

Go-Sail.je



Course Information Pack



Book a Boat - Step Aboard - Go-Sail.je

Welcome aboard....

Go-Sail.je would like to offer you a warm welcome aboard. Information regarding your course can either be found in this pack principally or on our website. However, if you still have any questions please do not hesitate to contact us directly either by email or phone.



First point of contact

All course participants are requested to join us in a welcome briefing held at 1800 the day before your course starts. As this is held the evening before we therefore recommend that flight/ferry arrangements are made to ensure your arrival the day before your course starts and departure late on the day your course ends. The briefing is firstly to welcome you to the course and also to outline the plan for the week. Any questions you may still have can also be answered then. It will provide an opportunity for you to meet your fellow course mates and you can choose whether to dine out together at one of Jersey's many delightful eateries. We do not provide an evening meal for that night nor do we provide breakfast the following morning. You are more than welcome to spend the night on board the boat although it is not essential and please note that your skipper will not join you again until 9am the following morning.

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What to expect on your sailing course

Our first and main priority throughout the course is your safety. We provide as safe an environment as possible out at sea. Your instructor will decide where you will go based on weather conditions and their local knowledge of the area in relation to the relative ability of course participants as a whole. Both novice and capable sailors are taught alongside of one another by our experienced instructors as the challenges and tasks on board can be adapted to suit all levels. Your instructor will have been made aware of all the information that you provided on your enrolment form. You will also receive a phone call from a Go-Sail.je instructor a couple of days before your course starts to introduce themselves and confirm details on your enrolment form. However please also speak to your instructor at the start of the course highlighting your personal experience and ability as this ensures they know and can manage your expectations tailoring tuition to your personal requirements.



All our instructors love sailing and want to pass on their enjoyment to you whilst increasing your knowledge and understanding of the sport and yachts. Sailing is an exhilarating past time with challenges that cannot always be predicted. A certain level of fitness and health is required, if you are at all unsure please contact us and we can advise you accordingly.



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Over the course of the 5 days you will travel around the Channel Islands and along the coast of Normandy and Brittany in northern France. You will stay in a different place each night, each place representing different challenges that you may encounter in your future sailing career. We like to both anchor up and moor up in a marina. There is no set plan as to where you will go as it is all down to the weather and tides are key. The instructor will have an outline of a suitable itinerary and will provide you with plenty of notice on what to expect. The instructor always lets the Go-Sail.je office know where you are/will be at all times.



Life at sea is very different to your everyday life ashore. Space is limited and we have to take care with water supplies and battery levels. There is 1 toilet aboard and showering facilities are available, however, when moored up we usually make use of the marina facilities, where a hot shower is guaranteed and you can charge devices when plugged into shore power.



It is important to work together as a team as sailing requires teamwork. Chores are a daily part of life aboard the boat and are shared out fairly, these include light cleaning, keeping the boat tidy, doing the dishes and cooking/preparing meals.

At the end of the course the boat will need a good clean which again is shared out between everyone. It is important to keep the boat clutter free and bring a minimum amount of clothing/belongings with you as this then makes it easier to keep the boat ship shape.



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Fees include the use of all the boat's facilities, mooring fees, and food; this includes breakfast, lunch and evening meal. Please make sure you let your skipper know well in advance of any allergies or specific food requirements. We have provided an **example** menu for the week. Food on board the boat is simple (quick and easy) as space and equipment is limited. We have dinner onshore at least twice during the 5 day course, where practically possible, usually in a French port, please ensure you bring an adequate amount of euros as you will be expected to pay for your own meal and any drinks. After your evening meals on board the boat it is possible to go ashore

Breakfast

- Eggs, Bacon
- Croissant
- Fruit
- Cereal
- Tea/Coffee



Lunch

- Sandwiches
- Crips
- Fruit

Dinner

- Spaghetti
Bolognese
- Meal Ashore
- Curry
- Meal Ashore

What to bring

Wet weather gear can be hired for the week (Sailing Jacket and Saloppettes), please make sure to make the request at the time of booking otherwise we cannot guarantee availability.

