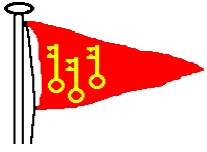


# Ely Sailing Club



## Pre-Course Information

Full day courses run from 09.00 - 17.00

We use Toppers and RS Zests for our training. These are single-handed dinghies, simple to rig and give you a good start in developing the skills involved in sailing. For adults we also use Lasers, Wayfarers and 2000s. The Wayfarer and 2000 are double-handed boats and allow adults to sail together, but will not be used during the 2021 training calendar due to COVID transmission risk.

Please bring with you:

- Towel
- Soft soled shoes or old trainers
- At least **two or three** complete changes of old clothes, long sleeves and leggings are recommended to protect from cuts/grazes.
- Waterproofs (only if you have any, we do have some wind proof tops)
- Sun protection and a hat if the weather is hot, warm hat if it is cold
- Packed lunch (if applicable)
- A little money if you would like to buy cans of drink, hot drinks, crisps or chocolate bars
- Pen and pad if you would like to take notes during the theory sessions
- RYA log book if you already have one.

Start sailing handbooks are also available for the price of £6.50.

The club will provide buoyancy aids that must be worn when in the proximity of the water.

Please check the weather forecast the day before the course. If it is very adverse with severe wind conditions please email to check the course is going ahead.

Contact: [training.elysc@gmail.com](mailto:training.elysc@gmail.com) or 01353 667830

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