



## SBT 2 & 3 DAY MILEBUILDER SAILING COURSE DETAILS

### Course Summary

Approximately 16 or 24 hours of informal tuition over 2 or 3 consecutive days. Entire course on board our training yacht including accommodation.

### Basic Details

Location	Building 11 Shamrock Quay (see map below) Lower York Street, Southampton SO14 5QF
Start Time	Registration 9.00-9.20am - Course Start 9.30am
Finish Time	Approximately 5.00pm on final day
Duration	2 or 3 Days
Lower Age Limit	16 Years
Car Parking	Free On Site (see map below)

### Pre Course Preparation & Requirements

RYA Competent Crew or above.

### Recommended Publications

RYA Yacht Sailing Techniques G94 ( £15 from our reception ).

### Course Content

Simply a 2 or 3 day sail in the Solent and beyond covering all aspects of sailing a modern cruising yacht.

### Ability After Course

Improved knowledge for sailing a cruising yacht.

### Certification

No certification for this course.

### 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.

## 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>

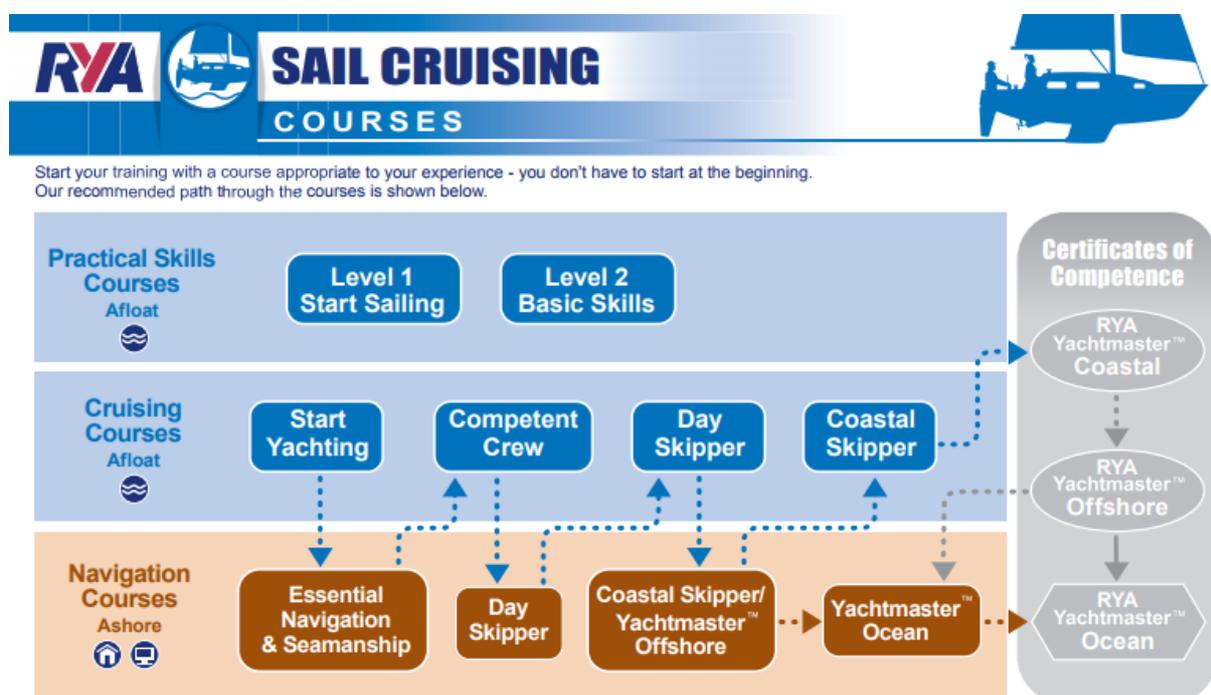
Inner Layers: Several layers work better than a single thick layer. Have several changes of clothes in case you do get wet and to last the duration of the course. Depending on the time of year you might want to consider bringing gloves, a hat, sunglasses and sun cream. Each overnight stop will have shower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

