

## Useful Information

- All Powerboat courses provided at the Dabchicks Sailing Club will automatically include the 'Coastal Endorsement'.
- No previous experience is necessary if you wish to undertake the Powerboat Levels 1 or 2 courses. In order to participate in the Safety Boat course or the intermediate course you will need to already have obtained a Level 2 certificate, with a coastal endorsement, and be an experienced powerboat helm.
- When starting your course you will be provided with an RYA booklet entitled 'RYA Powerboat Handbook'. This will give you with useful information for all the Powerboat Courses.
- Participants will need to provide their own waterproof and warm dry clothing as appropriate - please remember it is always feels colder at sea! Dry suits are only a good idea if the weather is very cold and wet because they may be uncomfortable if worn for long periods of time.
- You will also need your own life jacket or buoyancy aid; the School has a limited number of life jackets, if you will need to use one please let us know in advance, but we cannot guarantee to have one your size.
- In hot weather it is advisable to have plenty of sun block, head protection and a bottle of water.
- Tea / coffee and snacks will be available at the Clubhouse without charge, but you will need to provide your own lunch. We will provide a lunch, but if you have a particular eating requirement please give us details in advance
- Male and female showers, toilets and changing facilities are available at the Clubhouse.
- Parking on the Dabchicks forecourt is reserved for officers of the club, parking near the Clubhouse is limited, especially in summer months when no waiting restrictions apply along the waterfront; you may need to park in the unrestricted roads nearby.
- Courses start at 9.00am each day, but please come a little early for a cup of tea or coffee.
- Please read the terms and conditions on the reverse side of the booking form carefully.

### Personal buoyancy equipment

The Centre reserves the right not allow personal buoyancy equipment to be used if, in the judgement of the School, it is an inappropriate design, lacks sufficient buoyancy or is in poor condition. RYA Recommendations for buoyancy are set out below:

Buoyancy Standard	Units of Force	Lbs Buoyancy	Standard Application	Suitability
50N Buoyancy aid	50N	11	Conscious competent swimmer	Sheltered waters, help at hand, not a lifejacket
100N Buoyancy aid	100N	23	Increased buoyancy but may not right unconscious person	Sheltered waters
150N Lifejacket	150N	33	For use in all but most severe conditions	Offshore, extreme conditions wearing foul weather clothes
275N Lifejacket	275N	62	A high performance device for offshore and severe conditions	Offshore extreme conditions heavy protective clothing

If you have any questions or require further information please call Brian Morgan on 01206 38 4001 (evenings)