



ISC MEMBERS WINTER TRAINING 2012



Preamble for all courses:

- Please book by calling the Sailing Secretary on **01983 249431**
- All courses have a minimum number, below which the course cannot run – avoid disappointment and book early
- All courses will take place at the ISC unless advised otherwise.
- Accommodation can be arranged at the ISC - call the admin office 01983 296621 to check availability
- Full payment must be made for you booking to be placed. Cheques payable to Island Sailing Club or payment can be made by phone with a debit or credit card.

CLUB RACE OFFICER

DURATION: 1 Day Course
PRESENTED BY: Rod Nicholls (ISC Commodore)
DATE: Choose from Sat 3rd or Tues 6th March
TIME: 0900 to 1630
COST: £30

Course provides a good grounding in Club race officer techniques. Looking specifically at the ISC set up – shoreline and race box

A Baguette Lunch is included in the price
You will need to bring: Note book and pen

RYA POWERBOAT LEVEL 2

DURATION: 2 Day Course
PRESENTED BY: Steve Dines
DATE: 10th & 11th or 24th & 25th March
TIME: 0900 to 1630
COST: £105

A course for beginners which teaches safe driving and handling skills for short day trips in a powerboat

A Baguette Lunch is included in the price
You will need to bring: Warm clothes, waterproofs and lifejacket

FIRST AID AT SEA

Rib teams & Race officers are encouraged to book

DURATION: 1 Day Course
PRESENTED BY: Barrie Harding
DATE: 5th Feb
TIME: 0900 to 1630
COST: £85

This is a one day course to provide basic first aid knowledge to help recognise and prevent some of the common problems that we encounter at sea. The course also includes training in emergency procedures where immediate action can save lives.

A Baguette Lunch is included in the price
You will need to bring: Note book, pen, 2B pencil and eraser.
 The optional First Aid book can be bought on the day (£15.00)

AN EVENING WITH THE RULES

All racers are encouraged to book

DURATION: Each Evening (includes Dinner)
PRESENTED BY: Penny Carter
Session 1: 14th January Basic Rules and Redress
Session 2: 3rd March Marks and Obstructions
TIME: Talk & Discussion at 1800. Dinner at 2000
COST: £15.00

ISC Member, International Judge and RYA Racing Rules Committee Member Penny Carter presents **An Evening with the Racing Rules of Sailing** followed by dinner at the ISC. Your questions answered and discussion welcome.

RYA VHF/DSC SHORT RANGE RADIO

DURATION: 1 Day Course
DATE: 4th Feb
TIME: 0900 to 1630
COST MEMBERS: £55

This course provides an understanding of the VHF Marine radio including the Global Maritime Distress and Safety System.

A Baguette Lunch is included

You will need to bring:
 Note book, pen, 2B pencil and eraser and your reading glasses!
 A passport photograph
Separate £30 cheque payable to "RYA" for your VHF Certificate
 Short Range Radio G22 book (£6.50) is optional, & can be bought on the day

OTHER RACE TEAM PRACTICAL SESSIONS

Results Computer	7 th March sessions from 1830hrs onwards
Mark Layers practical	0900hrs to 1630hrs On 31 st March and 1 st April
Flags	All starting at 1000hrs on 4 th March. Expected to be complete before Lunch.
Guns	
Race Recording	
Line Calling	8 th March - Centenary Room - From 1900hrs - Run by Roger Wilson
Course Setting	

If you are interested in any of these, please **contact Chris Thomas to book.**

All current and new Gun operators will need to attend the session on guns.

Chris Thomas - Sailing Secretary
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