

# RYA Beginners Sailing Course

## Information Pack



[adventure.notts-scouts.org.uk](http://adventure.notts-scouts.org.uk)  
[#SkillsForLife](https://twitter.com/SkillsForLife)

Version 1.0

  
**Scouts**  
Nottinghamshire

## Overview

This beginners' sailing course follows the RYA Youth Sailing Scheme and will cover Stage 1 and 2. The RYA Youth Sailing begins at Stage 1, usually a full days course, though we will expect those who attend all of the sessions should achieve a stage 2 award. This will give you the skill to helm your dinghy competently around a simple course, in light to moderate conditions as well as learn about the basic principles of sailing.



### Section

Scouts & Explorers



### Difficulty

Beginners



### Max Group Size

15 Participants



### Duration

6 weeks plus 2 full days

## Arrival

All our sailing sessions are offered from the Hoveringham Activity Centre. Changing rooms and showers are in the main building. All evening sessions start at 6.30pm, please arrive at least 15 min earlier to get changed and sort kit.

## Departure

Evening sessions will be concluded by 8.30 pm.

## Supervision

The Nottinghamshire Scouts Adventure leaders will take responsibility for delivering the adventure element of the session.

Individuals taking part in courses will be cared for by the activities team.

## Consent

All participants must complete and hand in a consent form before activities commence. The health and consent form can be downloaded from our website: <https://adventure.notts-scouts.org.uk>

## Equipment

For safety when participating in this session, please ensure you bring with you:

- Clothing suitable for getting wet
- Waterproof top
- Suitable footwear (old trainers or wet shoes, no flip flops, or crocks)
- Dry clothes, towel etc. for after the activity

**NB:** All safety personal safety equipment will be provided as well as the sailing dinghies/

## Food

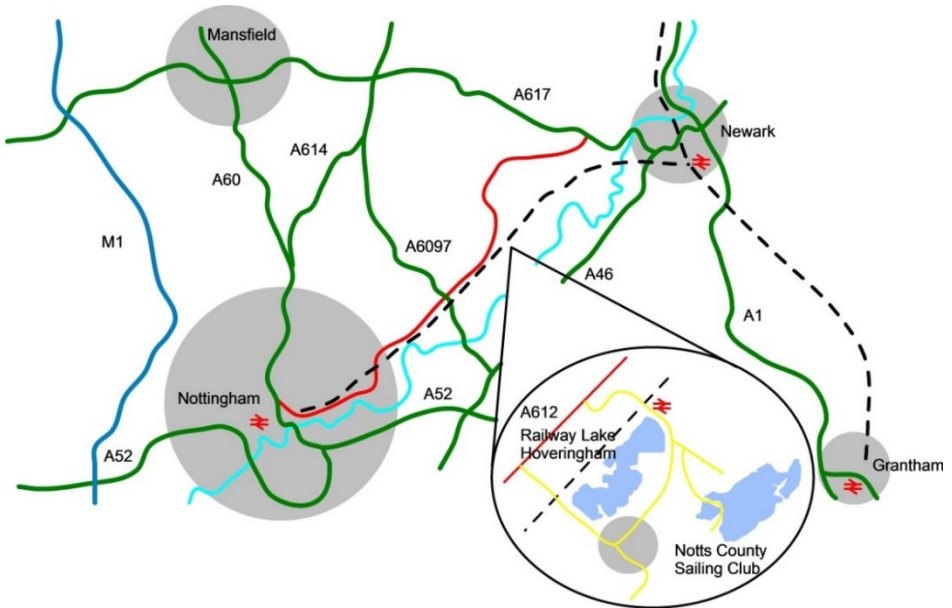
No food or drink is provided, so you should bring any snacks & drinks you may want with you for your session.

# Venue Location

Hoveringham Activity Centre  
Nottinghamshire Scouts Adventure  
Thurgarton Lane  
Hoveringham  
NG14 7HL

**What3Words**

[///tens.refer.clubs](https://tens.refer.clubs)



There is easy access from the A46 via Lowdham. Please use the A612 (Southwell Road) and follow the sign marked 'Industrial Area' at the junction with Station Road. We are trying to minimise the effect of vehicle journeys to and from this location on the local communities by not travelling through the villages of Thurgarton and Hoveringham.

Road access to the centre is on the right after the level crossing at Thurgarton Railway Station.

# Badge Requirements

By participating in this course, you should have completed the following badge requirements:

## Scouts

### Adventure Challenge Award



- Take part in an adventurous activity.
- Show how you have developed skills, and understand the safety issues and equipment needed for one of the activities.
- Learn about environmental issues caused by the activity and take steps to reduce the damage.
- Find out other ways you can take part and follow up your research with action.

## Scouts & Explorers

### Time on the Water Staged Activity Badge



- Complete a session on the water lasting around 2 to 3 hours (Stage 5 or 10 is achievable depending on attendance)

## Sailing Staged Activity Badge: Stage One



- Identify different types of sailing crafts.
- Name three places you could safely go sailing.
- Take part in a warm up activity to prepare you for a sailing activity.
- Dress properly for a sailing activity, showing you know the importance of buoyancy aids and how to put one on correctly

Take part in a taster session that covers:

- Being able to name equipment used and parts of the boat.
  - Getting into and out of a boat safely.
  - Balancing a boat.
  - Manoeuvring your boat in different directions, including moving forward.

## Sailing Staged Activity Badge: Stage Two



- Complete the RYA Youth Sailing Scheme Stage 1.