

Courses for Adults 2012



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To book any of the courses detailed in this brochure please follow the booking advice and online booking system on our website:

www.hawleylake.org.uk



The RYA and RTCs...

The RYA (Royal Yachting Association) is the National Governing Body for many watersports in the UK including sailing, windsurfing and power-boating. The RYA is committed to ensure that all of its Recognised Training Centres (RTCs) follow the correct standards of tuition, equipment and facilities as laid down by the RYA's Training Division.

Hawley Lake Sail Training Centre is such a RYA RTC and is inspected every year to confirm that the high standards are being maintained. We are recognised to teach Dinghy Sailing, Power-boating and Windsurfing. As an Inland centre there are some limits to what we can deliver in the schemes, however we offer all the RYA courses we physically can.

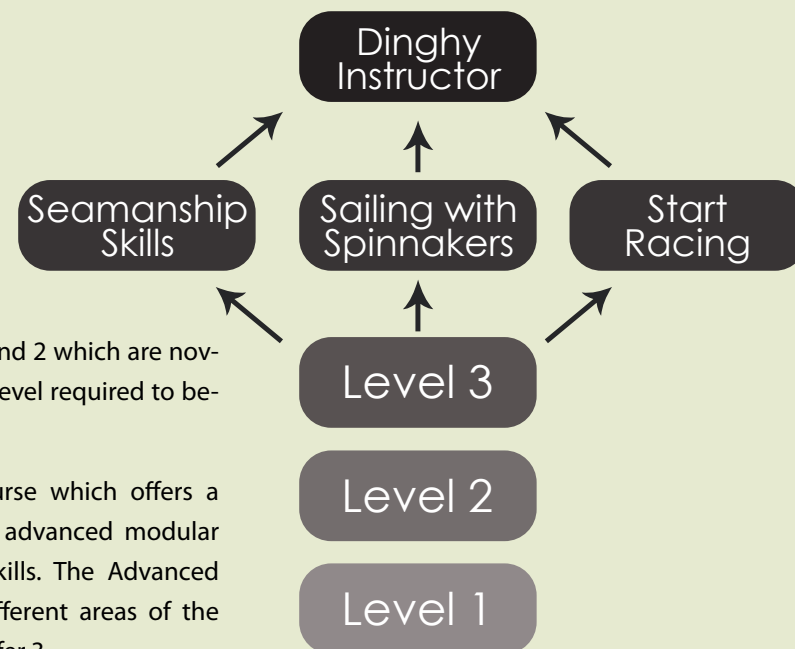
Hawley Lake is open to all and we provide many different services so please go to the web-site to find out more about membership and other activities.

The RYA Dinghy Scheme at HLSTC

The RYA has a scheme for adults (NSS), and a different one for children (YSS). The diagram here shows the RYA sailing courses that we offer in the NSS for Adults.

The scheme starts with Level 1 and 2 which are novice levels and are the minimum level required to become a member at HLSTC.

Level 3 is an intermediate course which offers a chance to sample some of the advanced modular courses and improve level 2 skills. The Advanced Module Courses focus in on different areas of the sport: there are 5, of which we offer 3.



Important Information about Courses...

The courses we offer at HLSTC are delivered in a way which ensures you progress steadily and safely, so that you thoroughly enjoy the learning process and gain confidence in the sports. We hope that you become as passionate about these exhilarating sports as we are and we work hard to guarantee that you enjoy the whole experience. In order to get the best out of your experience with us there are a few points to note when booking...

The right course?

Some courses require a certain level of competence or qualification before you can start them, so please take time to read through the descriptions of the schemes and individual courses. For the improver and higher level courses you should have completely mastered the skills taught in the previous level, a rough guide is about a season's worth of practice in between.

RYA qualifications

All courses are not attendance based and are nationally recognised qualifications. Although we always strive to get everyone through the levels, sometimes more practice time or input is required to pass the Level. Please also note that the Children's scheme is in Stages, the adult's in Levels: Stage 3 Youth is roughly equivalent to Level 2 Adult. Please remember this when booking.

After the course...

We always advise to get practising your new skills as soon as possible after the course and because of this we offer all candidates from the Level 2 Sailing Courses the chance to join HLSTC as Temporary Members. The membership includes a Boat Pass which allows you to use the equipment you have learnt on until the following February as much as you like at a very reduced rate!

