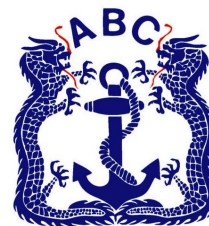




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Adult Improver Level 3 Sailing Courses

Thank you for your interest in the ABC Adult Improver HKSF Level 3 Sailing Course, dates are shown below. Normally ABC courses are popular, so we would encourage you to book as early as possible. An application form is attached with this letter; please read carefully and complete and return to the ABC office to register for the course. Non members should send the form together with two cheques as detailed, members may FAX or e-mail the form to SailingSecretary@abclubhk.com.

Please note that once your application has been registered the deposit is non-refundable.

All ABC Sailing Courses take place at the ABC Clubhouse at Middle Island, which is situated between Deep Water Bay and Repulse Bay. The easiest way to reach Middle Island is by taking a club ferry directly from our main clubhouse at the address above. You may easily reach the ABC main clubhouse by taxi or by bus; the address in Chinese is shown above. The main Sham Wan bus station is directly opposite ABC and you can use the following busses:

Citybus 72A from Causeway Bay (Moreton Terrace)
Green Minibus 59 from Kennedy Town (North Street)
Citybus 75 from Central (Exchange Square)

You should meet around 8.45am at the main clubhouse so that the group can travel to Middle Island together on the 9am club ferry. The exact course schedule may vary according to the weather conditions, but we will follow the standard recognized HKSF syllabus; more details will be given when you arrive. The aim is to consolidate skills already learnt, and introduce self reliance and problem solving. By the end of the course, the successful sailor will have a practical approach to sailing small dinghies, and will be capable of sailing and making seamanlike decisions in moderate wind conditions. The Course will be run by an experienced, qualified instructor and taught in English, but a bi-lingual instructor can be used on request so that Cantonese can be used if necessary. At the end of the course, successful participants will be awarded a formal Hong Kong Sailing Federation Certificate and logbook, which will be available for each student once issued by the HKSF, and sent by post to the address you supply on the application form.

Important Note: The Hong Kong Sailing Federation require that students eligible for an HKSF Level 3 certificate already hold an HKSF Level 2 certificate, and they presently do not recognize Level 2 certificates from overseas. They also require a "season" of sailing since passing your Level 2 course; this is defined as 9 months. It is therefore important to check the date of your level 2 certificate to ensure you are eligible. We would also remind students of the importance of keeping a record of your sailing in your logbook; not just formal courses but all sailing, so you can demonstrate you have sailed and practiced since passing your level 2! If you are keen to join the level 3 course but are not eligible for the formal HKSF Certificate, you may still do so, and certainly will gain valuable sailing experience and practice. (We will use mostly single-handed Laser 1 and two-person Laser 2 Dinghies on this course)

Sessions will be cancelled if a Typhoon Signal No 3 is raised or a Black or Red Rainstorm warning is in force 1 hour before the course start time. With any cancellation a rescheduled date will be required. All participants *must* wear buoyancy aids which are supplied by ABC, and we also have helmets available for use. It is *required* that participants are able to swim and have confidence in the water. The course will still go ahead if the Thunderstorm Warning is issued, but on the water activities will of course *not* take place if there are any thunderstorms in the local area.

You are reminded the participants should bring the following to Middle Island:

- ❖ Sailing Clothes – i.e. shorts and T-shirt that you don't mind getting wet. In the autumn and spring as it is cool you are *strongly advised* to bring a *windproof jacket* and extra layers to wear. In winter months it can be surprisingly cold and waterproof trousers or even wet suit will be very helpful.
- ❖ Towel and full change of dry clothes for after sailing
- ❖ Canvas sailing shoes, sandals or wet suit boots – NOT trainers, leather boating shoes or flip flops.
- ❖ Sun burn protection. Even on cloudy days it can be necessary to wear sun block and a hat can be very useful.
- ❖ Sailing gloves are helpful if it is a windier day. If glasses are needed at all times, a sport glasses retaining strap is useful so that the glasses are not lost!

Lunch and drinks: The Middle Island coffee shop will be open during the course for the purchase of drinks and snacks; sandwiches, noodles, barbecue items, ice cream and other items are available. Non members may purchase using coupons which are available for sale at \$100 per booklet. Other hot lunches may be pre-ordered from the main Club and will be delivered to Middle Island at lunch time.