

**Solent Boat Training** 02380 658 790

**Marine Training Centre - Southampton** 02380 659 944

Powerboats - Motorboats - Sailing Yachts - Keelboats - Jet Skis - Theory



## **RYA COMPETENT CREW SAILING COURSE DETAILS**

### **Course Summary**

Approximately 40 hours of tuition over 5 days. Entire course on board our training yacht including accommodation.

### **Basic Details**

Location	Building 11 Shamrock Quay (see map below) William Street, Southampton SO14 5QL
Start Time	Registration 9.00-9.20am - Course Start 9.30am
Finish Time	Approximately 4.00pm on final day
Duration	5 Day
Lower Age Limit	12 Years
Car Parking	Free On Site (see map below)

### **Pre Course Preparation & Requirements**

No pre-course reading or prior experience is required.

### **Recommended Publications**

RYA Yachtmaster Logbook G158 ( Included In Course Fee ).

### **Course Content**

Knowledge of sea terms and parts of a boat, her rigging and sails, sail handling, ropework, fire precautions and fighting, personal safety equipment, man overboard, emergency equipment, meteorology, seasickness, helmsmanship, general duties, manners and customs, rules of the road, dinghies

### **Ability After Course**

Able to steer, handle sails, keep a lookout, row a dinghy and assist in all the day to day routines.

### **Certification**

This course is not examined. Our instructor will be assessing your skills as you complete each section of the course. If the instructor decides you have met the standard required an RYA course completion certificate will be issued.

## Accommodation

Accommodation is included for the duration of the course onboard the training yacht. You will need a double base sheet, pillow and either a sleeping bag or duvet.

## Clothing & Equipment

Your course is conducted mostly at sea, so the correct clothing is important. We provide a specialist waterproof jacket and trouser set, but you need to bring the following :-

Footwear: Boating boots or shoes are ideal, but not essential. Trainers or soft soled boots work well. Have a change of footwear as you will get wet feet at sea.

<http://www.force4.co.uk/department/clothing/footwear.html>

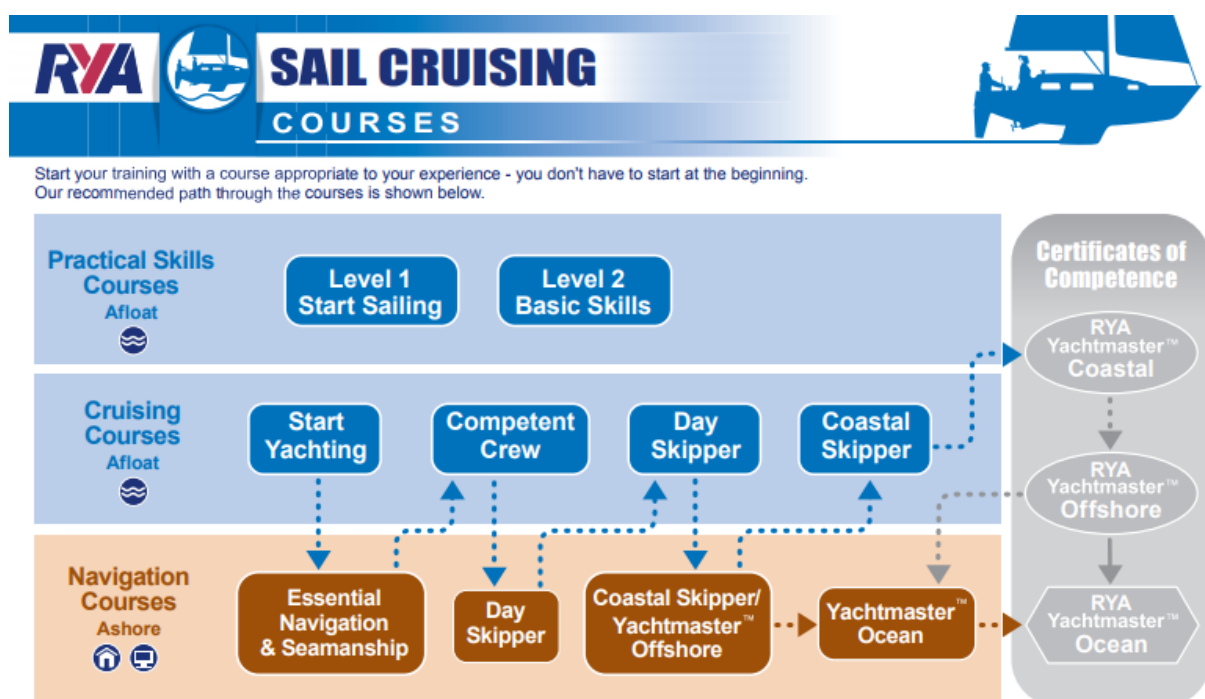
Inner Layers: Several layers work better than a single thick layer. Have several changes of clothes in case you do get wet and to last the duration of the course. Depending on the time of year you might want to consider bringing gloves, a hat, sunglasses and sun cream. Each overnight stop will have shower facilities, so do bring a towel etc as you will have been exposed to seawater.

