



Sailing for beginners

Thank you for choosing to learn to dinghy sail with us. All Instructors are qualified by the RYA (Royal Yachting Association, www.rya.org.uk) who are the National Governing Body (NGB) for dinghy sailing in the UK and they will ensure your first experience of the sport is fun and informative. The boats we will be teaching you in are large and stable and you will have an instructor in the dinghy with you. Tuition is conducted under RYA guidelines with one instructor to three pupils.

RYA level 1 Basic Skills certificate covers, amongst others, the following:

- basic theory of how a boat sails.
- clothing.
- knots.
- launching and recovery.
- basic techniques and manoeuvres for steering, controlling speed and stopping the boat.

The RYA Level 2 Start Sailing certificate introduces more techniques including:

- Full use of all the controls on the boat.
- Preparing for strong weather.
- Interaction with other craft on the water.
- Capsize drill.
- Mooring and anchoring (particularly relevant on tidal water).

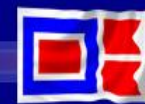
The capsizes drill is a simple and fun procedure for righting the boat and the sooner you complete this, the faster and more enjoyable the rest of your learning will be. Don't forget to bring a spare change of clothing for every session!

Both certificates involve a certain amount of land-based theoretical learning which will be balanced with the practical to enhance your experience.

If you are a youth (10-23 yrs inc.), then you will be attending evening sessions during the week. The instructors will keep note of your progression from week to week and you will be presented with your certificate once you have attained the required skills and knowledge. It is a flexible course so it does not matter if you miss a week here and there. However, the more sessions you attend the faster you will progress.

If you are an adult (24+ yrs), then you will need to book on a four day RYA Level 1 & 2 course (run over two consecutive weekends) using an 'adult course application form' available from our website.

Once you have your RYA Level 2, we consider you to be a reasonably able sailor so you can progress to more advanced sessions on other days. We have a busy programme of activities so please see our website: www.westminsterboatingbase.co.uk or internal noticeboards for more information.



Kayaking for beginners

Thank you for choosing to kayak with us. As a novice who is new to the sport, your first session will be a fun and informative experience, assisted by our highly trained Instructors. All Instructors are qualified by the British Canoe Union (BCU, www.bcu.org.uk), the National Governing Body (NGB) for the sport and recreation of canoeing and kayaking in the UK, so you can be sure that you're being taught to the highest standards.

Your first session will be an introduction to the sport. It will focus on how to select and use a paddle, wear a buoyancy aid in a safe and secure fashion, select and adjust a kayak or canoe and then launch onto the water. Once afloat, you will learn the basic techniques necessary to control and manoeuvre your craft.

You will be taught techniques from the syllabus of the BCU One Star Award – the certificate which is the BCU entry-point to the sport involving both practical and theoretical learning. This also involves exiting your boat should it capsize (turn upside down). You should aim to complete this capsizes drill as soon as you feel ready - it will speed your progression once you realise that capsizing, whether it be accidental or deliberate, can be easily dealt with. Remember to bring a spare change of clothes!

The practical techniques of the BCU One Star certificate are summarised below:

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| • Forwards paddling | • Backwards paddling |
| • Launching | • Disembarking |
| • Turning and steering whilst on the move | • Capsize drill |

The theory includes:

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| • Capsize drill | • Clothing |
| • Safety | • Kayaks and paddles |
| • The environment | • Hypothermia |

The instructors will keep note of your progress from week to week and you will be presented with your certificate once you have attained the required skills and knowledge. It is a flexible course so it does not matter if you miss a week here and there. However, the more sessions you attend the faster you will progress. Most people will attain their BCU One Star in 4 – 8 sessions.

Once you have your BCU One Star, we consider you to be a reasonably able paddler so you can progress to more advanced sessions on other days. We have a busy programme of activities so see our website: www.westminsterboatingbase.co.uk or internal noticeboards for more information.



Westminster Boating Base

A guide to sailing and kayaking for beginners at Westminster Boating Base



www.westminsterboatingbase.co.uk