

# Course Notes

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<b>Course Title:</b>	<b>RYA Start Yachting</b>	<b>Course Start:</b> - Monday Aug. 29 2016, 09.00hrs
<b>Duration:</b>	<b>2 Days</b>	<b>Course Finish:</b> Tue. Aug. 30, 2016, 15.30hrs
<b>Minimum Age:</b>	<b>18yrs +</b>	<b>Meeting point:</b> Marina Office
<b>Previous Experience:</b>	None	
<b>Course Aim:</b>	Achieve basic knowledge of Yachting and Sail Cruising	

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## Arrival Notes

Please meet me at the marina office in the lower parking lot at 0900hrs. I will take you down to the yacht Michaela on which you will be spending the trip.

## Course Details

This course provides a short introduction for novices to sail cruising. By the end of the course you will have experienced steering a yacht, sail handling, ropework and be aware of safety on board.

We cover – the yacht, ropework, underway, rules of the road, man overboard recovery, clothing and equipment, emergency equipment and precautions, meteorology.

In your case, we will also provide coaching and revision as required.

The sailing area will include the Mahone Bay and area. Specifics will depend upon weather conditions.

## The Yacht - Michaela

The yacht you will be staying onboard, is commercially coded by RYA/MCA as category 2 compliant, which is 60 miles from a safe haven and is able to carry 6 people including the Skipper. We also participate in the Transport Canada Small Vessel Compliance Program. There will be at most 3 students or 2 couples on the course so we will not be crowded.

Facilities include on-board heating and a fridge and it is equipped with modern navigational equipment. The yacht has a big boat feel, full keel, hydraulic wheel steering and a powerful mast head rig.

## Meals Onboard

The yacht will be stocked for the course for at least three meals a day, including snacks and drinks. If you wish to, you may bring a bottle of something to enjoy in the evening, when we are anchored or moored.

We can cater for any special dietary requirements as long as you let us know on the registration form or at least a week before arrival, to ensure that the correct food is taken on board.

## Kit & Clothing

Discovery Sailing will provide all necessary safety equipment i.e. Life jackets which are kept on board the yacht.

You will be spending the entire week onboard the yacht and are required to **provide your own sleeping bag**. In exceptional circumstances and with prior notice we MAY be able to make arrangements for a sleeping bag to be available. Much better if you provide your own – even if you have to borrow one.

## Discovery Sailing will provide:

- Life jackets and tethers
- All harbour fees and fuel

Please think carefully about what you bring and pack your gear in a soft collapsible bag, not a suit case, and pack light! As well, remember, it may be cooler on the water.

- Sleeping bag

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- Sailing pants (preferably not jeans)
- Shorts, T-shirts (summer sailing)
- Spray jacket (optional)
- Foul weather gear
- Sea boots, warm socks
  
- Deck shoes (non marking soles) or closed toe sandals
- Warm fleece
- Sun hat, sunscreen

**Contact:**

Tel: (877) 275-8377 toll free cell  
Email Dave@discoverysailing.com

**How to get there:**

Atlantica Hotel and Marina Oak Island  
36 Treasure Drive, Western Shore, **Nova Scotia**  
Tel: (800) 565-5075.

<http://www.atlanticaoakisland.com/en/home/default.aspx>

For driving directions from Halifax Airport, see the page <http://DiscoverySailing.com/directions>

Weather information -

[http://www.weatheroffice.gc.ca/marine/forecast\\_e.html?mapID=15&siteID=1410](http://www.weatheroffice.gc.ca/marine/forecast_e.html?mapID=15&siteID=1410)


**Recommended Reading :-**

Your Day Skipper course manual  
(Chart 1) Abbreviations and Symbols  
Anything I send you.

For information and advice on the kit list, please contact me.

If you need help with getting from the airport to the marina, let me know and I will assist.

Fair Winds and look forward to sailing with you,



Dave

Dave DeWolfe  
RYA Yachtmaster Instructor / Examiner  
RYA Yachtmaster Ocean Examiner  
[www.DiscoverySailing.com](http://www.DiscoverySailing.com)

**Insurance:** For your own peace of mind, we strongly advise you hold cancellation insurance in case circumstances result in you being unable to attend or have to curtail the course. Please refer to the Terms and Conditions of Booking for our full cancellations policy. We also recommend you have suitable insurance to cover the loss of or damage to any personal belongings while you are with Discovery Sailing.