



This document is a guide to what will happen at

Your Sailing Course

Where?

Howth Yacht Club





BEFORE MY COURSE WHAT SHOULD I EXPECT?

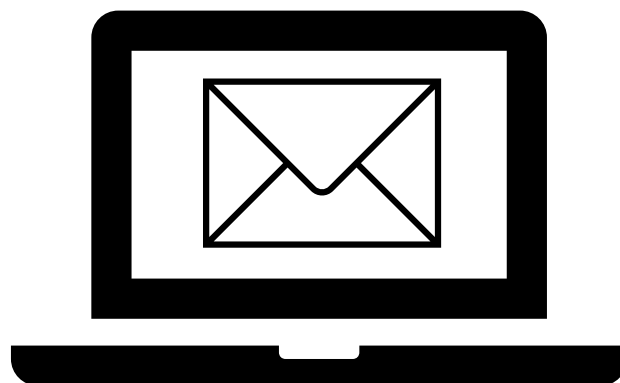
10 DAYS BEFORE your **Sailing Course**
you will receive an **EMAIL**

This **EMAIL** will outline:

Start time and **End time** of the sailing course

What you should bring regarding your sailing course
day

What you are expected **to do on your first day**



WHAT SHOULD I BRING?

(OTHER THAN SAILING COURSE EQUIPMENT)

Your sensory tools and fidget toys



HOW CAN I GET THERE?



Take the **DART**
Direction HOWTH
Station HOWTH

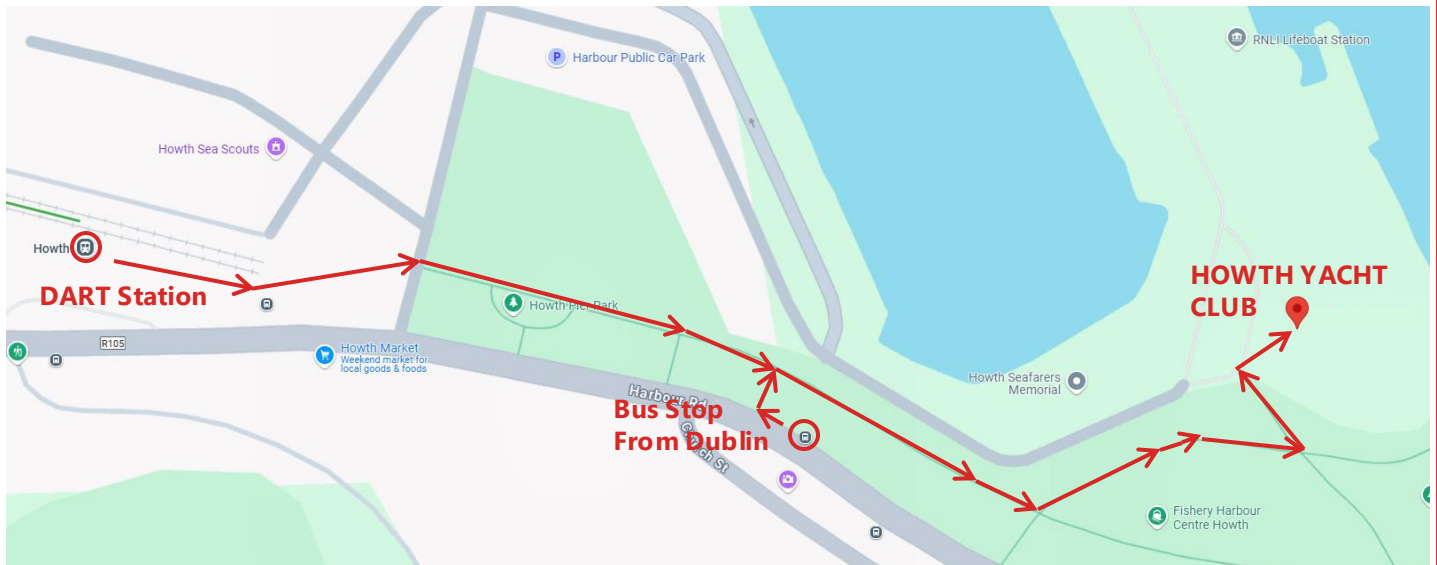


Take the **Bus** H3 or 6
from Dublin City Centre
Stop HOWTH VILLAGE





WHERE SHOULD I GO WHEN I GET TO HOWTH?



