

## 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 instructor will meet you at the top of the ramp to the Albert Pier Pontoon, St. Helier Harbour, at 0900 on the first day of your course unless otherwise agreed beforehand. Your instructor will then take you down to the boat and introduce the course and outline for the week.

# 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.



Over the course of the two days you will travel around the island of Jersey and explore its territorial waters.

You will not stay onboard the yacht overnight and will have to bring your own packed lunch each day.

During the course we will sail to different places, each place representing different challenges that you may encounter in your future sailing career.

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 one toilet aboard, however, when moored up we usually make use of the marina facilities.





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 and keeping the boat tidy.

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, local mooring fees and all of your instruction.

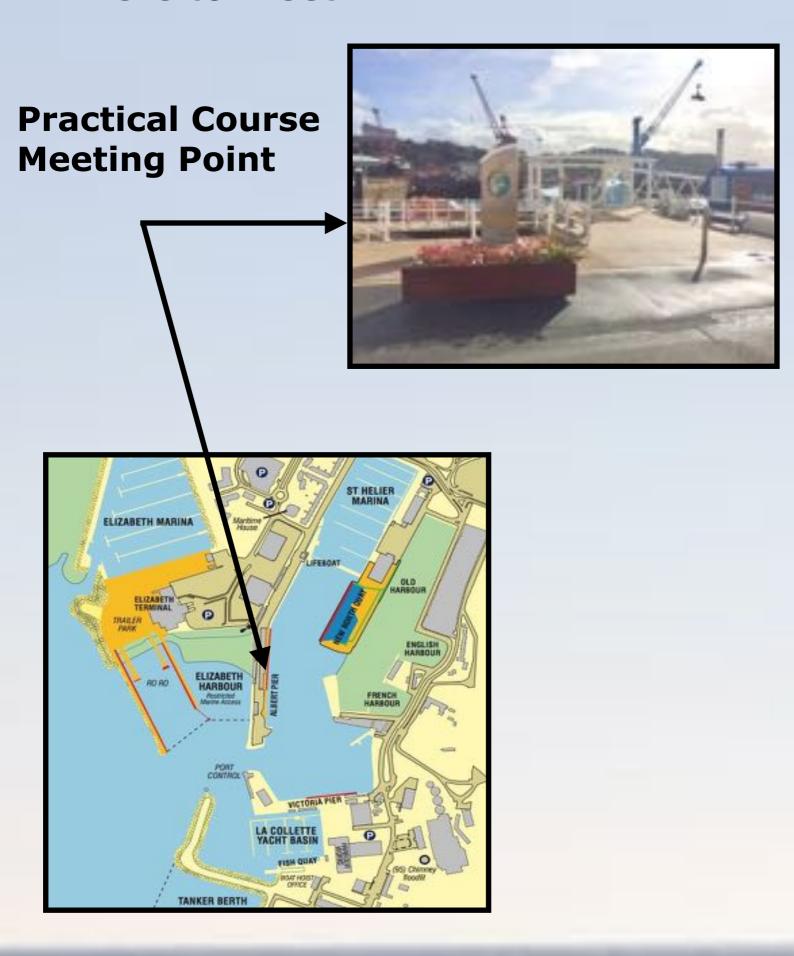
Please make sure you let your skipper know, in confidence, well in advance of any allergies and or medical conditions ie, diabetes, asthma, heart conditions.

We have a small fridge aboard the boat available to use to store your packed lunch.

## What to bring

- Sun Cream
- Sunglasses
- Hat of a type that will not blow off easily
- Sailing Waterproof outfit
- Sailing Gloves (optional)
- Sweatshirt
- Trousers and/or Shorts
- Sports Footwear an old pair of trainers is ideal (no black soles)
- Any Personal Medication wrapped in a plastic bag
- Small Torch (it could be dark when we return to harbour)
- Packed lunch
- Drink

## Where to meet



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

### **Contact Details**

#### Nigel Coxshall - RYA school Principle / Chief Instructor

t: +44 (0) 7797 792858

e: nigel@go-sail.je

#### **Suzanne Coxshall - Deputy Principle**

t: +44 (0) 7797 817574 e: <u>suzanne@go-sail.je</u>

### **Darren Stower - Cruising Instructor (Sail)**

t: +44 (0) 7797 919433



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