



TRAINING COURSES

2026



TRAINING

at Sussex Yacht Club



Sussex Yacht Club has been a RYA Recognised Teaching Centre for over thirty years. All courses offered are internationally recognised and follow guidelines set down by the national body for our sport.

Our facilities are ideally suited to teaching beginners of all ages to enjoy boating with the benefit of Southwick, with its protected non-tidal waters and Shoreham, which enables direct access to the sea. The Club has a variety of sailing craft ranging from Sonas to Oppies.

The power boating courses are run using a variety of craft such as RIBS and Dories, with both wheel and tiller steering.

The variety of courses we offer can be found on the following pages.

For specific details keep an eye on the website.

Please come and join us and take the opportunity to learn new skills or pass them on in a friendly Club atmosphere.

Details of all courses are available on our website: www.sussexyachtclub.org.uk.

Online course booking is available on our website, full payment is required at the time of booking.

If you have any queries, please contact Paula on 01273 464868 or e-mail: training@sussexyachtclub.org.uk.

Kevin Headon
Training Principal





Table of CONTENTS

01	Beginners sailing level 1 & 2
03	Beginners sailing level 3
04	Powerboat level 2
05	Safety Boat
06	Young sailors course
07	Day skipper theory
09	Coastal skipper and yachtmaster theory
11	First aid at sea
12	SRC / VHF
13	Astro navigation
14	Radar
16	Application forms and conditions



SHARE
THE
PASSION

Beginners sailing RYA levels 1 & 2

These two-day sailing courses cater for both adults and children 16 and over. Whether you are a complete beginner or have attended a taster session you can develop your skills with these courses.

At the end of these courses, you should be able to sail safely and independently in light conditions, and subject to suitable progress, you should obtain your RYA Level 1 or 2 certificate. The syllabus will include helming (steering) and crewing a dinghy on all points of sailing, rigging, launching and recovery, approaching jetties up and down wind, man overboard.



Beginners sailing RYA level 1 (keelboat)

This two day course is for beginners who have done little or no sailing before. It is the first part of the RYA training scheme and its aim is to provide basic boat handling techniques and essential background knowledge. By the end of the course you will be able to sail safely under supervision.

Course dates
9th & 10th May 2026
6th & 7th June 2026
18th & 19th July 2026
12th & 13th September 2026

Pre Course Experience: None Required
Duration: 2 days
Times: 09:00-17:00
Price: Members: £210
Non-Members: £290

Beginners sailing RYA level 2 (keelboat)

Course dates
16th & 17th May 2026
13th & 14th June 2026
25th & 26th July 2026
19th & 20th September 2026

This is the second part of the RYA training scheme and is for those who have completed RYA level 1, or have equivalent experience. Its aim is to consolidate your basic knowledge of sailing and develop an awareness of safety. By the end of the course you will be capable of sailing without an instructor on board in light winds.

Pre Course Experience: level 1 or equivalent experience
Duration: 2 days
Times: 09:00-17:00
Price: Members: £210
Non-Members: £290

*There is a discount if both courses are booked together:
Members £360 | Non-Members £515*

Under 18's: All participants under 18 must be members before attending the course. Course fee will be £130 and Cadet Membership at the current rate of £54.00

Improving sailing RYA level 3 (keelboat)

This is the third part of the RYA training scheme and is for those who have completed RYA level 2 and had a season actively sailing or have equivalent experience. Its aim is to enhance your skills and develop your techniques with a range of tasters from the advanced modules. After the course you will be more confident in sailing skills and techniques and ready to progress onto the advanced modules.

Pre Course Experience:	Level 2 or equivalent experience + 1 years sailing
Duration:	2 days
Times:	09:00-17:00
Course dates:	3rd & 4th October 2026
Price:	Members: £210 Non-Members: £290



RYA Powerboat level 2 course

This course is an introduction to power boating and is run using the club safety craft. It is aimed at complete beginners and by the end of the course you will have covered all practical and theory requirements to safely pilot a powerboat in protected waters. You will get the opportunity to learn skills both on a variety of craft. Subject to suitable progress you will gain your powerboat level two (tidal endorsement) which enables you to apply to the RYA for your ICC (International Certificate of Competence). This is a requirement to use power craft in Europe.

