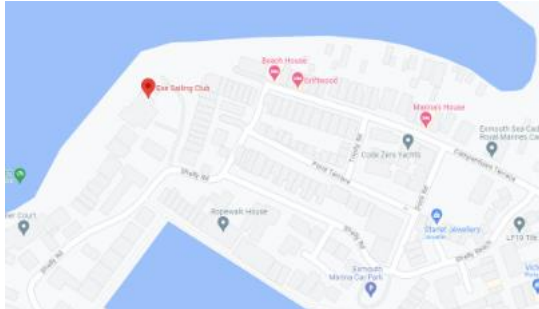




**Activity Week: Wednesday 8<sup>th</sup>, Thursday 9<sup>th</sup> and Friday 10<sup>th</sup> July 2026.**

**Program Letter – SAI Sailing**

**Venue Meeting Point:** Exe Sailing Club, Shelly Road, Exmouth, Devon EX8 1EG.



**Times:**

9am until 3pm with lunch around 12-30

**Transport:** Students make their own way to and from the venue.

**Kit needed:**

**Please can you ensure you bring:**

- A wetsuit preferably changed into (no shorties please). Wetsuits can be provided if you do not have one.
- Wetsuit shoes or trainers you don't mind getting wet (all shoes need to be closed toe)
- A windproof top layer to wear on the water, especially when cold
- Buoyancy aid (Optional the Club does have a few if needed)
- Warm clothing, hat and gloves for off the water
- Cap & Suncream
- Packed lunch & drinks (you will have access to the galley kitchen for food storage and hot drinks)
- Logbook (if you have already completed Stage 1 before – if this is your first sailing experience you will be given a log book).

**Course Program:**

- Welcome, Introductions, housekeeping, expectations, Local conditions, course outline. Checking of personal equipment.
- Introduction to boats. layout, rigging.
- Land drills to include starting, stopping, steering, tacking, and getting out of irons. Ensure all students demo on land.
- Sailing on a beam reach tacking at each end.
- Sailing upwind and improved tacking.
- Introduction to the 5 essentials.



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- Downwind and gybing including land drill.
- Further Sessions - Capsize recovery theory sessions at appropriate times to include; rules of the road (port vs starboard, windward vs leeward, power vs sail, overtaking vessel, maintaining a good look out), sources of weather info and its relevance, Beaufort scale, basic tidal information, local conditions and when to sail.

**All College standards of behaviour apply for all activities:**

- Please respect and listen carefully to the centre staff who will supervise, help and train you during the course of the events
- No smoking/vaping or consumption of alcohol
- No swearing or bad language
- All rubbish to be put in bins
- Please speak appropriately to adults and each other
- All students and staff will be treated with respect
- Students to listen carefully and to follow instructions
- Instructions given by staff and trainers should be followed promptly.
- The students should have their own safety in consideration at all times during the event.
- Please take extra care in relation to phones and personal electronic equipment. Phone and I pods will never work again if they are dropped into the water, and the College can accept no responsibility for the loss of any personal belongings, (including phones and tablets).
- In the interest of safety, please leave all valuables and personal items at home.
- Please bring a change of clothes and extra layers in case you start to grow cold over the course of the day.

**Medical Conditions**

It is important that staff are made aware of any medical condition that may affect students and that trip leaders know what action to take in the event of a medical emergency.

Therefore, a Data Collection Form will need to be completed for **ALL students** taking part in this activity. Please ensure you inform the college of any changes (medical, contact details etc.) so that our records are up to date.

Kind regards,

Samantha Parker  
(Trip Lead)

Samantha.parker@exmouthcollege.devon.sch.uk



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