



## **JOINING INSTRUCTIONS FOR RYA COURSES**

### **Arrival arrangements**

The course will generally start at 10.00 am on the first day with students being met at Clyde Marina Ardrossan at 9.00am. Timings can be finessed to a small degree to fit in with travel times. All students will be met on arrival at Ardrossan and taken to the yacht.

Should students require accommodation on the evening before the course this can be arranged, either on the boat if it is available (£35) or in local B&B accommodation (payable locally).

Students will be met at the Marina office by their Instructor, or in the event of unforeseen circumstances by Peter Henderson or Tom Watson (Chief Instructor).

The options for travelling to Ardrossan are as follows;

### **By Air**

Glasgow airport is within 40mins travelling time offering flights from all the major airlines including British airways and Easy jet while Prestwick Airport is just 25mins south and acts as a hub for Ryanair, amongst others.

### **Train**

If you prefer the train Ardrossan lies on the line connecting Largs to Glasgow, ensuring a regular and reliable link both ways. A spur line comes down to the harbour itself, terminating at the Caledonian Macbrayne terminal

### **By Car**

Glasgow airport is within 40mins travelling time offering flights from all the major airlines including British airways and Easy jet while Prestwick Airport is just 25mins south and acts as a hub for Ryanair, amongst others.

### **On Board**

The yachts are all capable of sleeping 5 plus a skipper comfortably. There is a double bunk at the front, another double in the centre cabin, and 2 doubles at the aft of the boat. The particular distribution for sleeping will depend on the make up of a particular crew; male and females who are not a couple will not be asked to share. Pillows and pillowslips are provided but please bring a warm sleeping bag.

Something to wear in the sleeping bag is useful e.g. pyjamas or long johns and T-shirt to save any embarrassment if you have to get up in the night.

Reasonable storage space is available though like any small yacht, items have to be moved around to suit the sailing activities. For instance, most people tend to live out of their bag which can be packed and stored during the day. It is also helpful if clothes are packed inside some poly bags inside a main bag as this can help keep them from getting damp when conditions are inclement. Please bring only soft bags, hard suitcases will not be allowed on board as they cannot be securely stored and cause damage as they move around.

### **Eating Arrangements**

Food for the trip will be on board when you arrive and any special dietary needs must be discussed with Spirit of June at the time you book the course. Catering will generally consist of easy to prepare meals and students will be responsible for taking turns at cooking. This is an essential part of the running of a small yacht and looking after the crew. Don't worry if you are not a budding celebrity chef, it's basic cooking and there will be plenty of help to get you started.

### **Clothing**

Spirit of June has a selection of various sized waterproofs available for hire at £25 if you don't have your own alternatively a reasonable set of 'Coastal' standard waterproofs can be bought for around £120.

You should wear deck shoes or sea boots (essential for grip on deck, normal wellies are not suitable!). You can purchase a set of boots from around £25. Shoes or trainers with black soles will mark the deck and will not be suitable.

Warm clothing is essential and, a selection of layers is best to suit varying weather conditions and temperatures. A pair of thermals, some jogging bottoms, light trousers which dry quickly, t-shirts, fleeces, rain-proof jacket, woolly hat, baseball cap (for sun protection), sunglasses for glare.

### **The Course – what do we teach you and where do we go**

We always begin with a briefing and discussion of safety equipment and procedures before going out to visit a variety of other ports over the duration of the course. There will also be a few hours spent sailing at night. The aim is to maximise any training opportunities and use the weather to best advantage for teaching sailing skills. There is a syllabus for each course and we work our way through that so that each student gets a turn at most items. Please remember this is a teaching course where the main aim is to learn techniques and safety procedures and if time and weather permit, it

will be combined with an enjoyable time on board and hopefully stimulate your desire to sail. A full description of each course syllabus is given in RYA booklet G15 which also doubles as a log book and record of all your courses, both shorebased and practical (copies are available from Spirit of June) So, there is no set route, only a broad area within which the course is run to best advantage, hopefully seeing some scenery and wildlife along the way. If you have any doubt about which course you should be doing or need further information on any aspect of the course, please call and discuss with the Tom Watson

### **Emergency contacts and mobile phones.**

In many of the areas in which the boat sails, mobile contact is possible but cannot be guaranteed. You are requested not to carry your mobile around during instruction or answer any calls which interrupt teaching; this is most distracting for everyone. The boats have cigarette lighter type sockets to allow the charging of mobiles if necessary.

In the event that your next of kin need to contact you urgently, and cannot reach you by mobile, the following emergency numbers should be used;

Tom Watson (Chief Instructor)

Home 01445 741295

Mobile 07983616405

Peter Henderson (Spirit of June yacht Charters)

Home 01445 741310

Mobile 07973 301828

### **Departure**

On most occasions courses will be back in Ardrossan on the final evening. This gives time for discussing a student's progress, perhaps having a meal ashore. The final morning will be spent completing any outstanding parts of the syllabus before packing and cleaning the boat, then setting off for home usually by 1600hrs. As with arrival, arrangements can be made to integrate with individual requirements but it must be borne in mind that the RYA courses need 4 full nights on board.

### **And Finally, a word from Spirit of June....**

You will find our staff are passionate about sailing and hopefully by the end of your course, you will share that enjoyment and be confident that your new found sailing skills can keep you safe on the water. Confidence in your ability to look after yourself and your crew is the key to that enjoyment. So, welcome aboard and do let us know if there is anything we can do to make your week with us, in some of the best sailing waters in the UK, a memory you will treasure.

Tom Watson

RYA Yachtmaster Instructor

Chief Instructor at Spirit of June Yacht Training