

HAWLEY LAKE SAIL TRAINING CENTRE

DINGHY SALING TASTER SESSION

What happens on the Taster session?

Our sail taster sessions will introduce you to the basics of dinghy sailing. The session is predominantly practical, spending most of the time on the water. After demonstrating the basic boat controls, your instructor will put you in charge of the boat and take you through some simple manoeuvres. The emphasis is on having fun and showing you some of the possibilities that dinghy sailing can offer. At the end of the session, you should know if this is a sport that you'd enjoy and you will have a picture of the progression to being an independent sailor.

Will I be by myself?

The maximum number of students per Instructor is three, but we aim for two if practical. This gives everyone plenty of time in control of the boat, but also shares the roles out and gives everyone some 'spectator' time as well.

What if the weather's not very good?

Cooler conditions can be dealt with through appropriate clothing, as can a bit of rain. The wind strength has more potential impact, but the boats we use are fine across a wide wind range and our Instructors are able to deal with most conditions we encounter. If it is clearly unsafe, or unlikely to be enjoyable, we will discuss this with you and offer alternatives. It is very rare that a session is unable to go ahead as planned.

Do I need to be very fit to try sailing?

Sailing is a sport that suits a wide range of physical abilities so, as long as you are reasonably mobile, you shouldn't have any problems with the physical demands. Sailing is also a great sport if you have a sensory impairment, certainly at the level of a Taster. If you do have any concerns regarding your ability to take part, please give us a call and we can discuss this with you.

What do I need to bring?

On an adult sail taster, we don't intend you to get wet! However we do recommend bringing a change of clothes and a towel, just in case. In general, ordinary outdoor activity clothes will be fine... so shorts if it's warm or jogging bottoms if it's a bit cooler. A fleece top takes care of keeping the top half warm if required. We provide a buoyancy aid and there are 'spray tops' available if needed. You may well get wet feet so old trainers are a good idea, as are neoprene beach shoes if you have them. Anything else is down to the weather... sun-cream and hat if necessary or a warmer hat on cooler days.