



Booking Form

Course		Date	
Name		Telephone	
Address			
Email		Date of Birth	
Next of Kin		Relationship	
Mobile		Telephone	

Special Details

Any relevant information concerning your health requiring special attention but which does not prevent you taking part should be noted below: -

Can you swim 50 metres?	Yes / No
Are you water confident?	Yes / No
Experience travel sickness?	Yes / No
Have diabetes, asthma or epilepsy?	Yes / No
Take medication and if so what is the dosage required?	Yes / No
Have you had any relevant recent illness?	Yes / No
Have any allergies?	Yes / No

- I would like to take part in the above mentioned visit or activity and understand the nature of the activity and accept the risk involved.
- I consent to any emergency medical treatment required by myself during the course of the visit.
- I confirm that I am in good health and I consider myself fit to participate.

Signature

ROYAL TORBAY YACHT CLUB ADULT SAILING TUITION



The Royal Torbay Yacht Club is a Royal Yachting Association (RYA) recognised training centre and is pleased to offer Dinghy and Keelboat Sailing Tuition for Beginners and Improvers.

Sam, who is RYA qualified, will be your instructor. She has over 20 years experience teaching in an assortment of boats and locations and having learnt, raced and mainly taught in Torbay has a wealth of local knowledge.

Various courses are available and are mainly sailed in Legacy, an eight metre keelboat with a training ratio of up to four pupils and Sam. Singlehanded dinghies are also available with tuition being provided from the safety boat.

The RTYC has a well equipped training room and changing rooms along with a bar and restaurant serving light lunches to help with the healthy appetite that you will develop.

For information or to book a course please contact Sam:
sailingbysam@btinternet.com
 07811 551367
 or visit
www.rtyc.org



Adult Courses Available

- RYA Level 1 – Start Sailing (2 days or 16 hours)
- RYA Level 2 – Basic Skills (2 days or 16 hours)
- RYA Level 1 & 2 Combined (4 days or 32 hours)
- RYA Level 3 – Better Sailing (2 days or 16 hours)
- Seamanship Skills (2 days or 16 hours)
- Day Sailing (2 Days or 16 hours)



RYA courses can be completed in a 2 day session running consecutively or broken down into smaller sessions amounting to 16 hours depending on your availability.

Taster sessions are also available for those new to the sport and unsure if it is for them or if you are looking for an unusual present.

If you are wishing to improve a technique or wanting a little more experience before going it alone then the shorter sessions could also be for you.

Prices

Pupil/ Instructor Ratio	1 1/2 Hr Taster Session PP	Half Day RYA Session PP	Full Day RYA Session PP	2 Day RYA Session PP	4 Day RYA Session PP
One To One	£38.00	£75.00	£150.00	£300.00	£600.00
Two To One	£19.00	£38.00	£75.00	£150.00	£300.00
Three To One	£13.00	£25.00	£50.00	£100.00	£200.00
Four To One	£10.00	£19.00	£38.00	£75.00	£150.00

Session Times

1½ Hours	0930-1100	1115-1245	1315-1445	1500-1630
Half Day (3 Hours)	0930-1230	1300-1600	Optional 15 minute break	
Full Day (6 Hours)	0930-1230	1330-1630	Flexible 1 Hour Lunch Break	

Session times are flexible subject to availability. Evening sessions are available.

Clothing & Equipment

Legacy is a Keelboat that has been designed especially for teaching and is kept on a pontoon so there is no need to enter the water. There is also storage space for extra layers and drinks.

- Wear layers that will keep you warm and dry (no jeans). Waterproofs are essential. Remember that it is always a lot cooler on the water.
- Hats either woolly or peaked are good for keeping warm and help with the sun.
- Soft, non marking, soled Shoes e.g, old trainers (with white soles) can be used or wetsuit shoes/boots in the singlehanders.
- Wetsuits must be worn if sailing in the singlehanders. There are a few available to borrow.
- Buoyancy aids will be provided but if you have your own which meets the required safety standard you are welcome to wear it.
- Don't forget the suntan lotion even on cloudy days!
- Showers are available in the club house so bring a towel and a change of clothes in case of accidental immersion.
- You are welcome to bring a packed lunch or reasonably priced lunches are available in the club. There is room for a water bottle afloat.



Log Books & Certificates

Logbooks and Certificates (for successful sailors) are included in the price for RYA courses. If you already have a logbook bring it along.

Bad Weather

In the event that the weather is considered to be unsuitable the affected part of the course will be rescheduled.

Insurance

Insurance against personal injury or accidental or loss or damage to personal equipment is the responsibility of the individual.

Cancellation

Full refund will be made if notice in writing is received no later than 7 days prior to the start of the course.