

Adult Learn to Sail 2022 - 2023



Learn to Sail at BYC!

What?

- Accredited Australian Sailing Start Sailing 1 and 2 course
- Nine practical sessions followed by an Introduction to Racing course the following season - we want you to be sailing at the end of our course!
- Conducted by our Australian Sailing accredited Coach and Instructors.
- This course is aimed at people 15 years and over, we offer a separate Junior course for children 8-14 years of age.

When?

- Sunday mornings 9am to 12:30pm, February to April with a free five week Introduction to Racing course the following season
- Start Sailing 1 and 2 begin on Sunday 29th January 2023.

What to bring:

- Suitable clothing to get wet in and stay warm
- Wetsuits are strongly recommended, otherwise bathers and shorts, warm jumpers and a windproof jacket.
- Enclosed footwear when sailing is mandatory. Sunscreen, hat and sunglasses are strongly recommended.
- Spare clothes and towel. Changerooms and showers are available
- **Participants must be able to swim**

How much?

- **Start Sailing 1 and 2:** see Learn to Sail Application Form. Cost includes BYC membership, Australian Sailing membership and Learn to Sail fee (participants must be members of BYC and Australian Sailing for insurance cover)
- **Introduction to Racing:** BYC membership is all you need, there are no additional fees. See Membership Form.



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Adult Learn to Sail

General Information

Course dates and times:

Start Sailing 1 and 2 sessions take place on Sunday mornings from **29th January to 2nd April** inclusive, and Introduction to Racing sessions take place on Sunday mornings from mid-November to mid-December. Please see the BYC Club Calendar for specific dates. Practical sessions commence at 9am on Sunday mornings and conclude at 12.30pm.

Course outline:

This course will introduce you to the sport of “Off the Beach” dinghy sailing. We will teach you the basics so that you can sail confidently and safely – these basic skills will provide an excellent foundation for future development.

Theory:

Theory sessions will be held during scheduled practical session times when poor weather prevents sailing. These sessions provide further information on boat handling, sails, common knots, water safety and basic sailing rules.

Practical sessions:

The first Sunday morning practical session focuses on learning what each part of the boat is, what it does and how to rig it correctly. Subsequent sessions are all about getting on the water for some sailing! Each session will start with a short briefing to outline the planned activities followed by on-water coaching. Initially instructors will sail with students and provide one-on-one coaching. As your skills and confidence builds, students will then be paired up and will sail together on a rotating basis as skipper and crew with instructors coaching and providing assistance from inflatable powerboats.

Further development:

The second part of the course runs at the beginning of the following season to further develop your sailing skills. The course starts in early November and runs until the last Club program day before Christmas. All you need to do is re-join for the season. There is no other cost.

BYC conducts afternoon racing sessions which commence at 2pm. As a participant in the BYC Learn to Sail program you are encouraged to sail the Club-owned boats in the afternoon sailing sessions (available on any programmed race day throughout the season - weather permitting).

If you do not wish to sail one of the Club boats in the afternoon race, you are welcome to either stay at the Club and watch the sailing, or go out in one of the race management boats and watch the racing from the water.

Additionally, other members are regularly looking for crews to sail with in the afternoon racing and, subject to your ability and the weather, students are often able to go out and race with experienced sailors. This is also a great way to meet new people and make new friends.

What to wear:

Initially you simply require the following.

- Wetsuits are strongly recommended, otherwise bathers and shorts
- Warm upper body clothing. Thermals, fleece jumpers and a light rain or windproof jacket are all good.
- Soft, enclosed footwear such as runners or wetsuit booties. No thongs or sandals. Footwear is a safety requirement and must be worn.
- Sunscreen, sunglasses and hats are strongly recommended.
- **A warm change of clothes for after sailing is important. Please ensure you have a towel.**

The Club has a supply of buoyancy jackets. If you have your own buoyancy jacket please feel free to bring it.