HOWTH YACHT CLUB

Middle Pier

Howth Harbour

Howth

Dublin D13 E6V3



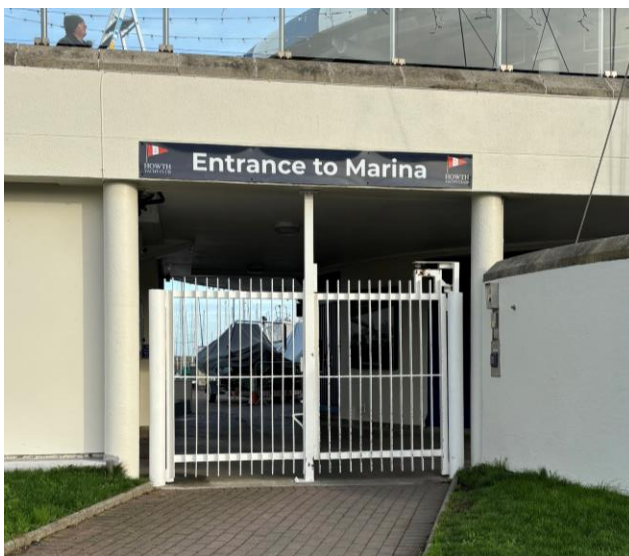
WHERE SHOULD I GO WHEN I GET TO HOWTH?

**MARINA
ENTRANCE**



Enter through the **MARINA ENTRANCE**

Tap your **Membership card** on the three lines **above the keypad**

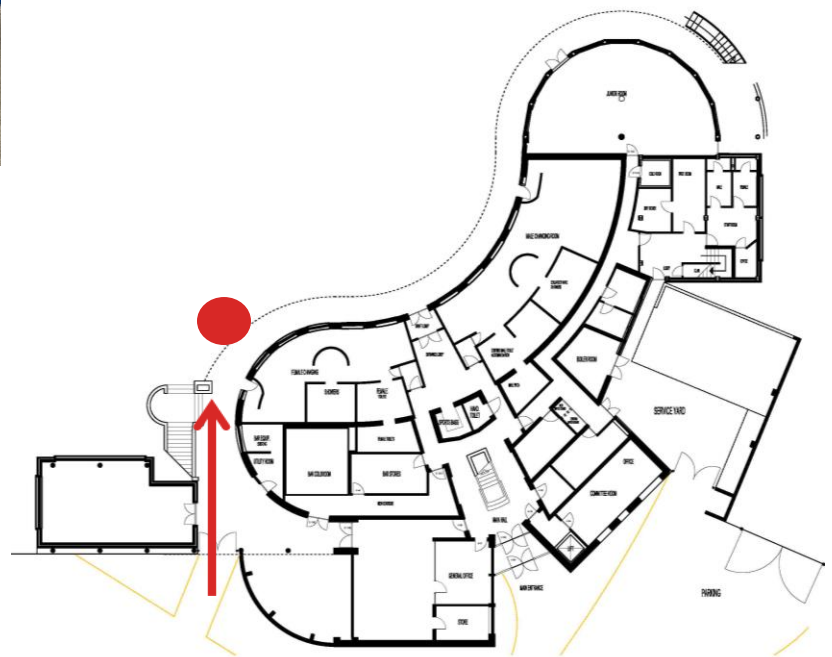


WHERE SHOULD I GO WHEN AT HOWTH YACHT CLUB?



Walk straight until you see the

BOAT PARK



Then **WAIT** for your
Sailing Instructor





WHAT WILL HAPPEN DURING THE SAILING COURSE?

