



**RYA Training Centre  
Attenborough Sailing Club**

**RYA Level 1 & 2, Start Sailing and Basic Skills courses**

**Autumn 2016**

This two-weekend dinghy sailing course leads to a Level 1 or Level 2 RYA Dinghy certificate. By the end of the course participants will have had a short introduction to dinghy sailing, including basic boat handling techniques and essential background knowledge. Successful participants will be safety conscious and capable of sailing a dinghy without an instructor on board in light winds.

**Cost:**

£160, £145 for club members, includes RYA handbook, logbook and certificate.

**Course Timetable:**

Friday evening (ashore)	9 <sup>th</sup> September	7:00pm - 10:00pm
Saturday	10 <sup>th</sup> September	9:00am - 6:00pm
Sunday	11 <sup>th</sup> September	9:00am - 1:00pm
Friday evening (ashore)	16 <sup>th</sup> September	7:00pm - 10:00pm
Saturday	17 <sup>th</sup> September	9:00am - 6:00pm
Sunday	18 <sup>th</sup> September	9:00am - 1:00pm

You will need; two changes of warm clothes, a towel, waterproofs, trainers, pen and notebook, plus packed lunches on Saturdays.

**Booking:**

If you wish to enrol on the course, please complete the form and return, with the course fee to: Keith Brereton, 44 Parkside Avenue, Long Eaton, Nottingham NG10 4AN. Cheques should be made payable to: "Attenborough Sailing Club". **Applications cannot be accepted without payment in full.**

Family Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Telephone No(s): \_\_\_\_\_ e-mail: \_\_\_\_\_

Any previous sailing experience? \_\_\_\_\_

Are you a member of the sailing club? \_\_\_\_\_ Can you swim? \_\_\_\_\_

Any known medical problems, which may be relevant? (e.g. heart complaint, asthma, allergies)

\_\_\_\_\_

\_\_\_\_\_ Signed: \_\_\_\_\_

Person to contact in case of emergency & tel. no. \_\_\_\_\_

Please note: RYA Instructors, Senior Instructors and Safety Boat crew involved with this training 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 and/or coaching and/or instructing unless such injury loss or damage was caused by, or resulted from negligence or deliberate act. We also take photos for club publicity; if you object to this please let us know.