

# Go-Sail.je



## Course Information Pack



Book a Boat - Step Aboard - [Go-Sail.je](http://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

Your Start Yachting course starts at 0900 from the Albert Pier Pontoon, St Helier Jersey. Your instructor will meet you at the top of the pontoon ramp and take you down to the yacht to be used for the course.



# 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.

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 2 days you will travel around the Channel Islands or along the coast of Normandy and Brittany in northern France.

You will stay aboard in a foreign port for the night. We will 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.



Fees include the use of all the boat's facilities, mooring fees, and food; this includes breakfast and lunch. 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 course. Food on board the boat is simple (quick and easy) as space and equipment is limited. We have dinner onshore, possibly 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.

### **Breakfast**

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

### **Lunch**

- Sandwiches
- Crips
- Fruit



# What to bring

Wet weather gear can be hired for the course (Sailing Jacket and Salopettes), 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 2 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



# Example Itinerary for the Start Yachting Sailing Course

## Saturday

- Check in at the Albert Pier Pontoon aboard your yacht for the weekend
- Receive wet weather gear and sleeping bags and pillows if hired
- Stow personal equipment and familiarise yourself with spaces aboard
- Receive welcome aboard, safety briefing and outline of plan for the course
- Change and prepare appropriately for the sailing conditions
- Set sail for destination
- En route:-
  - use of winches, parts of the boat and sea terms
  - exercises in tying round turn and two half hitches knot
  - helming / steering a yacht under sail and power
  - keeping an efficient lookout
  - MOB Recovery
- Arrive at destination and carry out mooring up exercises
- Debrief on the days activities and then head ashore for evening meal

## Sunday

- Finding a weather forecast
- Prepare for setting sail for lunch
- MOB exercise
- Sailing on all points of sail
- Knots
- Return to home port
- Tidy and clean the yacht
- Debrief

Course finish at approx. 1630

# Contact details

## Contact details

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