You will be **introduced to your Sailing Instructor**, Matthew Cotter

At the beginning

Your sailing instructor will give you a **VERBAL BRIEFING** of the Rules, Planned Course Activities, Introduction to the Equipment and Boats you will be using that day

You will then be instructed to go to the changing rooms (if necessary) to change into the appropriate attire for on the water activities

During

Once your course activities begin, you'll be instructed by you sailing instructor throughout the day

At the end

Your Sailing Instructor give you a **VERBAL DEBRIEF**





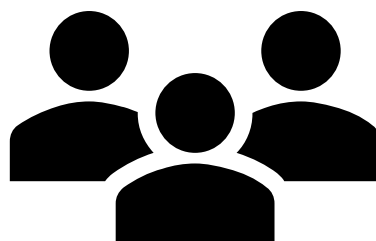
WHAT SHOULD I EXPECT TO HAPPEN FIRST?

FIRST, you will be **introduced to Matthew**, your sailing instructor

THEN you will be **taken to the changing room** where you can store your belongings

AFTER you will be **assigned to a group**

FINALLY the **course will begin**





WHO SHOULD I EXPECT TO MEET?

SAILING INSTRUCTOR

Matthew Cotter



FOR ADULT COURSES

3-10 ADULT MEMBERS

in attendance

FOR JUNIOR COURSES

UP TO 50 JUNIOR MEMBERS

in attendance overall

6 Junior members

in your group





WHAT I SHOULD EXPECT TO HEAR?

INSTRUCTIONS from Matthew on the course activities

And as the marina is a busy place you can expect to hear **ADDITIONAL NOISE** such as

Talking
Machinery
Power Washing
Moving Crane
Beeping





WHAT IF I NEED A BREAK?

You can **MOVE AROUND**
and

You can use **FIDGET TOYS**
(appropriate for **on water activities**
such as a stress ball or other waterproof objects)



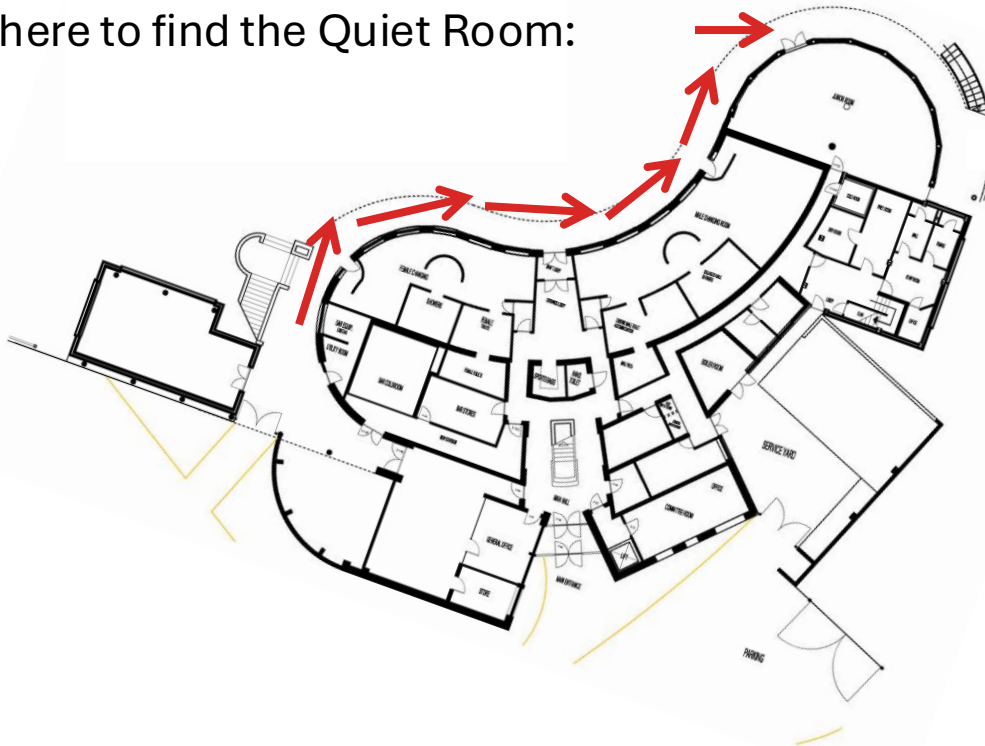
ANYTIME
During the Sailing Course



WHAT IF I AM FEELING OVERWHELMED?

