




Sailing & Yachting



Start Yachting Course Information Terms & Conditions

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Go Sailing & Yachting

RYA Start Yachting

Course	Minimum experience	Assumed knowledge & course duration	Course content	Notes/Ability after course
Start Yachting practical course/ find out if you will enjoy cruising!	None	None weekend (2 days)	A short introduction to sail cruising for novices giving you the chance to experience steering, sail handling, ropework & safe	A Start Yachting certificate enables you to obtain a Competent Crew certificate by completing a further 2 weekends of the RYA Competent Crew course

The ICC has been teaching yacht cruising & sailing for over 50 years. Our modern yacht and experienced friendly instructors provide the ideal combination for a safe and enjoyable cruise. We look forward to welcoming new and returning visitors.

We offer RYA Practical Courses and Examinations together with opportunities for mileage building or just to try out cruising – contact us and let us know your preferences and we will find dates to suit you. The yacht may be booked by individuals or for exclusive use.

Island Spirit and crew

You will be sailing our Delphia 37 – unique to Salcombe and the first yacht of her kind registered in Great Britain. She is well equipped, comfortable and suitable for all the courses we offer and any type of non structured cruising.

There will be a maximum of 5 in the crew as well as your skipper/instructor. If you have a party of less than 5 we will try to team you up with other interested people or you may book the yacht for your exclusive use.

Your route

Starting from our converted Mersey ferry the 'Egremont' based in the beautiful Salcombe estuary your route will depend on the wind and the tide and may include ports along the south Devon and Cornwall coast from Exmouth to Falmouth.

For those not completing an RYA course you may visit Guernsey, explore some of the smaller Channel Islands or even go across to France – so don't forget your passport!

Included in the price

All your tuition, the boat, food on board, safety harness and life jacket are included in the cost of your trip. Sleeping bags and pillows are provided for each member of the crew but you may bring your own if you wish.

PRICES for 2010

2 day weekend sail/course £240 per person (arrive Friday evening)

5 day Monday – Friday sail/course £480 per person (arrive Sunday evening)

Go Yachting DATES for 2010

2 day weekend courses and 5 day weekday courses start on **February 28th 2010**.

Important information, terms & conditions.

Payment

A non refundable deposit of 25% is payable at the time of booking (please see note about insurance)
The balance is due 2 months before the start of your holiday

Arrival and Departure

Arrival time is 5.30pm on the evening before you sail
Departure time is 3pm on the last day of your course (weather dependent)

Car Parking

Directions to the long stay car park are in the general information booklet. It is 'pay & display' so you will need to bring sufficient coins - the current cost is £5.90 per day and we suggest you leave a note stating that you are sailing with the ICC
Weekly car parking tickets can be purchased from the office

Cancellation & Insurance

Holiday cancellation and travel insurance is **not** included in the cost of your course/sailing. Personal effects are only covered to the value of £199

We strongly advise that you take out your own holiday and travel insurance

Meals

All your meals will be taken on board the yacht and the cost of the food for these is included in the price of your course

Three meals a day are provided on board and tea coffee and squash are available at all times.
Sometimes if the yacht is in port the crew may decide to eat ashore – if this happens crew members are responsible for the cost of their own food.
We are happy to cater for special diets but please advise when booking

Health and fitness

Any form of sailing can be relatively strenuous. It is essential that when you book you advise us of any medical conditions such as physical disability, asthma, epilepsy, diabetes, heart/lung conditions. We must also be advised of any medication you are taking. All such information will be treated with the strictest confidence and your yacht skipper will be made aware for your safety.

Log books and Certificates

Please bring your RYA Logbook with you.

RYA Log books are available to purchase from us

In addition for those taking **Coastal Skipper or Yachtmaster Offshore examinations** please bring your VHF Radio Operators Certificate or Short Range Certificate, First Aid Certificate and a recent passport photo.

You will need to pay the examiner direct when he/she boards the yacht

Pre Course reading

RYA publish excellent books for their courses. These provide a sound basis for understanding what you will be taught on the course. The books are on board Island Spirit but some clients have found it beneficial to study them prior to the course.

Safety at sea

You will be given a full safety briefing by your skipper soon after arrival. The briefing will cover all aspects of safety and the use of facilities on board.
A safety harness and life jacket is provided for each crew member but if you prefer to bring your own please do. All yachts have a current MCA safety certificate.

You need to bring

Passport – this is **essential** as we are unable to refund any money should a booking have to be cancelled as a result of failure to bring your passport or the appropriate visa
Evidence of EU health insurance is also advised.

Full waterproofs

These must be strong enough to stand up to cruising conditions. You need a jacket with a hood and a pair of trousers (both **waterproof** as opposed to shower proof)

Please note: sailing waterproofs are available for hire from the ICC and should be paid for at the time of booking

Warm clothing

Remember it is colder at sea than on land and it can be very cold on night watch even in high summer. Non slip shoes and Wellington type boots (not black soled) are essential
There will be little or no chance of visiting a laundry so please bring plenty of clothes.

Sunscreen

Protection from the sun is essential. The sun is very strong at sea and can attack from both the sky and reflection from the water.

Seasickness tablets

If you think you may suffer from sea sickness it is worth visiting your chemist for advice as there are a range of specialist products available.

Toiletries and Personal items

These should include soap and towels. A small torch is useful though there are emergency torches on board.

Euros

You may wish to bring some euros if travelling to France though sterling notes can be changed in most ports

Luggage

We suggest you pack luggage in soft bags as stowage space is limited on the yacht

Emergency Contact

Please ensure your relatives have our emergency contact details which are:

01548 531176 (office hours)

01548 531775 (Out of office hours)