Pre Course Experience:	None required
Duration:	2 days
Times:	09:00-18:00
Price:	Members: £290 Non-Members: £400 U18's: £155 (please see below)

Course dates

21st & 22nd March 2026

11th & 12th April 2026

23rd & 24th May 2026

30th & 31st May 2026

27th & 28th June 2026

15th & 16th August 2026

5th & 6th September 2026

26th & 27th September 2026

17th & 18th October 2026



Under 18's (minimum age 16)

*All participants under 18 must be members before attending the course.
Course fee will be £155 and Cadet Membership at the current rate of £54*

RYA Safety boat course

This is a weekend course for the experienced powerboat handler who provides safety cover for water sports activities. Training covers rescue techniques for dinghies, canoes and windsurfers leading to the RYA Safety Boat Certificate. The RYA Powerboat Level 2 Qualification or an equivalent is a prerequisite, preferably with a further season's experience. This course is being put on primarily for existing safety boat crews to upgrade the quality of safety boat cover for SYC dinghy racing and Sailability training, and these skippers will be given priority in booking for this course

Pre Course Experience:	RYA Powerboat level 2
Duration:	2 days
Times:	09:00-18:00
Course dates:	4 th & 5 th July 2026
Price:	Members: £290 (to be returned after 6 logged duties) Non-Members: £400





RYA Young sailors course

The RYA Young Sailors Scheme has been developed to encourage young people to learn to sail in stages within a sound framework of safety and tuition. No time limits are given for the different stages, as children learn at very different rates, according to their age and enthusiasm. With each of the stages expressed in terms of competencies, it gives instructors the flexibility to sign off each part of the syllabus as competence in that skill is demonstrated. Nobody can fail – they may just need a little more time and experience. Certificates are not awarded simply for attending a course. If your child falls into this category, we do not want them to feel they have failed in any way. Our aims are to ensure they will have had a lot of fun, learn a great deal and want to continue sailing in the future.

Stage 1

Aged 8+ The syllabus for this stage will be covered in the first two days of the course. You should be able to launch a dinghy and get under way, steer and turn a dinghy when sailing, tie figure of eight knots, be happy in the water wearing personal buoyancy.

Stage 2

Aged 8+ This three day course follows on from stage 1 and will develop your sailing skills along the syllabus as found in RYA Young Sailors Logbook G11. Pre-requisite is stage 1 or other suitable experience.

Stage 3 & 4

Aged 11+ This course will move further on with the RYA Start Sailing syllabus, covering the stages 3 and 4 as appropriate to each individual. By the end we hope to have everyone confidently sailing a dinghy in light wind conditions. Stage 3 will be in single handers with stage 4 moving to double handers introducing the skills of crewing. It is unlikely that stage 3 and 4 will be achievable in one week. If your aim is to get both certificates, repeating this course would be the way forward.

All these courses are run simultaneously during our Young Sailors' Week in the summer. The minimum age for this course is 8 years old. All participants must become cadet members at a cost of £54.

Pre Course Experience:	None required
Duration:	5 days
Times:	09:30 -17:00
Course dates:	10th - 14th August 2026
Price:	£315

RYA Day skipper theory

A comprehensive introduction to chart work, navigation and the basics of seamanship. This is an elementary course, suitable for beginners and people with little experience. You will find this course invaluable if you want to learn how to start making decisions on board and if you are considering taking the Day Skipper practical course.

The course includes exercises, which will mostly be done as homework – you should allow sufficient time for this. There are also 2 assessment papers to be sat during the course.

As you will be based in the Yacht Club, you will meet like-minded Club Members whose passion is boating. Many skippers are looking for crew to club race and rallying and if you become a Member you can join the Crew Register and get an opportunity to sail on these craft.

The course fee includes all training materials from the RYA. However, you will require your own plotting equipment – a Breton/Portland or Parallel Rules and a set of Dividers. You can either purchase these from a local chandler, or given at least a week's notice ahead of your course commencing, may be ordered through Sussex Yacht Club.



