



The Open Day at Middle Nene SC is the perfect opportunity to find out all about sailing, with boats on display and expert members at hand to explain what makes this sport so very special.

Weather and the participants' fitness permitting, free *Taster Sessions* will be available in sailing dinghies, and, for a small fee, round trips are on offer in a motorboat (all on a first come first serve basis; subject to on-site fitness assessment).

Entrance and parking are free. Charges are made for food & drink as well as for round trips in the motorboat. The licensed bar will also be open to visitors.

Middle Nene SC is a member of the Royal Yachting Association (RYA) and the Open Day is part of the national 'Try Sailing in May' campaign organised by the RYA.

What to expect on the day

On land you will be able to look at boats and compare different types and classes. There will be people on hand to answer any question you may have about dinghy sailing and racing. Find out about the reasonable membership charges and the free lend-a-boat scheme for new members before they decide on their own craft. You can also book a sailing course, if you wish.

On the water

During the on-the-water taster sessions you'll sail in a boat with an experienced sailor. Perhaps you will be on board with another novice or two, but there's always a competent sailor on board. You get in the boat and he/she will show you the ropes and tell you what you need to get going. Everything will be made easy to understand and get you ready to have a go.

What will I need to wear?

If you are having a taster session, usually all the equipment you need will be provided including a buoyancy aid. It's best to turn up with some warm clothes, a pair of not-so-new soft, flat shoes and a waterproof jacket as it's always cooler out on the water than on the shore. Buoyancy aids are compulsory for everyone on the water at Middle Nene SC and will be provided to all visitors who go sailing. And don't forget to put some sun protection on your face, even when it's a bit cloudy!

Will I get really wet?

Normally not, but sailing is an all weather sport. We go out rain or shine and the greater the challenge, the better the fun! In the end it all depends on the wind speed at the time and the boat you're having your taster session in. However, this is a watersport and you might get a few splashes when sailing in a dinghy! If you're on a windsurfer or in a very sporty boat you might even get quite wet, but changing rooms and showers are available. All this will be discussed with you before any taster session.