- Sun Cream
- Sunglasses
- Hat – of a type that will not blow off easily
- Sailing Waterproof outfit
- Sailing Gloves (optional)
- Sweatshirt
- Trousers and/or Shorts
- Swimming Costume
- Sports Footwear – an old pair of trainers is ideal (no black soles)
- Towel
- Change of Clothes for 5 days
- Any Personal Medication – wrapped in a plastic bag
- Passport
- Wash Kit
- Small Torch
- Sleeping Bag & Pillow
- Euros

Where to meet?

Course meeting point



Go-Sail.je office

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Example Itinerary for 5 Day Sailing Course

Sunday

1800

- Check in at the Albert Pier Pontoon aboard your yacht for the week
- Meet your instructor and hand over passport photo's for your course certificate.
- Receive wet weather gear and sleeping bags and pillows if required.
- Stow personal equipment and familiarise yourselves with spaces aboard.
- Yacht safety briefing including gas and electric.
- Highlight location of marina facilities and outline of the week.
- Head into St Helier for evening meal and a drink as a crew, your instructor will most likely return home to their families for the evening.

Monday

- 0800 Shower and freshen up followed by breakfast at one of the nearby café's and check the weather forecast.
- 0900 Skipper returns aboard.
- Receive provisions for the week and stow them aboard.
- Recap on yacht safety procedures, introduction to deck gear, ropes and rigging.
- Engine checks, starting and stopping procedures.
- Boat handling exercises in the marina
- Short sail to familiarise yourselves with the yacht, a triangle course in St Aubin's bay
- Pick up a mooring buoy or return to St Helier and prepare lunch
- Demonstration on passage planning from your instructor
- Your instructor will skipper the passage to your destination for the evening, demonstrating a MOB procedure. All students will have the opportunity to helm and trim sails.
- Position fixing plotting exercises can be carried out on route.
- Enter a new harbour, moor up and tidy the boat up
- Instructors debriefing on the days activities whilst dinner is cooking in the oven.
- Dinner aboard followed by a trip ashore.

Tuesday

- Shower and freshen up, breakfast, clean up and check weather forecast.
- The first student skipper will plan a passage to the moorings for lunch. The crew will be keeping a watch for any hazards and navigation marks and revise collision regulations. The instructor will explain considerations for a suitable mooring / anchorage, tidal heights, wind and weather conditions.
- Entering and preparing for picking up a mooring or anchoring.
- Lunch
- 2nd Student skipper plans the passage to the evening destination.
- Sail and navigate to the evening destination and practice MOB en-route.
- Arrive at the evening's destination, moor up and tidy the boat.
- Instructors debrief on the day.
- Head ashore for evening meal.

Wednesday

- Shower and freshen up, breakfast, clean up and check weather forecast.
- Carry out anchoring exercise, sailing onto mooring buoys, MOB exercises for all.
- Lunch
- Exercises in coming alongside a pontoon.
- Sail to marina for early evening meal
- Arrive in marina and cook dinner
- Rest time in preparation for night sail
- Passage plan for the night sail, familiarisation with lights for collision regulations, buoyage and transits.
- Begin night sail

Thursday

- Shower and freshen up, breakfast, clean up and check weather forecast.
- Boat handling techniques in a confined space.
- Prepare lunch and prepare passage plan for the afternoon's sail
- Sail to evening destination, on route the instructor will demonstrate the use of electronic navigation aids, GPS and Chart plotters and will discuss AIS.
- Arrive at destination, discuss marina and mooring up etiquettes and the use of courtesy flags.
- Debrief and head ashore for evening meal

Friday

- Shower and freshen up, breakfast, clean up and check weather forecast.
- Depart and sail back to Jersey, practicing and discussing aspects covered during the course.
- Anchor in St Aubin's bay for lunch
- Return to Elizabeth marina, St Helier.
- Clean yacht, return wet weather gear, sleeping bags and pillow followed by course debrief and issue of certificates
- 1600 Course complete and depart.
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Contact details

Contact details

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