



SHOTWICK LAKE SAILING

A Limited Company Registered in
England & Wales No: 5364039
Registered Charity No. 1110888
www.shotwicksailing.org

REGISTERED OFFICE:
16 Hallfield Close
Cornist
Flint
Flintshire
CH6 5HL

CLUB WATER:
Shotwick Lake
Weighbridge Road
Deeside Industrial Estate
Flintshire CH5 2LL
Tel. 01244 280822

Powerboat Refresher (3 hour duration)

1. Land Session (45 minutes)

Two people in the boat.
Always wear the kill cord.
Communication
Apply Brain-Steering-Throttle.
Planing speed only where necessary
Keep helmsman's seat between person in the water & engine.
Count heads
Order of priority: Crew currently being assisted, other crews, damage to boats,
recovery of boats.
Scoop & run
Safety Boat DVD: Recovery of windsurfers, single & double handed boats including
inverted.
Lee shore recovery
Launching & recovery of boat
Traffic light system

2. On the Water Session (135 minutes)

Equipment check
Basic controls, kill cord, start, and stop.
Low speed, ahead, astern,
MOB recovery
Use of Jason's Cradle
Recovery of windsurfer
Recovery of Topper
Recovery of Optimist
Recovery of Wanderer