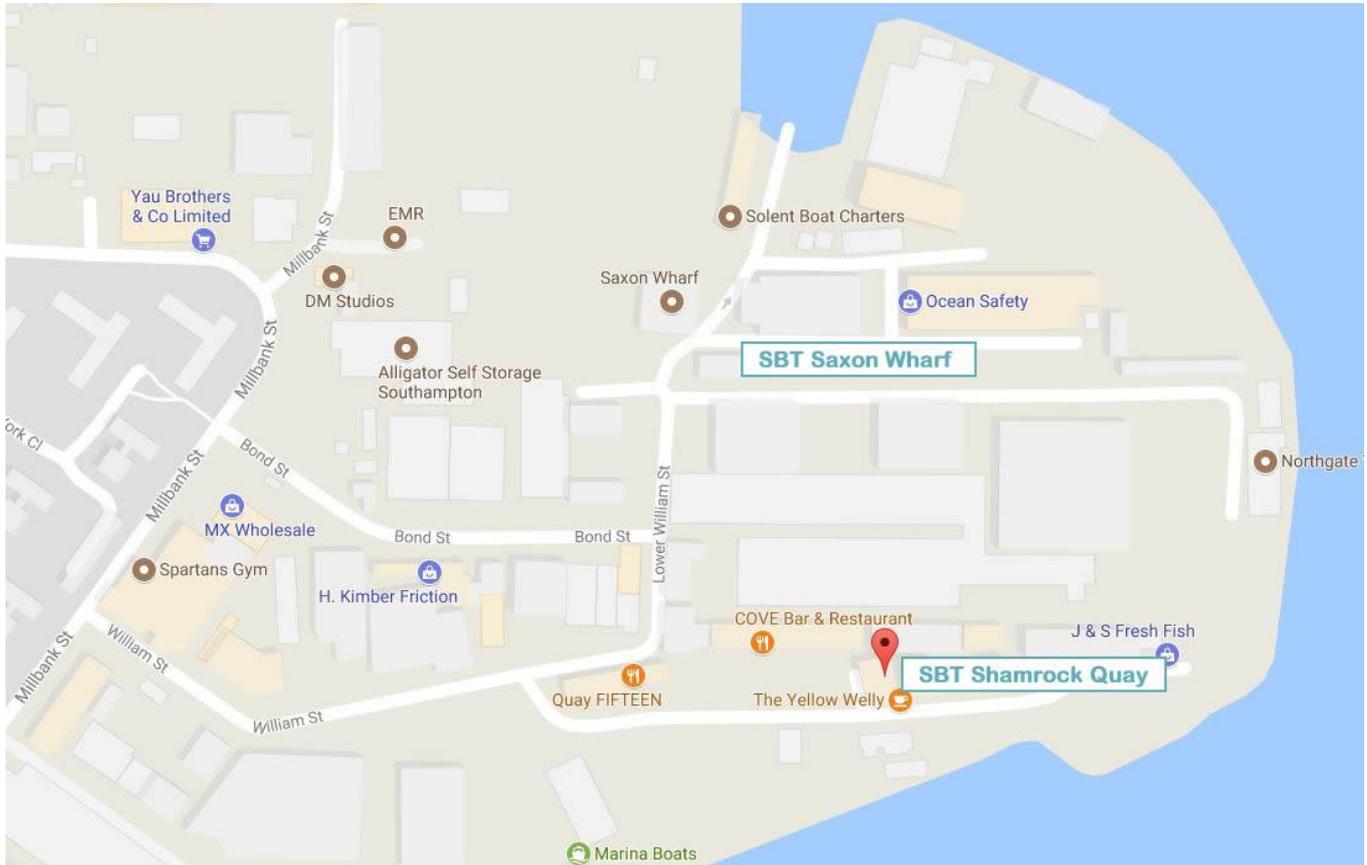
## Course Ladder



# Directions To Our Training Centre

By Train: We are about 1.5miles 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**

