

# 2010 LEARNING TO SAIL DINGHIES WITH BTYC

At BTYC we believe in flexible, low-cost, accessible training. We're a completely voluntary organisation with no paid staff, but we make a small charge for booked courses so that we can subsidise new instructors.

Our aim is to help you progress from wherever you're at – total novice or semi-experienced – to sailing independently and safely. We do this through a Club check-out:

**What is the Club check-out?** Our priority is safety, so before we OK you to use Club boats on your own and when you want, we need to be sure you won't harm yourself and other people, or damage equipment.

If you've sailed before, tell us and we'll arrange an assessment, but please note that we don't use RYA Level 1 & 2 as check-outs on their own.

When you have mastered the basics and can take a boat on and off the pontoon, we'll give you an informal assessment and you can take part in the improver sessions (see over).

Our club check-out is roughly equivalent to RYA Level 2. Although you can check out by doing Thursday evenings only, we encourage trainees to do the RYA Level 2 course as part of their training, which puts together the practical and theory of sailing. When you've passed your check-out test, we consider that you are competent enough to use our boats unsupervised at any time you want.

## FOR COMPLETE BEGINNERS

### Free Thursday evenings

**When do they run?** From 6.00pm, starting 1 April 2010 and continuing through the summer until 9 September.

**How are they organised?** Thursday evenings are social as well as training. You'll get to go out on the water with an instructor and another trainee for a 45 minute session, onshore tuition, discussion with the instructors and you can meet other new members. Sessions are run on the RYA system; we keep records of your progress so it doesn't matter if you miss a week. There's no need to book – just turn up as early as you can and put your name on the list. We'll have food available, or you are welcome to bring your own food and cook it in our galley. The bar is always open.

**How much does it cost?** The Thursday evening training is free to members. But you can come along for a one-off trial session for £10 (refundable if you join) and see if you like us and the way we do things before committing yourself.

**How long will it take to learn?** Everybody's different, but you'll probably need 8–10 sessions to reach the level where you can move on to our improver training. Some people take longer, some find they're naturals and get the hang of it all in a really short time. But the more regularly you can come, the quicker you'll learn.  
You can combine Thursday sessions with FastTrack if you want to move on quicker.

### Paid FastTrack Sundays

**When do they run?** 1.30–5.30pm, 25 April & 13 June – other sessions may be organised if there is demand (and space in the calendar).

**How are they organised?** They're run like the Thursday evening sessions, but they are booked sessions and you'll get the whole afternoon to sail. You'll go out with an instructor and another trainee who's at the same level as you.

**How much does it cost?** You must be a fully paid-up member to sign up for FastTrack sessions. Each session is £25 per person, paid in advance, and you can book one or more as suits you.

**How far will I get?** If you do all the early FastTracks, you should be well on your way to joining Saturday Plain Sailing. If you're a really quick learner, you might be ready for your Club check-out straight away.

## ... IMPROVER TRAINING

### Free Plain Sailing

- Who can do it?** You need to be able to tack and gybe, take a boat on and off the pontoon safely and have done a capsizing drill. Ask an instructor on Thursday evening if they think you are ready. Places are limited, so don't just turn up.
- When does it run?** 10am sharp, Saturday mornings from 3 April, continuing through the summer apart from occasional days when the water is reserved for special racing.
- How is it organised?** You'll be sailing with another novice sailor, without an instructor in the boat. An instructor runs the session, with assistants to help out if you have a problem with anything. You get the whole morning on the water, practising the skills you need to get your Club check-out.
- How much does it cost?** It's open to members only, and is completely free.

### Paid RYA Level 2 courses

- When do they run?** This year we're offering two courses:  
All day, 22 & 23 May  
All day, 11 & 12 September
- How are they organised?** These are RYA certificate courses. You need to be able to tack & gybe reasonably well – you can talk to an instructor if you're not sure if you're ready for it. The course is both practical and theoretical, and you'll have sessions on the water and on land. By the end of the course you should be sailing independently, and may be ready for Club check-out.
- How much does it cost?** The two-day course costs £100, which includes lunch and your RYA logbook. You must be a member to sign up for the courses.

## OTHER QUESTIONS

- What do I need to buy?** Nothing – in fact we advise against it to start with.  
The club provides buoyancy aids and wetsuits for members' use.  
All you need to bring is a change of clothes (sailing can be wet), a windproof jacket, and trousers if you have them, and a pair of soft-soled shoes that you don't mind getting wet. Warm clothes are a good idea, and tracksuit bottoms rather than jeans are best.
- What boats will I learn in?** Our training boats are GP14s, all set up identically. New 8 years ago, we have a rolling replacement programme, so none is older than 5 years. They carry two trainees and an instructor, although they are normally sailed by two people.  
We have various other club boats including Picos and Lasers which you can try on Thursday evenings if you are sufficiently experienced.
- What can I do next?** When you've got your Club check-out you can join the Novice Race series on Saturday mornings in the autumn and/or take the RYA Start Racing Course (date to be announced). You can helm a Club boat in the Saturday afternoon race series which run all year round, and in the Tuesday evening series in the summer.  
If you don't want to race you can come along on Sunday afternoons and just go for a sail – safety cover will be provided most weekends.  
Come back again the following year, and you'll have the chance to try coastal sailing, or maybe take the RYA Seamanship course.
- More questions?** If you've still got questions after reading this, call 020 7485 6074, email us at [enquiries@btycsailsports.org.uk](mailto:enquiries@btycsailsports.org.uk), or drop by the club on a Saturday lunch time or after about 4.30pm (we'll be racing in the afternoon).

*Tamasin Cole, BTYC Training Officer*