You can leave the water and go to the **QUIET ROOM** and use our **SENSORY BOX**

Where to find the Quiet Room:



What the
Sensory Box
looks like:

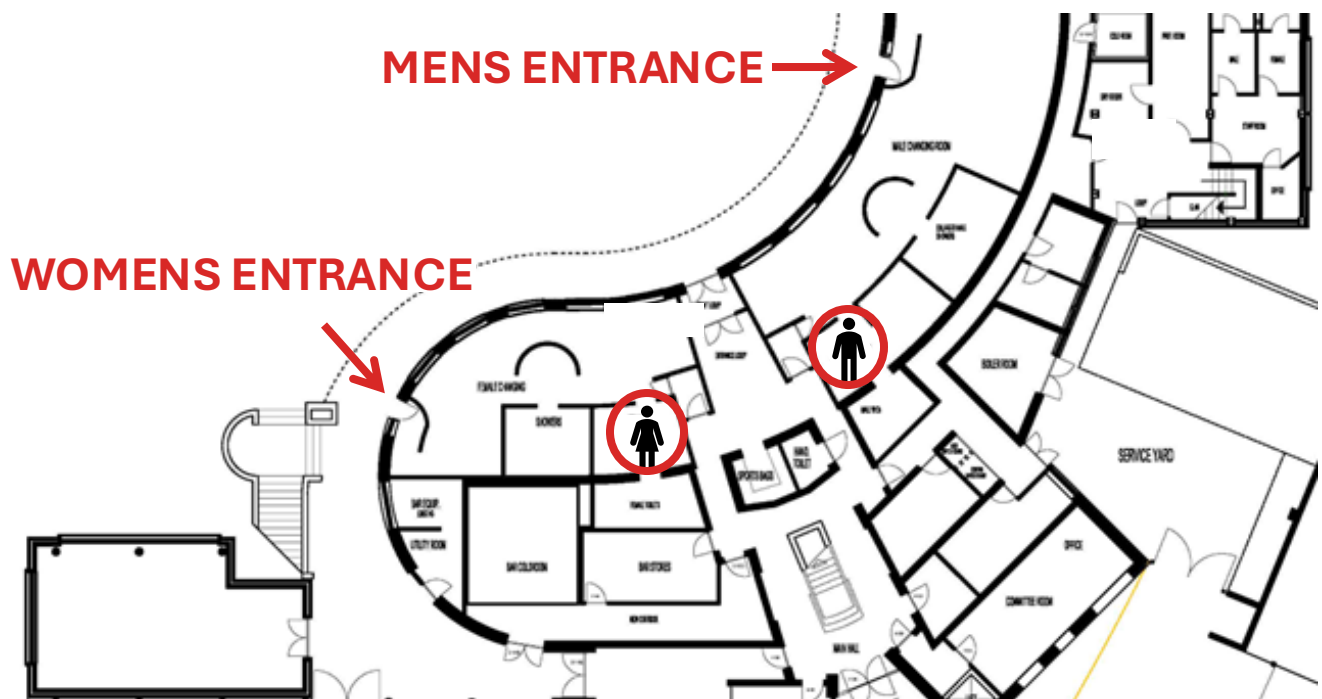


Whats in the
Sensory Box:



WILL THERE BE A TOILET?

The **TOILETS**
are **IN THE CHANGING ROOM**
On the ground floor of the main building



WHAT DO I DO WHEN I AM LEAVING?

There is a **TOUCHLESS DOOR RELEASE** to the RIGHT of the marina gate next to the marina office entrance

WAVE YOUR HAND in front of the button
The gate will release



FOR JUNIOR: If you would like to leave before the end of your Sailing Course, inform Matthew and get permission from a guardian