The RYA Windsurf Scheme at HLSTC

As with the Dinghy Sailing Scheme, there are separate schemes for adults and children, and the new revisions of the national scheme is intended to help you progress quickly through the sport.



The scheme begins at the novice level: Start Windsurfing, and once you have mastered those skills you can then progress to Intermediate Windsurfing. Hawley Lake has recognition for the first part of the Intermediate level which is Non - Planing. After the Intermediate Course there are two "Clinics" designed to focus in on some of the more technical manoeuvres.

RYA Powerboat Scheme at HLSTC

The RYA power-boating scheme is the same for children and adults. The courses start with Level 1 & 2 which are grouped together at Hawley Lake.



Level 2 is an introduction to power-boating for novices wishing to learn to drive a small powered craft. The Safety-boat qualification is specifically designed for anyone wishing to use a powered craft to provide rescue assistance to other waterborne activities. You do not have to complete this in order to move on to the Instructor course.

The RYA Powerboat Instructor Course is designed to enable you to teach Level 1 & 2. Other courses are available, such as Intermediate and Advanced, but only at coastal centres. You can Coastally endorse all of these qualifications.

RYA Dinghy Sailing Courses for Novices

Our Novice courses are extremely popular, probably because of the beautiful and safe setting combined with our reputation for delivering top quality tuition. The two novice courses, Level 1 and 2 are mostly run back to back at weekends so that your learning can fit in around work, however we do have 2 courses running on weekdays. Times are 1030 - 1630 and we usually leave about an hour for lunch. Please read the kit list and information on the terms and conditions form that you are sent at the time you book. To book these courses please follow the booking advice and online system on our web-site.

The Level 1 course provides a short introduction to dinghy sailing for complete beginners. By the end of the course, participants will have a basic understanding of boat handling techniques and some background knowledge. Level 1 must be completed before Level 2, after which the successful sailor will be safety conscious, have a basic knowledge of sailing and be capable of sailing without an instructor on board, hence Level 2 is the bare minimum for membership at HLSTC.

RYA Level 1 Dates

Level 1 A: 17th - 18th March

Level 1 B: 28th - 29th April

Level 1 C: 16th - 17th June

Level 1 D: 14th - 15th July

Level 1 E: 18th - 19th August

Level 1 F: 22nd - 23rd September

RYA Level 2 Dates

Level 2 A: 24th - 25th March

Level 2 B: 5th - 6th May

Level 2 C: 23rd - 24th June

Level 2 D: 21st - 22nd July

Level 2 E: 25th - 26th August

Level 2 F: 29th - 30th September

RYA Level 1&2 Week Dates

4 Day Level 1 & 2: 21st - 24th May

4 Day Level 1 & 2: 1st - 4th October



Further courses and tuition in Dinghy Sailing

All of our weekend adult courses start at 1030 and finish at 1630, and week-day course start at 1000 until 1600 unless stated below. We usually leave about an hour for lunch. Please read the kit list and lunch information on the terms and conditions sheet that you are sent at the time you book. To book these courses please follow the booking advice and online system on our web-site.

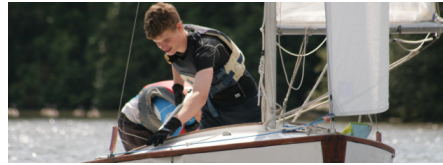


RYA Level 3 Course

This course follows on from Level 2 and works on improving level 2 skills with an insight into some elements of the advanced modules.

Dates:

14th & 21st July
(2 day course run over 2 Saturdays)



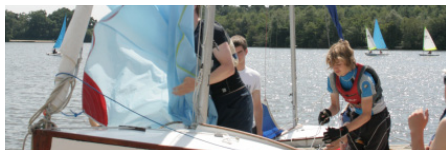
Direct Assessments

If you have some sailing experience to roughly Level 2 standard you can be assessed to gain the qualification without having to repeat the course. Assessments take place on the last day of the Level 2 courses on page 4. We can also arrange these for windsurfing and power-boating and at different levels. All assessments can be arranged through the office.



Private Tuition

Individual or private group courses can be arranged through the office. Usually only weekdays are available for private tuition and cost will vary depending on the activity and participants. A cost for 1:1 tuition is on the price list at the back of this brochure.



