

Joining Instructions –Motor Cruising Courses

Unless otherwise arranged, all our Motor Cruising courses start in our offices in Lymington Yacht Haven at 9am (we are usually there from about 8.15 or 8.30am but if you arrive earlier the Haven Bistro in the marina does great coffee and breakfasts). Courses usually finish sometime between 4.30 & 5.30 pm each day unless they involve a night exercise, in which case we will finish (& may consequently start) later.

To find us on site, drive into the marina, follow the road past the first set of buildings then round to the left, & we are about 100 metres past the bend on the left, just between LYC & Ocean Rigging. There are lots of signs up, and an Aquasafe flag above the office, but if you have any trouble finding us give us a ring. The 'How to find us' section on our website opens a map with pins showing where we are and can also give you directions.

The Motor Cruising courses vary between one and five days long, & are non residential; we are sorry we are unable to provide accommodation, however if you would like some accommodation suggestions please download our pdf file called 'places to stay' from the Resources page on our website.

We provide lifejackets and waterproofs (breathable marine jackets and salopette trousers), but you are very welcome to bring your own waterproof clothing if you prefer. We don't provide footwear so would recommend you bring either waterproof boots, or soft soled shoes. Please make sure they do not have black soles, as these mark decks indelibly! If your footwear is not waterproof your feet may well get wet so do also bring a change of socks and shoes for after the course. It is very unlikely you will get completely drenched but on really wet or windy days it may be worth bringing a complete change of clothes just in case, & there are shower facilities if you wish to shower and change after your course.

It is always colder out on the water, so do bring at least one extra layer of clothing, & a warm hat and gloves are a good idea in colder months. When sunny, suncream is vital, because there is no shade on the boats and the sun's rays reflect off the water amplifying its effect. A sunhat or cap and a pair of sunglasses are also a very good idea. If you wear glasses, consider a cord or retainer for them.

Your valuables etc have to remain responsibility at all times, as we cannot assume responsibility for them.

You are very welcome to bring your own food for lunch or there are places you can buy lunch locally – we often suggest taking sandwiches out on the water, but there is sometimes the alternative of lunch ashore if preferred. If you do bring your own food and drinks please avoid glass containers for obvious reasons, and please note we do not allow alcohol to be consumed during courses.

Finally, please tell us beforehand if you have any physical injuries, any medical conditions, are pregnant, or are taking any medication. If you are taking medication please also bring it with you and tell your instructor what & where it is in case it is needed in an emergency. If you have any concerns please do call and discuss this with us beforehand.

We really look forward to seeing you, and hope you have a fantastic time on your course. If you would like more information, or have any other questions do please call or email us.