



ZERO TO HERO RYA LEVEL 1 and 2 DINGHY SAILING PRE COURSE INFORMATION

The Zero to Hero course combines the RYA Level 1 and 2 courses over a three or four-day period. This course is available throughout the year at your convenience and is the fastest route to gaining a benchmark level of competence needed to get you out on the water safely with all the basic knowledge required. If you like learning in a group environment or are without a partner then please enquire about joining one of our pre set courses. A fully qualified experienced instructor will guide you through the course criteria using the RYA's tried and tested methods. At the end of the course you will receive a nationally recognised certificate of competence. After completing the course you will be able to hire any of our fleet of sailing boats. This truly is an exciting interesting course and has proven to be one of Tallington's most popular courses. Prepare to be amazed at the speed and level of progression you will achieve under our instructor's expert guidance.

Course content (everything required to get you on the water)

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|------------------------------------|---------------------------------------|
| Rigging | Tacking and Gybing (turning the boat) |
| Reaching (sailing across the wind) | Sailing up and down wind |
| Launching and recovery | Sailing across the wind |
| Theory | Capsize recovery theory |
| The five essentials | Coming alongside |
| Capsize recovery | Man overboard |



Facilities and 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 also boasts a sailing specific clean spring fed 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 (please enquire for details) 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

Duration

The course is run over three or four 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

£285 per head with 2 or more participants over 4 days
£350 1:1 over 3 days



General

Please arrive early on the first day of your course to allow time for booking in and introductions to be done. Although Tallington lakes endeavours to never cancel a course, please be aware that sessions are subject to appropriately safe weather conditions.

The next step

Having completed your RYA Level 1 and 2 sailing you can hire any of our dinghies at a competitive rate throughout the season. Alternatively why not progress to one of the 5 Advanced Modules of RYA Sailing Scheme with courses including, Seamanship Skills, Sailing with Spinnakers and Start Racing, all available at Tallington Watersports Centre.

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



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