RYA Advanced Module: Sailing with Spinnakers

On completion of this course the successful sailor will be able to sail a dinghy with either an asymmetric or symmetric spinnaker.

Dates:

5th - 6th May



RYA Advanced Module: Seamanship Skills

On completion of this course the successful sailor will be capable of manoeuvring a dinghy in a seamanlike manner. Advanced skills such as Rudderless and backwards sailing are covered.

Dates:

25th - 26th August



RYA Advanced Module: Start Racing

This course is designed to give the confidence, skills and knowledge to take part in club racing in good conditions. It will also build confidence and work on improving boat speed and boat handling skills.

Dates:

On request

RYA Windsurfing Courses

We have a series of beginner courses to teach the fundamentals of windsurfing whether you are already a dinghy sailor or have no related experience. All of our windsurfing courses are run at weekends between 1030 and 1630 except for taster sessions.

The Start Windsurfing course is the first in the scheme, and requires nothing more than a degree of water confidence. This level is designed to get you going quickly and aims to teach you to sail where you want to go, turn and get back to shore safely in as little as 2 days. If you're not sure that you will enjoy it try our taster session instead.

If you already have some experience in windsurfing there are several options: Direct Assessments, Private coaching and the Intermediate Windsurfing course. Direct Assessments are for those who have some experience but no formal qualifications and private coaching is for those who need help with a specific skill or manoeuvre. The Intermediate Windsurfing course is for anyone holding the Start Windsurfing qualification and is looking to move on to the next level. On this course you will learn new techniques such as the beachstart, harness work and the non-planing carve gybe.

RYA Start Windsurfing Weekend Dates

(2 day course run over 2 Saturdays)

SW A: 17th & 24th March

SW B: 14th - 15th May

SW C: 16th & 23rd June

SW D: 7th & 14th July

SW E: 15th & 22nd September

We usually leave about an hour for lunch. Please read the kit list and lunch information on the terms and conditions sheet that you are sent at the time you book. To book these courses follow the booking advice and online system on our web-site.

