

Youth Sailing Course Joining Instructions

Your course will start at 09:30, running until around 16:30, however this is subject to change. Please arrive promptly.

The majority of course will be delivered afloat, regardless of the weather, however there is a small theory element which will be delivered ashore.

What to bring?

All required materials including course book and certificate are provided; however, a notepad & pen are recommended.

You should arrive with appropriate clothing including:

- Waterproof clothing/wetsuit (we have wetsuits available to borrow)
- Suitable footwear (i.e. wet boots, trainers or deck shoes – not wellies)
- A change of clothes and towel (as you will be getting wet)
- Additional warm layers
- A packed lunch and snacks
- Full water bottle
- Suncream (weather dependant)

Warm & Cold drinks will be provided and the changing rooms with hot showers and lockers will be available for your use.

If you have any questions prior to your course, please do not hesitate to get in touch at info@lds.org.uk

We look forward to welcoming you and hope you enjoy the course.

The LDSA Team