



## Vogelvlei Yacht Club Sailing Camp

### Programme

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#### **Friday 29th June**

- 15h00 – 16h00 : Arrival, Registration, set up camp
- 17h00 : Welcome and some sailing terms explained
- 18h00 : Braai Fires lit  
Music - bring instruments if you play  
Pool, Table Tennis, Darts
- 22h30 : Bed time

#### **Saturday 30th June**

- 07h00 : Walk /run & fit for sailing exercises
- 08h00 : Breakfast and late arrivals registration
- 09:00 : Sailing terms, know your boat, rules for safety and avoiding collisions
- 09h30 : Rig a Boat, points of sailing, setting sails & finding wind
- 10h00 : Dry boat sailing
- 11h00 : Rig & Launch all available boats -Marks laid out to enable all points of sailing in the bay  
Various courses for fun and include picking up clues for prizes etc  
Sail until lunch
- 13h00 : Lunch
- 14h30 : Back on the water for free sailing time in designated area
- 16h00 : Off the water, de-rig and pack away, hit the showers
- 17h00 : Discussion and questions
- 18h00 : Braai fires lit
- 20h00 : Sailing movies, music & table tennis games etc
- 22h30 : Bed time

#### **Sunday 1 July**

- 07h00 : Walk /run & fit for sailing exercises
- 08h00 : Breakfast registration
- 09h00 : Basic racing rules explained, course and flags
- 09:30 : Rig boats
- 10h00 : Fun race program
- 12h00 : Off the water, de-rig and pack away boats & equipment
- 13:00 : Lunch
- 14:00 : Prizes and certificates
- 15h00 : End of camp

## What you need to bring:

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- Camping mattress (if it's blow up don't forget the pump)
- Sleeping bag, pillows and blankets
- Toiletries - toothbrush, hairbrush, shampoo, soap etc
- 2xTowels
- Enough warm clothing - beanie, jackets, jerseys, jeans or like, shoes "takkies", socks, sleepwear(tracksuit), underwear.
- Some cooler clothing e.g. T shirts & shorts.
- Swimwear (to wear under a wetsuit.)
- Wetsuit if you have one.
- Lifejacket if you have one.
- Spray jacket
- Sunscreen
- Hat or Buff
- Cell phones and cameras must be left on shore when you are sailing.
- We will be "camping" in the clubhouse or you can bring your tent.
- If you play a portable musical instrument – bring that too (and the music and the words to share)
- Food is included but if you have special dietary needs please bring your own requirements.
- Tuck-shop items will be on sale and cool drinks bring some tuck-shop money.
- 5 litres of water to drink (Vlei water is not suitable for drinking).