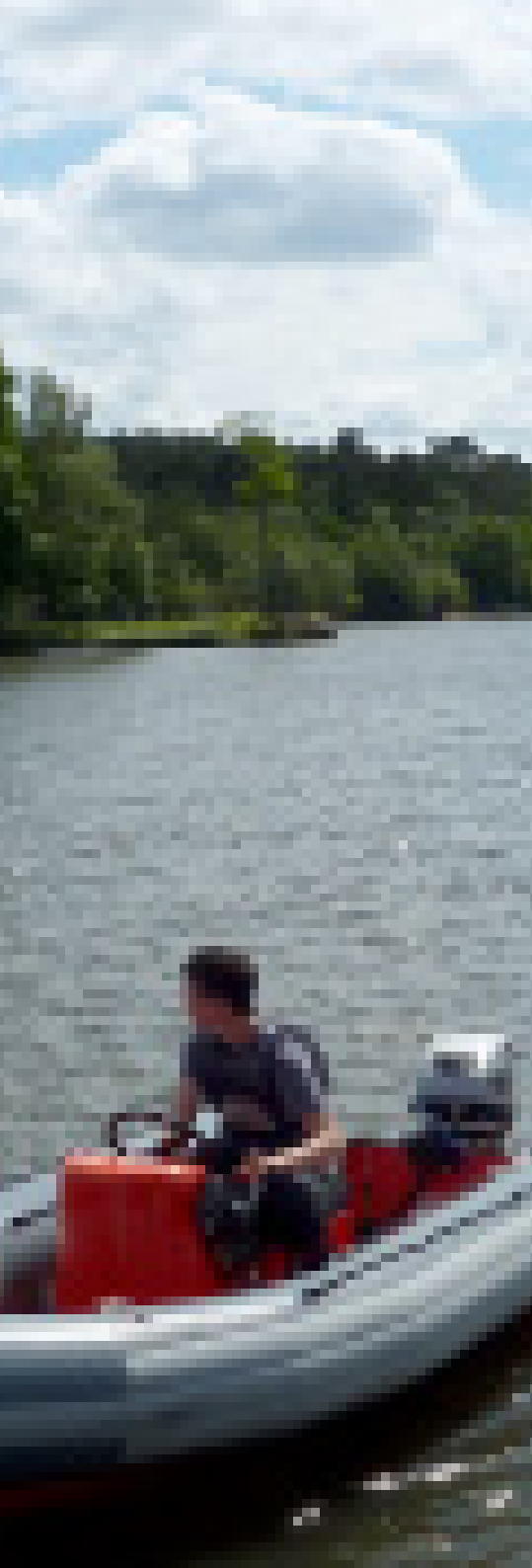
Taster Session

Family Fun Day: 9th June

RYA Intermediate Windsurfing

IW: 16-18 May





RYA Power-boat Courses

Power-boating is an essential accompanying skill to many sailors and windsurfers, but is also a fun and fast sport in its own right. Getting the balance between safety and exhilaration requires skill, education and lots of practice, which is what we aim to arm you with by the end of your courses at Hawley Lake.

The Level 1 and 2 course is run over 2 days and covers everything to get you driving safely from rigging to man overboard drills. There will be a variety of craft used, both planing and displacement.

The Safety boat Course is a further level for those wishing to provide rescue cover for other craft including other powerboats, sailing dinghies, kayaks and windsurfers. There will be several different techniques in a variety of craft to arm you with the tools you may need in a rescue situation.

RYA Power Level 2 Dates

PB2 A: 5th - 6th May

PB2 B: 18th - 19th

RYA Power Level 2 Direct Assessments

All to be arranged through Private tuition. Please contact the office for details.

IMPORTANT:

For the Safetyboat and Instructor courses, you must be an experienced and able powerboat driver already. Private tuition is also available during the week, but not at weekends.

N.B. Week-day courses run: 1000-1600, weekends: 1030-1630 with 1 hour for lunch.

RYA Safetyboat Course Dates

On request



Dinghy Sailing and Powerboat Instructor Courses.

All of our Instructor Courses start at 0900 and finish at 1700 (with the possibility of evening sessions). On the successful completion of the Instructor courses, candidates will be able to instruct at any RYA RTC. Assistant Instructors will be able to assist in RYA training at HLSTC only as it is site specific. All candidates will need to pass a skills assessment.



RYA Dinghy Sailing Instructor Course

Whether you are interested in teaching dinghy sailing as a career or hobby, this is your course! You should be an experienced sailor, capable of handling a training boat in strong winds and passionate about introducing others to the sport. You should hold 2 advanced modules.

The minimum age is 16 and you will need Powerboat Level 2 and a valid first aid certificate. You will also be asked to demonstrate your competency by completing a Pre-entry Sailing Assessment prior to the course. The D.I. course takes approximately 50 hours and is taught by a Coach / Assessor. Students are assessed on preparation, delivery and management of the course and on communications skills. A moderation takes place at the end of the course by another Coach / Assessor.

This course can only be booked through the office as we need to ascertain whether candidates are ready for the course and discuss what may need to be completed beforehand.

Dates:

DI A: 2nd - 6th April

DI B: 7th, 8th, 14th, 15th, 21st, 22nd July (Weekends)

RYA Pre-Entry Dinghy Sailing Assessment

The Pre-Entry is a compulsory practical assessment of a candidate's sailing ability and is conducted by a Coach / Assessor. All candidates will be required to show their competency in a training boat in the following manoeuvres: Sailing around a triangular course, sailing around the same course without a rudder, tight circles (1 tack 1 gybe), man overboard recovery, lee shore landings and follow my leader. Dates are confirmed once the D.I. course is booked with the Principal.



RYA Assistant Instructors Course

The A.I. course is for experienced sailors, ideally holding 2 RYA advanced modules. Those not holding RYA certificates may be considered based on prior experience. This would be particularly suitable for any parents wishing to help out during youth training. The course is site specific and will cover basic teaching techniques, HLSTC Operating Procedures and gives hands-on experience with our senior instructors. The course is 3 days long and is an excellent introduction to instructing.

Dates:

31st March - 1st April



RYA Powerboat Instructor Course

This 3 day Powerboat Instructor Course covers teaching, practical / presentation techniques and skills such as debriefing and assessment. You will need to have 5 year's logged powerboat driving experience (unless you work with powerboats and then this is reduced to 1 season). The minimum age for this course is 16 and you must hold the RYA Powerboat Level 2 qualification and a valid first aid certificate. The Powerboat skills assessment is also required, and acts as a filter to ensure that all candidates are of the right standard before they start the instructor course.

