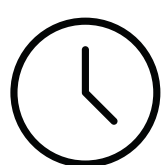


# Joining Instructions

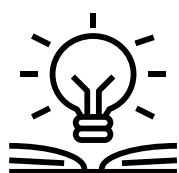
## Dinghy Sailing Courses

### Course Duration



1 Day	HISC Safety Boat
1 Day	HISC RIB Refresher
2 Days	RYA Safety Boat
1/2 Day	Powerboat Direct Assessment
2 Days	RYA Sailing Level 1-3

### Prior Experience



#### RYA Start Sailing Level 1

No prior sailing experience is necessary. The course suits those new to sailing.

#### RYA Basic Skills Level 2

It is expected sailors will have completed RYA Start Sailing Level 1.

#### RYA Better Sailing Level 3

To join this course, you must have completed RYA Level 1 and Level 2

#### RYA Seamanship Skills

To join this course, you must have completed RYA Level 1 and 2.

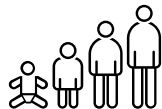
#### Sailing with Spinnakers

It is expected you will have mastered practical skills and have knowledge of the RYA Level 2 Syllabus.

#### RYA Start Racing

To advance to RYA Start Racing you must have RYA Level 1 and 2.

### Minimum Age



You must be 18 or over to join an RYA dinghy sailing course.

### Arrival Time



Unless otherwise agreed, we start all of our courses at 09:00am. Please aim to be onsite and checked in at Reception 10-15 minutes early. If you are running late please call the office on 02392 463768

### What To Bring With You



**Suitable footwear** - Any shoes you don't mind getting wet! Neoprene boots are advised by instructors. Please do not wear open-toed shoes, sandals or black soled trainers. Nice warm socks can make a difference in the winter!

**Suitable Clothing** - even on 'warmish' days you can get cold on the water or when you come ashore, so layer up. If you have a wetsuit, please bring it! If not, a waterproof jacket or spray top is advised as you might get wet! It's always worth having a change of clothes with you.

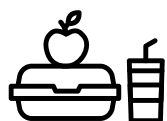
**Buoyancy Aid** - If you are lucky enough to own a BA then please bring it! If not, BA's are available to hire from HISC for a £5 a day. BA's **must** be a minimum of 50N.

**Water Bottle** - you will be able to refill it at any of the water stations around the clubhouse.

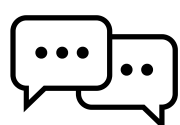
**Sunglasses and Sun cream** - even on overcast days the glare from the water can be significant. One day in the sun at sea is worth 3 days of sun on the beach so SPF up!

**Classroom Materials** - there is some classroom work involved in all of these courses so bring a notepad, pen and reading glasses!

### Food and Drink



The Beach Bar will be open at the weekend to purchase lunches or you are welcome to bring your own.



We look forward to welcoming you on your course, if in the meantime you have any questions please don't hesitate to contact us on 02392 463768 or email [reception@hisc.co.uk](mailto:reception@hisc.co.uk)