



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 when Covid restrictions allow (see below).

Basic Details

Location	Saxon Wharf (see map below)
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.

Accommodation

All multi day sailing courses including RYA Competent Crew, Day Skipper, day sailings and mile builders will return to base at the end of each day.

Our instructor will leave the yacht each day to give more room for students who wish to stay onboard to comply with social distancing. At this point the course has finished for the day.

Students are welcome to stay on board the yacht if government covid restrictions allow. It is solely the students responsibility to follow their current covid tier restrictions when considering accommodation options.

If staying onboard 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/departments/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

Due to Covid regulations no food is provided by SBT for this course. Shamrock Quay has both a bistro and a cafe. The cafe is open for breakfast and offers take away food suitable for lunch. You will need a packed lunch each day to take with you to sea.

Covid Procedures

Please ensure you have read our latest Covid procedure and guidance page. Please check <https://www.solentboattraining.co.uk/covid-19-course-procedures>

Car Parking

All visitors to Saxon Wharf & 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 via email.

To help the marina manage the car parks please email your arrival date and departure date with your car registration number before arrival.

shamrockquay@mdlmarinas.co.uk

Directions To Our Training Centre

Sailing courses run directly from our private marina pool at Saxon Wharf, not Shamrock Quay.

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

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

Saxon Wharf, Lower York Street, Southampton, SO14 5QF