## Food

Breakfast & lunch is provided by SBT on this course. We also provide snacks including crisps, biscuits, tea & coffee. The evening meal is usually taken ashore each night and is at the student's own cost.

Our full menu is [detailed here](#) with more details for students with dietary needs.

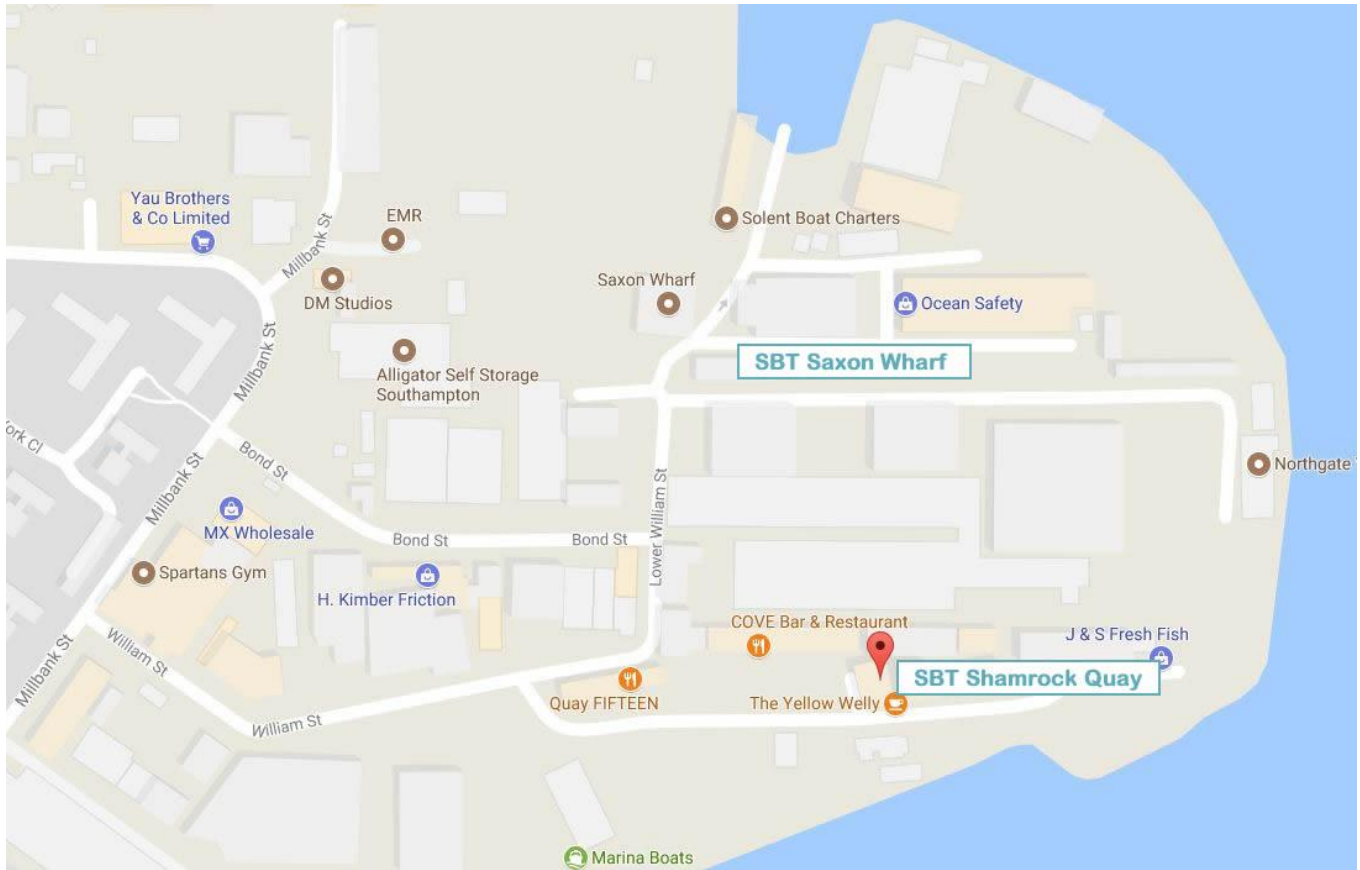
## Course Ladder



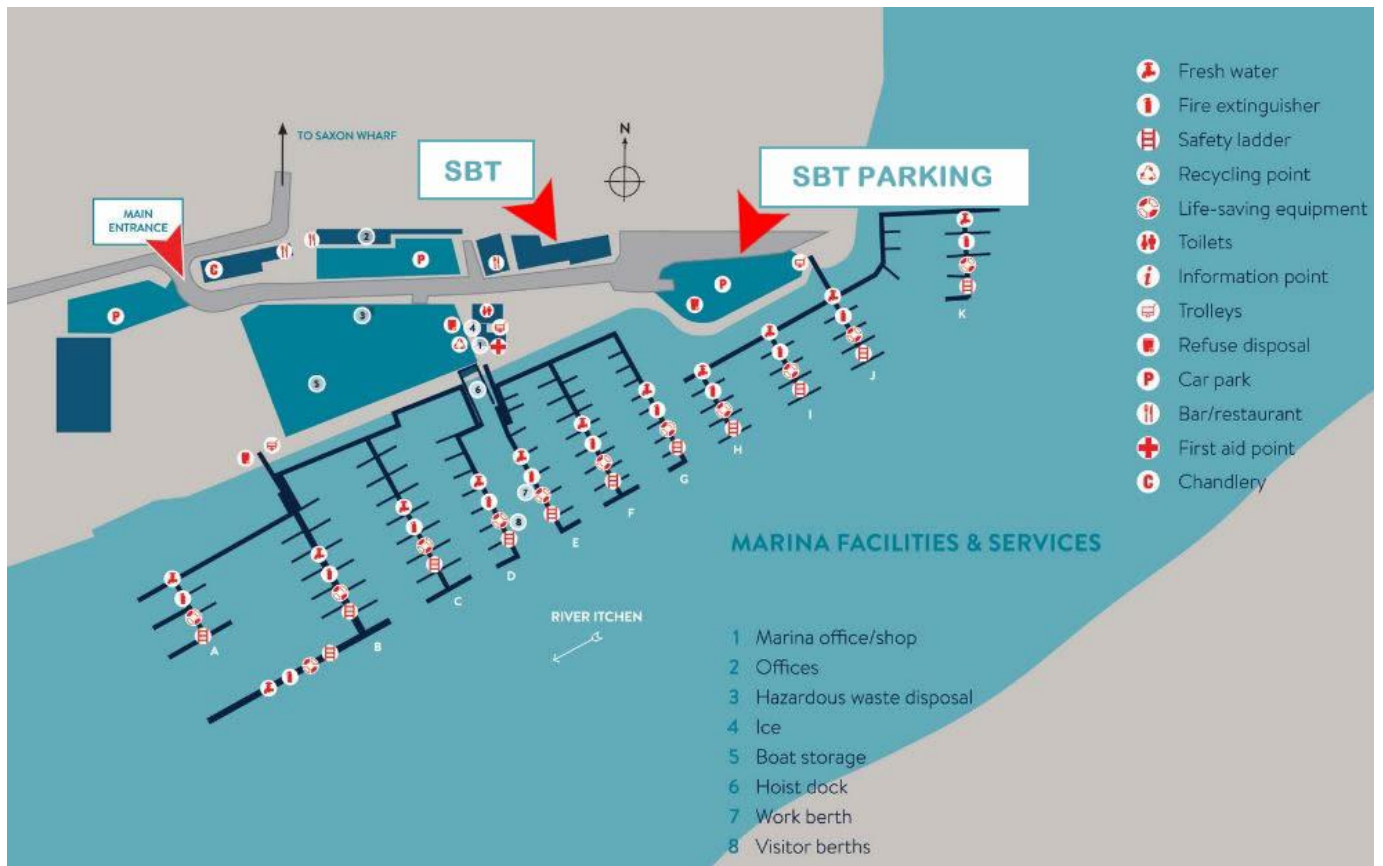
# Directions To Our Training Centre

By Train: We are about 1.5 miles from Southampton centre railway station.

By Car: Our address is above, the maps below will help you find our centre.



**Shamrock Quay, William Street, Southampton, SO14 5QL**



## **Car Parking**

All visitors to Shamrock Quay are allowed 3 hours of free car parking. For students of Solent Boat Training to gain free parking for the duration of their course they must register their car number plate at the marina reception which is directly opposite our building within the marina complex. Failure to do so will result in a parking fine, which we have no means of overturning.