



Metropolitan Police Sailing Club



MPSC Clubline: 020-8643-4292
E-mail: mpsc@hotmail.co.uk

Joining Instructions – RYA Competent Crew Course

Your 5 day RYA Competent Crew course will begin at 5.00pm on the Sunday shown on the joining email. It will finish by 4.00pm the following Friday. It will be held on one of the MPSC yachts as indicated. Your instructor's name and contact details will also be shown.

The course fee includes use of waterproofs, food on board, fuel and mooring fees. Please note that you will be eating aboard for most of the course and for some overnight stops you will not have marina facilities available.

To find out more about the course and pre-course requirements please go to <http://mpsc.uk.com/learn-to-sail/> and click on your chosen course.

Medical and Dietary Requirements

Your skipper will be buying food for the boat, if you have any dietary requirements then please contact him or her beforehand. If you are taking any medication or have a relevant health condition please notify the skipper at the time of joining the boat.

Personal clothing and equipment

Clothing should be packed in a soft bag not a suitcase. We provide Musto waterproofs together with lifejackets and all necessary safety equipment. The following list covers some of the personal items you need to take –

- Plenty of warm clothing. Thermal base layers are recommended with sufficient layers to put on or take off as necessary.
- Deck shoes or similar soft-soled shoes which will give grip and not mark the deck.
- Sleeping bag and pillow
- Towel & toiletries.
- Warm hat and gloves (sailing type are best)
- Sailing wellies (not the garden type). These are available at good chandlers and sailing wear shops and will keep your feet dry throughout the week whereas deck shoes will be difficult to dry out.
- Sunglasses and suncream (think positive!)
- Seasickness tablets if you think you may need them (Stugeron are recommended)
- An exercise book in which to make personal notes etc.
- Your RYA Cruising Logbook (if you have one)
- You may also wish to purchase the RYA Competent Crew Practical Course Notes (available from most chandlers)
- Lastly, and most importantly, a sense of humour!

Directions

The boats are moored at Mercury Marina, Satchells Lane, Hamble SO31 4HQ.

- From junction 8 on M27, take Hamble exit at roundabout and take 2nd exit at 2nd roundabout following signs to Hamble past Tescos and continue straight on Hamble Lane for about 2 miles.
- After passing open fields go straight at mini roundabout and then immediately turn left into Satchells Lane signposted to Mercury Yacht Harbour
- Marina entrance is about a mile on the left then turn right into the car park

The MPSC boats can be found on the left hand side at the end of E pontoon. The pontoon gate and toilet keycodes are regularly changed so you may need to check in the Harbourmaster's Office.

It is a booking condition that all students who currently work for the MPS must be members of the MPSC; a membership application form is available on the Sailing Club website.

I do hope you enjoy your course and if you have any queries then please do not hesitate to contact the MPSC Clubline as above. If you have any comments about the course you will be debriefed on the last day by our Sailing School Principal, Carol Andrews, or her deputy.

Yours sincerely

Alistair Mills
Rear Commodore Training
MPSC