



# Sailing and Windsurfing



## Getting Started

Sailing and windsurfing are two great sports for getting you active and out into the fresh air. It's also more than just a sport- it's a lifestyle offering you long term involvement and fulfilment, encompassing people from all ages and walks of life. With the right tuition you'll have great fun.

[www.rya.org.uk/STARTBOATING/Pages/default.aspx](http://www.rya.org.uk/STARTBOATING/Pages/default.aspx)

No matter what your age or experience, there is a course for you. It won't cost you a fortune, and there's an RYA training centre near you where you can get started.

[www.rya.org.uk/wheresmynearest/Pages/WheresMyNearest.aspx](http://www.rya.org.uk/wheresmynearest/Pages/WheresMyNearest.aspx)



RYA Recognised Training Centres are approved to run RYA Training Courses. They are inspected annually to ensure they are maintaining high standards of instruction, safety and equipment. Only those centres are allowed to display our tick mark logo, which you should look for when deciding where to take an RYA Training Course.

## Already hooked on sailing?

Then it's probably time to join a local club, where you can enjoy the social side of the sport too, making friends and improving your skills on the water with other enthusiastic sailors.

There are hundreds of RYA affiliated sailing and windsurfing clubs around the country, and whether you live in a city, on the coast or in the countryside, there will be one that's local to you.

[www.rya.org.uk/wheresmynearest/Pages/WheresMyNearest.aspx](http://www.rya.org.uk/wheresmynearest/Pages/WheresMyNearest.aspx)

## Open Days

Sailings clubs often host open days to provide people with the opportunity to try sailing and windsurfing and to see the benefits of becoming a club member. The clubs have an opportunity to advertise their open days on the RYA website. Check to see if there is a club near you hosting an open day.

[www.rya.org.uk/newsevents/events/club-open-days/Pages/OpenDays.aspx](http://www.rya.org.uk/newsevents/events/club-open-days/Pages/OpenDays.aspx)

## Share your knowledge and skills- become an instructor or coach

Teaching sailing or windsurfing can be a rewarding and challenging career or hobby. The RYA instructor training schemes are progressive- you can develop your skills and qualifications at your own pace by taking endorsement courses, working towards senior Instructor level and in the case of sailing, ultimately becoming a Coach/Assessor.

[www.rya.org.uk/coursestraining/Pages/default.aspx](http://www.rya.org.uk/coursestraining/Pages/default.aspx)

## Try Volunteering!

A great way of getting involved with sailing and windsurfing is to volunteer at your local club. Volunteering can:

- Allow you to learn more about the sports
- Enable you to help others
- Share your skills
- Make new friends
- Take a new direction in life

The RYA is the UK's national association for all forms of recreational and competitive boating, representing sailing, motorcruising, sportsboats, windsurfing, inland boating, powerboat racing and personal watercraft. It coordinates competition and/ or development. For further details visit [www.rya.org.uk](http://www.rya.org.uk)

Contact the Regional Development Officer for your region:

[www.rya.org.uk/contactus/telephone/Pages/RegionalContacts.aspx](http://www.rya.org.uk/contactus/telephone/Pages/RegionalContacts.aspx)

Photo's credited to RYA/ Paul Wyeth