

Committee and Instructors



On Shore Coordinator

- Mark Brace
- Phone: 01834 843548



Training Registration

- Karin Morris
- Mobile:07966806726



Membership Secretary

- Julia Dashfield
- Tel: 01834 844918

Instructors



Rolly Squibbs
RYA Instructor



Mike Stace
RYA Instructor



Nathan Spiller
RYA Instructor



Edward Dashfield
RYA Senior Instructor
(Working Offshore)



Nick Berridge
RYA Senior Instructor
RYA Racing Coach



Govan Berridge
RYA Instructor
RYA Racing Instructor

Equipment

For your comfort and safety, you will be required to bring the following items of clothing:
i.e. Things to keep you warm!

- Wetsuit boots or old trainers
 - Don't bring your new expensive trainers as they will get wrecked!! Old running shoes or wetsuit shoes/boots with a grip are ideal.
- Warm Clothing :
 - Fleece material is ideal, along with layers, i.e. a couple of t-shirts and a sweatshirt.
 - Plenty of socks, shorts and old t-shirts will add layers and warmth.
 - Old jogging bottoms are suitable or anything else that's warm and easy to dry.
 - DO NOT bring any woollen jumpers as they absorb the water and take a long time to dry.
 - A change of clothes/shoes to go home in!
- Waterproof Jacket and Trousers:
 - You can pick up a reasonably priced cagoule or lightweight waterproof jacket and trousers fairly easily.
 - They will knock off the wind and rain resulting in you being warmer!!!
- Hat and Gloves:
 - Most heat is lost through your head, so don't forget to bring a baseball cap, or beanie hat - again fleece material is the best.
 - It's worth investing in some wetsuit gloves for protection, but an ordinary pair of gloves (preferably not woolly) will add some protection.