



START RACING

PRE COURSE INFO

The Start Racing course is for anyone aspiring to take their sailing ability to new heights. The course will teach you some basic racing rules and tactics as well as giving you an insight into starting and finishing a race and finding your way around the race course. Great for anyone with a competitive nature or anyone wanting to gain a better understanding in time to watch (and understand) the Olympics!

Course content

Starts
Basic ISAF racing rules
Tactics
Mark Rounding
Boat speed
Preparation

Facilities /equipment

During the course you will be using a variety of craft. Our fleet consists of Topaz, Taz, Topaz Race and Omega. The relevant boat will be selected to run your course

Wetsuits and buoyancy aids are provided for the duration of all courses

Tallington lakes boasts a sailing specific clean spring lake to ensure all your tuition takes place in the ideal learning environment without disturbance from our other exciting activities available on site

Please bring with you a towel and a pair of old trainers you don't mind getting wet!

Lunch

Lunch is available from our lakeside bar at competitive prices
Alternatively bring a packed lunch

Pre requisites

You must be at least 16 years old, and be enthusiastic about water sports

YOU DON'T NEED TO BE ABLE TO SWIM JUST BE WATER CONFIDENT

RYA Level 3 sailing certificate

Duration

The course is run over two days with approximately 4 hours of tuition per day.

Running times

10.00 - 12.00	Session 1
12.00 - 1.00	Lunch
1.00 - 3.00	Session 2

Cost

£150 as part of a group
£200 1:1

General

Please arrive early on the first day of your course to allow booking in and introductions to be done

The next step

Having completed your RYA Start Racing course you may hire our excellent range of sailing boats in stronger winds, if you still aspire to progress further and want to experience the thrill of sailing with a spinnaker or learn more boat handling skills, then book onto our RYA Sailing with Spinnakers or Seamanship Skills courses.



We are open 7 days a week from mid march to October from 9.30am – 6.30pm

Tallington water sports
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