The course is run by an RYA Power-boat Trainer and is moderated in the same way as a Dinghy Instructor Course. Once qualified you will be able to teach RYA Power-boat levels 1 & 2, and possibly Safety-boat if you already hold RYA Safety-boat yourself.

This course can only be booked through the office as we need to ascertain whether candidates are ready for the course and discuss what may need to be completed beforehand. Dates on request for this course.

Joining Instructions

Dining: At all times when courses are running the HLSTC Bar will be open over lunch times. It is sometimes open throughout the day in summer months and it is important that you check the opening times before your visit. There are a selection of hot and cold snacks and drinks available. It is a licensed bar, however no alcohol should be consumed whilst you are participating in a training course. Orders for food are taken at the start of each day and your instructor will ask for an order sheet to be filled in. Alternatively, you could bring a packed lunch. There are picnic benches on the patio and club house seating. There are few local shops and therefore it is best to use either the bar or to bring a packed lunch. Please clear up after yourself though!

Equipment: For all courses please bring a change of footwear, something with grip that you can get wet: Trainers and plimsols are ideal, crocs, flip flops and wellies should be avoided. Buoyancy aids are provided and there are wet-suits available for times when you may enter the water. At all other times light-weight, quick-drying layers are advisable: Fleece and jersey fabrics are best. You may wish to bring light-weight wa-

terproofs for wet weather and you may also need a towel and swim-wear. There are hot showers available in the changing rooms. Please remember to bring sunscreen, hats and plenty of fluids in hot weather and a warm hat and coat in cold weather.

Photography: We may on occasions take photographs or video footage of our courses and instruction, in which you may feature. By accepting the T&Cs on the booking system you are agreeing to these photos being used by HLSTC. No photographs may be taken without permission from your Instructor.

All students will be given a safety brief at the beginning of the course by a senior member of staff. Students are advised not to leave valuables in the changing rooms, and there are small lockers available for this purpose. Expensive items that are not essential should be left at home. Cars are not permitted in club grounds except for disabled users. All course prices include the relevant certificates and logbooks which will be issued on successful completion of the course. If you are booked on to 2 different courses you will receive the highest level certificate only. The offer of Temporary Membership will be given at the end of course debrief. More information can be found in the Terms and Conditions at the time of booking. All courses bookings must be made through the on-line booking system: should you have any difficulties, please ring the office. If your booking is successful you will receive an email with a consent form attached. **IMPORTANT: PLEASE ENSURE THE CONSENT FORM IS COMPLETED AND E-MAILED TO THE OFFICE AT THE TIME OF BOOKING AS YOU MAY NOT PARTICIPATE ON THE COURSE WITHOUT IT.**

Price Lists for Courses 2012

Course	Days	Military Member	civ-member/ Mil non-member	Civilian non-member
Sailing L1 / L2 / L3	2	£110.50	£117	£130
Sailing L1 & 2	4	£221	£234	£260
Sail Advanced Modules	2	£110.50	£117	£130
Direct Assessment*	1	£59.50	£63	£70
Start Windsurfing	2	£110.50	£117	£130
Intermediate Windsurfing	3	£165.75	£175.50	£195
Powerboat L2	2	£136	£144	£160
Power Safetyboat	2	£136	£144	£160
Basic First Aid*	1	-	£63	£70
Dinghy Instructor Pre-Entry*	1	£59.50	£63	£70
Dinghy Instructor Course*	5	£350	£350	£350
PBI Skills Assess*	1	£59.50	£63	£70
Powerboat Instructor*	3	£350	£350	£350
1:1 Tuition (per hour)*	-	£30	£30	£30
1:1 Tuition (per day)*	1	£150	£150	£150
1:2 Tuition (per hour)	-	£50	£50	£50

* Book through the office, not the booking system

We don't just do courses...

Multi-Activity Days, Club Membership, Dinghy Racing, Windsurfing, Raft building, Activity Parties, School Activity Days / Weeks, Private Tuition, Facility/ Function Room Hire, B-B-Qs & Social Events, Major Sporting Events & Team Building.



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