

Thank you for signing up with Simply Sailing. To ensure you get the most out of your upcoming course, please read the following information carefully including any attached files.

Sailing Class Location & Time

Most of our courses will leave from Lynnwood Marina (occasionally Coal Harbour or Granville Island). You will get an email confirming the exact boat location including a map. The course starts at 4:00 pm on the first day and ends at 5:00 pm on the last day.

The evening before sailing you will get to know the boat, your crew and you will review the navigation plan with the instructor.

Course Material

Course book: Sail Canada has created the "Student Notes" manual for the *Intermediate Cruising Standard*. You will receive a link to download the book at sign up and a hard copy at the first day of the course.

IMPORTANT: *It is strongly recommended you read the course book. This will greatly enhance your course experience. You will be tired after a day on the water and don't want to spend all evening having to study the book.*

Please review the Basic Coastal Navigation knowledge:

Chart symbols, aids to navigation, review of tide & current tables, taking a fix, pilotage & danger bearings, lay off a course & dead reckoning navigation. Due to the amount of material covered in this course, there will not be much time to acquire this knowledge during the course.

Certification

Upon successful completion of the course you will receive the *Intermediate Cruising Standard*. During the course there will be a written exam. This will cover the topics listed under "Ashore Knowledge" (see "Course Curriculum"). There is no on-water practical exam. However, it is expected that you will be able to demonstrate the afloat skills confidently as described under "Afloat Skills" (see "Course Curriculum").

Terms & conditions

Please refer to our website for terms & conditions such as payment, cancellation policy, missed classes and other important information. These terms may change from time to time without notice.

Living on a Boat

Sleeping

Please bring a sleeping bag, pillow & a towel. We can provide a sleeping bag & pillow for \$50. Pillow only \$30, sleeping bag only \$30. You will need to inform the school if you require either before the course.

Showers

There is a head (toilet & sink) on the boat. Due to the limited water resources, showering is done at marinas. For this reason we stop at a marina twice during the trip where shower facilities are available. Please bring your own towel and a few loonies for showers.

Baggage

A small duffel bag works best. No suitcases please. They take up too much space and are not easy to store. Pack light.

Meals

Meals and non-alcoholic beverages are provided. We will have a hearty breakfast, light lunch and dinner on the boat. Snacks, fruits and hot/cold drinks are available during the day. We usually spend one night at a pub in a marina. Dinner at the first day of the course will also be off the boat in a nearby pub or restaurant. Meals ashore are not included in the course price.

If you have any dietary restrictions please advise us in advance and we will do our best to accommodate your needs. However, it is best for you to bring any specialty foods such as gluten free, nut free snacks.

Health

Please let us know if you have any allergies (food or otherwise) or any medical condition that we should be aware of. This information will be held confidential. We will not be able to provide any medication. Please bring a list of medications and dosages in case of an emergency.

Smoking

Smoking is only allowed while standing downwind and if not bothering anyone else onboard. If smoking is affecting others on board, you will be asked to extinguish your cigarette and wait until you are at your destination or on-shore. Absolutely no drugs (including Marijuana). Anyone found using drugs will be asked to leave at their own expense.

Sharing duties

We will be sharing cooking & housekeeping duties while aboard. Everyone will be required to pitch in and help with the daily chores on board. Keeping a clean and tidy boat is part of being a sailor, so this is something we will expect everyone to be apart of.

Shore Time

On most of our courses there is a dinghy to take ashore and explore some trails and beaches on the islands. This is also a good opportunity to unwind from a day at sea, stretch your legs or get some personal time. In the summer you might want to bring a swimsuit.

Clothing

The course will take place rain or shine unless winds are too high to safely sail. Dress in layers, you will be surprised how much temperature difference there is between the beach and on the boat in a light breeze. Synthetic fabrics are preferable (merino wool, polypropylene, etc). Cotton and Denim are not recommended, once they get wet, they stay wet and cold. For sunny days bring a light windbreaker, hat, sunglasses and sunblock. For rainy days a rain jacket, rain pants and waterproof footwear will be necessary.

Footwear

Closed toed shoes are required for walking on the deck of the boat; no sandals or flip flops please. The soles have to be non-marking (white, light grey or cream color only, unless they are 'non-marking' soles). For rainy days rubber boots work well. However, the boots should have a soft, non marking sole. If at all possible, you will want to have waterproof shoes, as the cockpit can get wet.

Absolutely no black soled shoes (unless they are labelled 'non-marking').

Sailing Gloves

We strongly recommend wearing gloves. Sailing gloves will protect your hands when handling the lines on the boat. Some people prefer the rubbery garden gloves or work gloves. These types of gloves can be picked up for a reasonable price at places like Home Depot or Canadian Tire.

Marine Stores

- Wright Mariner at Coal Harbour Marina
- Steveston Marine (1667 W. 5th Ave), near Granville Island
- Helly Hansen (766 Granville St, Vancouver), Helly Hansen Outlet (805 Boyd St, New Westminster)
- Strubb Active Wear (1616 Duranleau St, Granville Island)
- Walmart, Canadian Tire and Mark's do have a good selection of gumboots
- Online marine stores: Binnacle.ca

Personal Flotation Device/Life Jacket (PFD)

A PFD will be provided for you.

Motion Sickness

If you are prone to motion sickness or are unsure if you are prone to motion sickness, it is strongly recommended you talk to a pharmacist or doctor regarding motion sickness medication. There are plenty of non-drowsy types of anti-nausea medicine. It is better to have it and not need it, than not have it and need it. We cannot provide this type of medication to our students.