing School is a division of the Canberra Yacht Club. It is accredited by Yachting Australia as a Registered Training Centre.

Aim

Our aim is to make sailing fun and enjoyable for all. We provide the level of guidance that you need at the moment, and the opportunity for you to progress as far as you wish. We offer a comprehensive range of training courses for all levels of sailing and powerboat handling.

Where To Come

The sailing course lessons are conducted on the ground floor clubroom of the Canberra Yacht Club, located underneath the Canberra Southern Cross Yacht Club at Lotus Bay Yarralumla. The practical sessions are conducted from Lotus Bay, on Lake Burley Griffin.

Accreditation For Participants

All students progress toward Yachting Australia accreditation. At the end of each course each student receives a Sailing School certificate stating the skills attained, together with the relevant endorsements in their **Yachting Australia (YA) Log Book**.

Adult Sailing Courses Available

The adult sailing course is programmed to fit in with your busy lifestyle.

The courses are designed for beginners through to the experienced sailor wishing to improve and build on existing skills.

Level 1 Beginners Course

- ◆ Adult Sailing courses are conducted during the months of October, November, December, January, February, March and April. Each course consists of 14 hours of theory and practical coaching. In the price includes **four hours** of free boat hire.

Level 2 Learn to Race Course

- ◆ A Learn To Race Courses for those who have passed the Level 1 beginners course. These classes start on a Thursday with evening theory, a Monday, Tuesday and finishing with a Twilight race on Wednesday.

Private One-On-One Training

- ◆ Private one-on-one tuition is available. Times, yacht types and duration of sessions can be negotiated with the office at anytime.

Cost

The cost of the program is \$330. A \$20 discount applies if you are a member of the Canberra Southern Cross Club.

Course Timetable

refer to Pages 4 & 5 of this package.



CANBERRA YACHT CLUB SAILING SCHOOL
PO Box 7169 Yarralumla, ACT 2600 • 1 Mariner Place Yarralumla
Phone 02 62734777 • **Fax** 02 6273 6222 • (ACT SAILING INC) ABN 93 090 967 514
Email sailschool@canberrayachtclub.com.au • **Web** canberrayachtclub.com.au





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ADULT SAILING COURSES

Introduction To Sailing Course Syllabus

Personal Preparation

Water Safety

Personal Flotation Devices

Sun Protection

Cold Weather Protection

Marine Safety

Nautical Terminology

Yacht Preparation

Rigging

Terminology

Points of Sail

Knots

Capsize Recovery

Helming Technique

Things To Bring And Wear

Sailing is a water sport and sailors will always get wet. At the very least, they will get wet feet when launching the yachts, and at the worst they will get completely wet after a capsize. It is therefore essential to bring a complete change of clothes and a towel for a shower at the club after sailing.

For each practical session please provide the following:

- ◆ Sneakers and socks (they will get wet).
- ◆ Shorts and tracksuit trousers (jeans are not OK as they are not as warm).
- ◆ A wetsuit for sailing the dinghies (only if you own or can borrow one - no need to purchase).
- ◆ A long sleeve shirt.
- ◆ A jumper (preferable woollen). If its cold more than one may be needed.
- ◆ A nylon spray jacket or parka (preferably not with deep pockets as these can fill with water).
- ◆ A hat (A MUST).
- ◆ Sunscreen lotion (A MUST).
- ◆ Lunch, morning tea and afternoon tea - for full day courses.
- ◆ Something to drink.

These items of clothing etc. should be brought each day. What is actually worn will depend on the weather. Don't worry about the clothes being new or fashionable. Most clothes worn by sports sailors are of the old and worn variety - they will get wet!





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LEVEL 1 Course dates

COURSE NUMBER	Theory Thursday 6pm to 8pm	Practical Saturday 12pm to 5pm	Theory Thursday 6pm to 8pm	Practical Saturday 12pm to 5pm
A1 - Level 1	13 th October	15 th October	20 th October	22 nd October
A2 - Level 1	3 rd November	5 th November	10 th November	12 th November
A3 - Level 1	17 th November	19 th November	24 th November	26 th November
A4 - Level 1	8 th December	10 th December	15 th December	17 th December
A5 - Level 1	5 th January	7 th January	12 th January	14 th January
A6 - Level 1	19th January	21st January	27th Friday January	28th January
A7 - Level 1	2nd February	4th February	9th February	11th February
A8 - Level 1	16th February	18th February	23rd February	25th February
A9 - Level 1	1st March	3rd March	8th March	10th March
A10 - Level 1	15th March	17th March	22nd March	24th March

LEVEL 2 Dates TBA.



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ADULT SAILING COURSES

APPLICATION FORM FOR ADULT INTRODUCTORY SAILING COURSES

Course Number: A # Dates from: to

PARTICIPANT DETAILS

Surname Given Names.....

Address..... Postcode.....

E Mail address.....

Phone AH : (.....)..... Phone BH : (.....)..... Mobile :

Date of Birth (...../...../.....) Age

Emergency Contact Phone : (.....).....

Emergency Contact Name : Relationship :

Details of any relevant condition which may affect ability to participate (e.g.medical or physical?)
please give details :

Has the participant attended a relevant course before? YES / NO
If YES, please give details :

Does the participant have a relevant YA Log Book or other proof of sailing skill attainment? YES / NO
If YES, please give details and bring it along to the first lesson.

Can the participant swim 25 meters with clothes on? YES / NO

Is the participant under the age of 18 years? YES / NO
If YES, then a parent or guardian must complete and sign the indemnity on the reverse.
If NO, then the participant must complete and sign the indemnity on the reverse. **THANK YOU**

To receive your \$20 discount please provide your:
Canberra Southern Cross Club Member Number (if applicable)

Office Use Paid \$..... Receipt Number Date



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PARTICIPANT INDEMNITY FORM

Iam aware that during the training course I have chosen (self - over 18 or Parent/Guardian - under 18) for myself or ward (delete category not applicable) to participate in under the arrangements of the ACT SAILING INCORPORATED trading as CANBERRA YACHT CLUB certain hazards may occur associated with sailing and boat rigging generally. In consideration of the right to participate in such instruction or other activities associated with the course arranged by the ACT SAILING INCORPORATED trading as CANBERRA YACHT CLUB their associates or agents I have and do hereby assume all the above risks and will hold ACT SAILING INCORPORATED trading as CANBERRA YACHT CLUB their associates and agents free of any liability action, debt claims or demands which I now have or may arise as a result or in connection with the participation in this course of instruction. The terms hereof shall also serve as a release of the ACT SAILING INCORPORATED trading as CANBERRA YACHT CLUB from risk and assumption of risk by my heir's executors or administrators for all members of my family including minors.

Should any successful claim be brought for myself/son/daughter/defacto/spouse against the ACT SAILING INCORPORATED trading as CANBERRA YACHT CLUB I agree to indemnify ACT SAILING INCORPORATED trading as CANBERRA YACHT CLUB its associates and agents and will meet the total costs resultant from such action.

SIGNED.....Date.....

Name in block letters

Address.....

NOTIFY IN CASE OF EMERGENCY

Name.....Relationship.....

Address.....

Phone AH : (.....)..... Phone BH : (.....)..... Mobile :

HOW DID YOU HEAR ABOUT OUR SAILING SCHOOL COURSES? (Please tick)

- Friends / word of mouth.
- Participated in previous courses.
- Web Page.
- Newspaper advertisement.
- Telephoned Canberra Yacht Club.
- Telephoned Canberra Southern Cross Club.
- Canberra Yacht Club newsletter



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