



CBC Training Request Form



Please indicate below the training courses you are interested in, ranked in order of priority starting from 1. Some brief information about the individual modules is provided below; further details about specific RYA modules are available on the RYA website at www.ryatraining.org/leisure/dinghymultikeel/Pages/dinghiesmultihullskeelboatsintro.aspx, or contact the Training Officer. Please print your contact details legibly then return the form to the Training Officer, c/o Cramond Boat Club, Riverside, Edinburgh, EH4 6H7. Alternatively, deposit the form in the envelope provided on the Training noticeboard at the clubhouse or email it to training@cramondboatclub.org.uk.

Your Name: **Date of birth (if under 18):**

Email: **Phone:**

Module Name	Rank	Module Summary	Duration	Recommended Previous Experience
Youth Sailing (under 16)		4 stages from basic on-water skills through to sailing theory	2 days per stage	None required, age 8 upwards Please state Stage already reached:
Start Sailing/Basic (L1/2)		Introduction to sailing techniques and manoeuvres, rigging, launching, safety, capsize recovery & basic rules of the road	4 days	None required, minimum age 12, ideally age 16+
Sailing with Spinnakers		Theory & practice of using asymmetric or symmetric kites	2 days	Level 2
Start Racing		Introduction to club racing – start sequences, tactics etc.	2 days	Level 2
Day Sailing		Learn basics of competent passage planning and pilotage, enabling safe execution of short cruises in dinghy or keelboat	2 days	Level 2
Performance Sailing		Coaching to sail faster & more efficiently in all conditions	2 days	Competent boat handling, at least 1 season after L2
Seamanship		Improve boat handling skills, gain confidence in testing conditions, learn to handle a wide range of situations afloat	2 days	Competent boat handling, at least 1 season after L2
Powerboat Level 1/2		Boat driving skills required for basic competence	2 days	None required, minimum age 12
Safety Boat		Develop escort/rescue skills for dinghies/windsurfers/canoes	2 days	Powerboat Level 2, competent handling, min. age 16
Assistant Instructor		Training to assist Dinghy Instructors teach up to RYA Level 2	20 hrs	Competent small boat sailor
First Aid		First aid course tailored to boating scenarios	1 day	None required
Moorings Seminar (non-RYA)		Informal theoretical & practical sessions on laying moorings on the Almond and tips for picking up and leaving moorings	2x2 hrs	Some experience of helming keelboats useful but not essential

Note: Modules are generally run at weekends, although some theory elements may be taught on weekday evenings.