



SAIL & POWER TRAINING Langebaan, South Africa

START YACHTING COURSE

Courses are presented throughout the year; please contact us for dates and prices

Pre Requisites	: None
Duration	: 2 days
Minimum Age	: 8 years old
Where	: Langebaan

Training takes place on one of our L34's, on the picturesque Langebaan Lagoon. This course provides a short introduction to sail cruising for novices. By the end of the course you will have experienced steering a yacht, sailing handling, ropework, and be aware of safety on a yacht.

Holders of a RYA Start Yachting certificate can obtain a RYA Competent Crew certificate by completing a further 3 days of the 5-day Competent Crew Course.

Who is it for?

If you are you curious to know what it feels like to sail on a yacht, like adventure or want to learn the basics to see if you want to do further sail training, then this course is for you.

Overview of course content:

Start Yachting - 2 days (includes accommodation and food)

This course introduces the students to the following fundamental topics necessary to be able to steer a yacht:

- The yacht
- Rope-work
- Underway

- Rules of the Road
- Meteorology
- Man overboard recovery
- Clothing and equipment
- Emergency equipment and precautions

Start Yachting Certificate

Included:

- RYA Course completion Certificate
- Personal Log Book
- Atlantic Yachting Cap
- Diesel + Berthing Fees
- Accommodation on board for the duration of your practical sailing course
- Fresh linen, pillows and pillow cases
- The use of Foul Weather gear should you need it
- Tea, Coffee & Sugar in office and on yachts
- Yachts are provisioned for the duration of your practical course
- Access card to ablutions facilities (**on loan**)
- Diesel and Berthing fees
- Fully equipped galley + cleaning materials

Excluded:

- Transport to Langebaan from Cape Town - we can arrange it for you

WHAT YOU NEED TO BRING:

- Suitable clothing - layers are a good idea (T-shirts, baggies, long sleeve T-shirts, rash vests, tracksuit pants, jeans, flip flops and warm clothes)
- Weather proof jacket , or you can purchase from our shop - From R550.00
- Polarised Sunglasses , or you can purchase from our shop - From R350.00
- Gloves , or you can purchase from our shop - R250.00
- Sailing shoes or any soft-soled shoes (i.e. trainers)
- Sleeping bag and a blanket
- Sun cream, hats, towels and toiletries
- Warm socks and a beanie
- Extra money for food and beverages - cooking onboard is encouraged as part of the yachting experience and helps to stretch your budget