



Secondary Schools Residential Week

Sample Programme 2016—Dinghy Sailing



	08:30	Morning	12:30	Afternoon	18:00	Evening
Monday		Leave school by bus. RIB ride to centre.	Lunch	Introduction to centre, Kit issue, Rigging boats, Boat familiarisation, Reaching & tacking.	Dinner	Programme to be run by school staff, options include: Orienteering Table Tennis tournament Volleyball Teamwork games Cycle (optional, extra charge) Beach walk Quiz DVD Free time Barbecue—one night will include a barbecue, organised by the centre
Tuesday	Breakfast	Launching & recovery, Controlling speed, Stopping, Tacking, Upwind Sailing.		Downwind sailing, Practice of 5 essentials.		
Wednesday		Practice of 5 essentials on triangular course		Solo sailing on triangular course, Picking up moorings.		
Thursday		Coming alongside jetty, MOB		Short journey		
Friday		Regatta		Award certificates, RIB ride to Largs Yacht Haven, Return to school by bus.		

Comments: Teacher goes free with every 10 pupils.

For further information please feel free to call or email our office: 01475 530757 / cumbraecentre@sportscotland.org.uk