



# Elwood Sailing Club Training

## Dates

Final Enrolment and Information Briefings:

1st Session	Saturday 2 October 2010	9 am
2 <sup>nd</sup> Session	Saturday 12 February 2011	9 am

Sessions:

1 <sup>st</sup> Session	Saturdays	9 Oct to 27 Nov 2010	9 am to 12 noon
2 <sup>nd</sup> Session	Saturdays	19 Feb to 16 Apr 2011	9 am to 12 noon

## Instruction

Instruction is by qualified Instructors with many years of dinghy sailing and teaching experience.

## Course Syllabus - Get Into Small Boat Sailing - Basic Skills 1

- ◆ Environment and Safety
- ◆ Boat familiarisation
- ◆ Parts of a boat
- ◆ Rigging
- ◆ Steering
- ◆ Capsize and recovery
- ◆ Sail trim
- ◆ Sailing techniques
- ◆ Rules of the road

## Venue

The courses will be held at Elwood Sailing Club, Foreshore, Elwood, off Ormond Esplanade (Melways ref 67B4). Council car park adjacent - meter fee payable.

## What to Wear

Weather conditions may vary from cold to hot, so students should therefore bring:

- ◆ Bathers
- ◆ Towel
- ◆ Wetsuit if available or Thermal underclothes
- ◆ Shorts (also good over wetsuit for protection)
- ◆ Polyester shirts and tops recommended. No Cotton
- ◆ PFD 1 or 2 / Lifejacket / Buoyancy Vest - preferably bring your own or will supply
- ◆ Woollen Jumpers or Thermal Jumpers/Jackets
- ◆ Windproof / Waterproof Jacket
- ◆ Old sneakers / Wetsuit Boots
- ◆ Sun Hat / Sunglasses / Sunscreen
- ◆ All hats and sunglasses must be fitted with sports straps.
- ◆ Sailing Gloves if available (golf, weight lifting, bike gloves etc. all good)

## Booking and Information

Visit club website at [www.elwoodsc.com](http://www.elwoodsc.com) or bookings and inquiries may be made to Elwood Sailing Club Training Coordinator Mark White by email [manager@elwoodsc.com](mailto:manager@elwoodsc.com)