

NORTHSIDE SAILING SCHOOL

at Middle Harbour Skiff Club

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THINGS TO BRING TO A SAILING LESSON

Season 08/09

ADULT SAILING ACTIVITIES



GEAR BAG

Students bags can be left in the office during the lessons. This can be a busy place at times and unfortunately we do not have lockers available, however, if there is no one in the office it remains locked up. We recommend you use a bag that can be closed, and don't bring any valuables. Bring a **plastic bag** to carry your wet clothes home in.

CLOTHING & GENERAL COMMENTS

Dinghy sailing is essentially a swimming activity and you will be getting wet as part of every lesson. Remember that it is often considerably cooler out in the breeze while afloat than on shore. You should bring a warm dry **change of clothes** to put on after a hot shower at the end of your lesson. If you have a **wetsuit**, you should bring it along, however you should also bring alternative clothes for summer lessons.

CLOTHING – TOP HALF

A **hat and glasses** are essential, a retaining strap for both is a good idea. If you wear prescription glasses you must wear a strap to prevent loss overboard or during capsize drills.

A **shirt** or **wetsuit** is required for sun protection. A **t-shirt** or **rash shirt** is suitable provided your shoulders are covered. Short or long sleeves are okay, but sleeveless shirts do not provide protection for a day in the sun.

Warm top It is usually much cooler out on the water than on shore and even on warm days some extra warm clothing may be needed. An old **polar fleece jumper** or **woollen jumper** is ideal as water will drain quickly out so it retains heat even when wet. Tracksuit tops, hoodies and cotton clothing are not so good as they tend to hold water making them heavy and cold. A light **wind jacket** is also useful to reduce wind chill.

CLOTHING – BOTTOM HALF

Sailing involves a lot of sliding around, so **shorts** are essential to provide protection. These do not need to be special swim shorts, which are generally not very durable. Brief **swim costumes** are not suitable but can be worn underneath shorts. If you need to wear long pants for sun protection, they should be light (not jeans) but please bear in mind that once they get wet you will get cold.

FOOTWEAR

Secure fitting foot wear is recommended to provide protection from sharp objects on the boat and on the beaches. Thongs and crocs are not suitable as they tend to fall off and float away.

WET WEATHER GEAR

Our lessons **go ahead** even on wet days, however while dinghy sailing you will be getting wet anyway, so rain does not really make a difference. A **light weight wind jacket** or **wetsuit** will double up as wet weather gear. Please do not wear heavy yacht wet weather gear as this is cumbersome and potentially dangerous for small boat sailing.

SUNCREAM

Apply **high factor suncream** at home, then re-apply it before your lessons. There is not much shelter from the sun while sailing, so you will have to rely on your clothing and suncream for protection.

FOOD & DRINK

Our dinghy lessons are short enough that you do not need to carry food or drinks. **Drinks and snack foods** are available in our office before and after your lessons, and there are a number of food outlets nearby. **If you need to carry food, drink or medications for medical reasons, please discuss this with your instructor at the start of the lesson.**

POST-SAILING REFRESHMENTS

We operate our adult lessons from the Middle Harbour Skiff Club, which is a friendly club with a pleasant bar that has a balcony looking out over the water. Visitors are more than welcome, and it is a great place to relax after your lesson over a beer wine or coffee, or a meal at the bistro. The bistro is open for lunch and for dinner from 6pm.