Pre Course Experience:	None required
Course duration:	40 hours plus 2 exams
Times:	5 x Sundays (09:00-17:00)
Price:	Members: £365 Non-Members: £515

**Course dates
to be advised**

RYA Day skipper course syllabus

Nautical terms

- Parts of a boat and hull
- General nautical terminology

Ropework

- Knowledge of the properties of synthetic ropes in common use

Anchorwork

- Characteristics of different types of anchor
- Considerations to be taken into account when anchoring

Safety

- Knowledge of the safety equipment to be carried, its stowage and use (see RYA Boat Safety Handbook C8)
- Fire precautions and fire fighting
- Use of personal safety equipment, harnesses and lifejackets
- Ability to send a distress signal by VHF radiotelephone
- Basic knowledge of rescue procedures including helicopter rescue

International regulations for preventing collisions at sea

- Steering and sailing rules (5,7,8,9,10 and 12-19)
- General rules (all other rules)

Definition of position, course and speed Latitude and longitude

- Knowledge of standard navigational terms
- True bearings and courses
- The nautical mile

Navigational charts and publications

- Information shown on charts, chart symbols and representation of direction and distance
- Navigational publications in common use
- Chart correction

Navigational drawing instruments

- Use of parallel rules, dividers and proprietary plotting instruments

Compass

- Application of variation
- Awareness of deviation and its causes
- Use of hand-bearing compass

Chartwork

- Dead reckoning and estimated position, including an awareness of leeway
- Techniques of visual fixing
- Satellite-derived positions
- Use of waypoints to fix position
- Course to steer

Recommended Reading

- RYA Navigation – Author: Tim Bartlett – ISBN 090150193X
- RYA Weather – Author: Chris Tibbs – ISBN 0901501956
- Small Boat Guide to the Rules of the Road – Author: John Mellow – ISBN 0906754542

RYA Coastal skipper and yachtmaster theory

This is an advanced classroom based course in navigation and meteorology for candidates for the Coastal Skipper and Yacht master Offshore Certificate. The syllabus makes some provisions for the revision of subjects in the Day Skipper Course but those who have not acquired the knowledge set out in the Day Skipper Course are unlikely to be able to assimilate all the subjects covered in this advanced course in the time available. On successful completion of the course, you will have sufficient background knowledge to skipper a yacht on coastal passages by day and night.

As you will be based in the Yacht Club, you will meet like minded Club Members whose passion is boating. Many skippers are looking for crew to club race and rallying and if you become a Member you can join the crew register and get an opportunity to sail on these craft.

An advanced course in navigation and meteorology for the Coastal Skipper and Yachtmaster Offshore Shorebased Certificate.

Recommended Reading

RYA Navigation – Author: Tim Bartlett – ISBN 090150193X

RYA Weather – Author: Chris Tibb – ISBN 0901501956

Small Boat Guide to the Rules of the Road – Author: John Mellor – ISBN 0906754542

Pre Course Experience: Day Skipper shorebased course
Course duration: 48 hours plus 3 exams
Times: 6 x Saturdays (09:00-17:00)
Price: Members: £430
Non-Members: £590

**Course dates
to be advised**



Course syllabus

Position

- Dead reckoning and estimated position
- Satellite-derived position
- Use of waypoints to fix position
- Radar fixes
- Techniques of visual fixing
- Fixes using a mixture of position lines
- Relative accuracy of different methods of position fixing
- Areas of uncertainty

The Magnetic Compass

- Allowance for variation
- Change of variation with time and position
- Causes of deviation
- Swing for deviation (but not correction)
- Allowance for deviation
- Different types of compass

Tides

- Causes of tides – Springs and Neaps
- Tide tables – sources
- Tidal levels and datum
- Standard and secondary ports
- Tidal anomalies (Solent, etc)

Tidal Streams

- Sources of tidal information
- Tidal stream information in sailing directions and Yachtsmen's Almanacs
- Allowance for tidal streams in computing a course to steer
- Tide rips, overfalls and races
- Tidal observation buoys, beacons etc

Lights

- Characteristics
- Ranges – visual, luminous and nominal
- Rising and dipping distances
- Light lists

Pilotage

- Harbour regulations and control signals
- Methods of pre-planning
- Clearing lines
- Use of soundings
- Transits and leading lines

GPS and Chart Plotters

- Principles of operation and limitations of use
- Raster and vector charts
- Datum
- Importance of confirmation of position by an independent source and keeping a separate record of position
- Importance of paper charts

Buoyage

- IALA system buoyage in Region A
- Limitations of buoys as navigational aids

Echo Sounders

- Principles of operation and limitations of use

Logs (speed and distance measuring)

- Principles of operation and limitations of use

Deck Log

- Importance of log as yacht's official document
- Layout of log, hourly and occasional entries

Meteorology

- Basic terms, the Beaufort scale
- Air masses, cloud types
- Weather patterns associated with pressure and frontal systems
- Sources of weather forecasts
- Ability to interpret a shipping forecast, weatherfax and weather satellite information
- Land and sea breezes
- Sea fog
- Use of a barometer as a forecasting aid

