



RYA Junior Dinghy Training Course Joining Instructions

Thank you for booking an RYA Youth Sailing Course with Royal Torbay Yacht Club. Please read this document carefully as it contains important information about the upcoming training.

Trainer:	Duncan West
Course Start Time:	09:00
Course End Time (approx.):	16:30
Drop off and collection point:	Royal Torbay Yacht Club foyer

Required Equipment

- Wetsuit (we do have some available for loan if required)
- Buoyancy aid (we do have some available for loan if required)
- Wet suit shoes or an old pair of trainers
- Plenty of layers!
- Spray top if you have one
- High factor, waterproof sun cream (please apply this before arrival)
- Sea sickness tablets if required
- Packed lunch in a bag that can be thrown away (please do not bring money for lunch)
- Plenty of drinking water / water bottle to fill at the Club
- Any Medication (Asthma inhalers etc) clearly labelled in a clear plastic bag, to be given to the instructor each morning.

Getting to Royal Torbay Yacht Club

If you have not previously visited Royal Torbay Yacht Club, please refer to our [website page here](#) for details on how find us and how to park.

Please take care on the road outside the clubhouse as it can get very busy.