



## Wallagoot Lake Boat Club

Wallagoot Lake Road, Wallagoot

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## WLBC Sailing School

Revision Date: August 2021

### Introduction

The WLBC Sailing School presents an Introduction to Off the Beach Sailing course. At the end of the course, participants should be able to safely handle a sailing boat.

The course is scheduled over the season, on Saturday mornings before our normal weekend racing. The Sailing School plans to include lots of one-on-one coaching in boats, on-shore demonstrations and theory sessions. All levels of skill and ability will be catered for, and the school is open to children who are responsible enough to be in control or sail in a boat. The participants should be able to swim at least 25 metres.

The Introductory Sailing course is offered to WLBC members, so a current membership is needed to participate. See the website for details of fees: <http://wlbc.org.au/membership/>

Course capacity is limited by the number of available boats and instructors. Some boats may carry two students plus an instructor.

### What to bring

Participants are advised to bring:

#### Clothing:

Land clothes to change into after sailing, suitable for the weather, including a hat and sunscreen.

#### Sailing Gear:

Clothes for sailing, including a hat to wear on the water while sailing. This should have a tie to prevent it falling off in the water and it should be able to get wet. Glasses should be secured. Gloves for sailing should be considered.

Sailing clothes need to be durable, and preferably water resistant. Shorts, spray jacket, old tennis shoes are minimum, wetsuit and wetsuit boots are preferable.

If you have a life jackets/buoyancy vest, please bring it. The club has some spares.

#### Food:

Lunch including drinking water will be needed.

### Program Outline

The sailing school is held throughout the year on Saturday mornings from about 9:30 until 11:00. Each participant will be taken through a series of basic sailing skills and manoeuvres, both on and off the water. We keep a competency checklist for the participant, which is completed with progression through the skills.

Potential and current students need to contact the club secretary, Terry Kirby on 0420 460 209 to book in and organise their tuition on a week to week basis.

Rob Morton

Events Co-ordinator