Rule of the Road

- A sound knowledge of the International Regulations for Preventing Collisions at Sea, except Annexes 1 & 3

Safety at Sea

- Personal safety, use of lifejackets, safety harnesses and lifelines
- Fire prevention and fire fighting
- Distress signals
- Coastguard and Boat Safety Scheme
- Preparation for heavy weather
- Liferafts and helicopter rescue
- Understanding of capabilities of vessel and basic knowledge of stability

Navigation in Restricted Visibility

- Precautions to be taken in fog
- Limitations to safe navigation imposed by fog
- Navigation strategy in poor visibility

Passage Planning

- Preparation of charts and notebook for route planning and making, and use at sea
- Customs regulations as they apply to yachts
- Routine for navigating in coastal waters
- Strategy for course laying
- Use of waypoints and routes
- Use of weather forecast information for passage planning strategy
- Sources of local and national regulations

Marine Environment

- Responsibility to minimise pollution and protect the marine environment

RYA First aid at sea

The course is designed to provide a working knowledge of first aid for skippers of small craft working within 60 miles of a safe haven. The syllabus is based on the recommendations of the Health and Safety Executive and the Department of Transport. Upon successful completion of the course an RYA First Aid Certificate is issued valid for 3 years. This certificate fulfils the requirements of the Department of Transport Code of Practice for Small Commercial Vessels in area category 2, 3 & 4

Course cost includes First Aid Book



Pre Course Experience:	None required
Course duration:	1 day
Times:	09:00-16:30
Price:	Members: £95 Non-Members: £115

Course dates

Sat 21st February 2026

Sun 12th April 2026

Sat 30th May 2026

Sun 19th July 2026

Sat 5th September 2026

Sun 25th October 2026

RYA Marine Radio SRC Course & Exam

This course covers VHF communications, radio equipment, GMDSS operation and procedures and VHF procedures and regulations. There is a written test and a practical test on voice procedures, operation of a DSC controller and VHF Marine Band regulations in the GMDSS, with particular emphasis on distress and urgency procedures.

When you pass the Assessments the Certificate is administered and issued by the RYA. The actual Certificate is usually sent to you within 4 weeks of attending the course.

Course cost includes the course book (G31) which will be sent to you prior to the course date.

An exam fee of £76 per person is payable directly to the RYA prior to the course date.

Pre Course Experience:	None required
Course duration:	1 day
Times:	08:45-18:30
Price:	Members: £135 Non-Members: £160

Course dates

Sun 8th March 2026

Sun 29th March 2026

Sun 26th April 2026

Sat 13th June 2026

Sun 26th July 2026

Sat 12th September 2026

Sun 18th October 2026



Astro Navigation

This course is for students interested in the sextant and how to use it for navigation at sea. Students will need some basic navigation skills such as those from the RYA Day Skipper Course and be able to plot latitude and longitude and measure bearing and distance on a chart. Some simple arithmetic and chartwork will be used. The course will be partly classroom theory and partly practical sessions on a public beach a short walk away.

What the course covers:

- The sextant: how it works, how to check for errors and how to use it to measure angles.
- Measured angles for coastal navigation.
- Terrestrial and celestial objects.
- The nautical almanac and sight reduction tables (AP3270)
- How to prepare a "sight" and work out a position line.

By the end of the course students should be able to check a sextant for errors, make various measurements and use the results to determine a position line at sea. Some students may go on to the RYA Yachtmaster Ocean course or continue self-study to practice and better understand the sextant.

Pre Course Experience:	None required
Course duration:	1 day
Times:	09:00-17:00
Course dates:	Sat 23rd May 2026
Price:	Members: £135 Non-Members: £160



RYA Radar course

Radar is an invaluable aid for navigation and collision avoidance but it is most useful in the hands of a knowledgeable operator. This is a one-day course popular with those on both sailing and motorboats.

Sailing and motor yachts increasingly have radar on board, and the aim of this course is to teach students to use small boat radar to assist in navigation, pilotage and avoiding collision.

The course concentrates on getting a picture and how to best interpret it. Content includes: how it works (simplified), using the controls, understanding the screen, getting the best picture, avoiding collision, pilotage, navigation, radar reflectors and radar beacons.

The course is taught with the aid of radar simulator programs which allow for students to practice on exercises during the day. No previous experience with radar is needed, and those with radar already will be able to apply the course ideas to their own equipment. As with all courses, some prior reading will be an advantage, and a number of books including the RYA "Introduction to Radar" are available through SYC, chandlers and other suppliers.

