



## RYA LEVEL 3 DINGHY SAILING

### PRE COURSE INFORMATION

The Level 3 course is designed to bridge the gap between Level 2 and the 5 advanced modules. Participants will get the opportunity to improve skills learnt during the Level 2 course and try different skills taught in the advanced modules such as partaking in races, sailing backwards and sailing with a spinnaker. It is a nationally recognised qualification.

#### Course content

Revision of Level 1 and 2 skills  
Simplified Spinnaker Work  
Interpreting Tidal Curves  
Simplified ISAF racing rules  
Simple racing, including starts

#### 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 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, swimwear 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, have a Level 2 certificate 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 two days with approximately 4 hours of tuition per day, with an hour for lunch.

#### Running times

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

#### Cost

£150 per head with 2 or more participants  
£200 1:1



#### General

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

#### The next step

Having completed your RYA Level 3 sailing you can hire any of our dinghies at a competitive rate throughout the season. Alternatively why not progress further with the RYA Sailing Scheme with courses including, Seamanship skills, Sailing with Spinnakers and Start Racing, all of which are running at Tallington Watersports Centre.



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

Tallington water sports  
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