

YOUR SAILING STARTER PACK: WHAT TO KNOW BEFORE WE SET OFF

RYA SAILING ACADEMY



ARRIVAL INSTRUCTIONS

Please arrive at the **ADSC Locker Room** (by the Slipway Bar) at least 10 minutes before your session begins to allow sufficient time to get ready.

SESSION SCHEDULE

JUNIOR COURSES

- Friday Afternoon: 2 – 5 PM
- Saturday Morning: 9 AM – 12 PM
- Saturday Afternoon: 2 – 5 PM

ADULT COURSES

- Saturday & Sunday: 9 AM - 4:30 PM

POWERBOAT COURSES

- Saturday & Sunday: 9 AM - 4:30 PM

IMPORTANT REMINDERS

SUN PROTECTION

- Apply high-quality sunscreen before heading out.
- The weather is warming up, so proper sun protection is essential.

HYDRATION

- Bring your own water bottle.
- Additional drinking water will be available on-site.

CLOTHING GUIDELINES

- Quick-dry clothing is recommended (optional).
- Best options: shorts or leggings for comfort in the boats.
- Footwear: old trainers, water shoes, or similar.
- *Not allowed:* flip-flops or bare feet due to safety reasons.

EQUIPMENT

- Bring your own buoyancy aid if you have one.
- Otherwise, one will be provided.
- Pack suitable clothing for different weather conditions to stay prepared.

FACILITIES

Changing rooms and showers are available on-site for your convenience.

COMMUNICATION

- A dedicated WhatsApp group will be created for each course group to share:
 - Important updates
 - Schedule adjustments
 - Weather-related notices

ADMINISTRATIVE REQUIREMENTS

HEALTH DECLARATION / WAIVER:

Must be completed before the first session.

COURSE PAYMENT:

A 100% course fee must be paid at the time of booking. If not yet completed, please make your payment in advance at the Health Complex Reception.

CANCELLATION POLICY:

Cancellations must be made at least 48 hours in advance. Failure to do so will result in a 100% charge of the full course rate.