Course Objective:

After the course you should have sufficient knowledge, that with practice, you will be able to use the radar to help with collision risk assessment and navigation in reduced visibility. An RYA Radar course completion certificate will be issued at the end of the course

Pre Course Experience:	None required
Course duration:	1 day
Times:	09:00-17:00
Course dates:	Sun 12th July 2026
Price:	Members: £135 Non-Members: £160





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Fax: 01273 464217
Members' Bar: 01273 453717
Members' Restaurant: 01273 441190
Web Site: www.sussexyachtclub.org.uk
E-mail: secretary@sussexyachtclub.org.uk

Course Required:

APPLICATION FOR RYA TRAINING

Course Title: _____

Course Date: _____ Course Cost: _____

Participant Information:

Title: _____ First Name: _____ Surname: _____

Are you an SYC Member: YES/NO _____ Date of Birth: _____

Address: _____

_____ Post Code: _____

Home Tel N°: _____ Work: _____

Mobile: _____ E-mail: _____

Sailing / Boating Experience (if any):

Health Declaration – Please give information about any current medical treatment, illness or medical condition (eg. Asthma, Epilepsy, Diabetes or Hearing Condition). If none, please write "None".

Participant's Next of Kin: _____ Contact Number: _____

DECLARATION - I acknowledge that although every care will be taken by instructors and helpers, the Sussex Yacht Club and its instructors and helpers will not be held responsible for accidents.

I have read and agreed to the booking conditions (see reverse of form). If the participant is under 18 years of age, this must be signed by the parent or legal guardian.

Signed: _____ Date: _____

I enclose course fee for: £_____, have completed the Credit Card Form below or paid directly into the Sussex Yacht Club bank account Sort Code 40-41-28, Account No.71326376 to cover fees:

Card Number:

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Expiry Date:

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Start Date:

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Issue N° (Switch Only):

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CVV N° _____ (last 3 digits of the number on the signature strip)

Under the current Data Protection Act 1998 and GDPR May 2018 please note that SYC will hold details given on this form but will not divulge such information to any third party who is not an officer or representative of the club responsible for training.

The purpose of holding such information is to ensure the safety of all participants in training activities.

Booking Terms & Conditions for Training Courses

Applications:

Please send applications as soon as possible on the booking form provided. Many of the courses have limited numbers, so you are advised to check availability with the Yacht Club office. Bookings will be acknowledged in writing. Joining details will be sent two weeks before commencement of the course.

Cancellation:

If you cancel, please let the Yacht Club office know as early as possible and confirm in writing the same day. The following refunds will be made:

Cancellations made more than 30 days before the start of the course:

- Full refund less £25 or 50% of the course fee, whichever is smaller.
- No refund will be given for cancellations made less than 14 days before the start of the course.

The Club reserves the right to:

- Cancel a course, should the numbers fail to reach a viable minimum number. A transfer or full refund will be made.
- Request that a participant who does not meet the course criteria to withdraw.

Transfers:

- We understand that in exceptional circumstances, you may need to postpone your course. We will transfer your booking to an alternative date with the following administration charges being made; First transfer – Free. Further transfers - £30. The Club reserves the right to request that you attend on an under subscribed course thereby not taking a place that could otherwise be sold for its full value.

Physical Fitness:

Many of our courses can be physically demanding and you should ensure that you have an adequate level of fitness for the activities to be undertaken. If you have a medical problem, eg. epilepsy, heart condition etc, you are strongly advised to check with both your doctor before booking. Should you suffer from any disability please disclose its nature with your application.

It is recommended that all candidates for waterborne activities should be able to swim 50 metres in light clothing. All course members must comply with safety regulations and instructions of the training staff.

Fees:

Fees for all our courses are payable in full unless otherwise indicated. The course fees in this brochure are correct at the time of publication, but may be subject to change.

Clothing and Specialist Equipment:

The Club provides all the specialist equipment, personal equipment may be used if deemed suitable by the course leader.

Own Boat Tuition

When the training is given on a craft supplied by the applicant the applicant remains responsible for this craft and the provision of adequate insurance. The Instructor has the right to cancel at the applicant's cost if the craft does not meet the requirements of the training to be carried out. (Contact Training Principle for specific requirements)







SUSSEX YACHT CLUB

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www.sussexyachtclub.org.uk