

# SUPERSEIL 2023



We are as excited as you are to be on the water this summer!

## **Important info:**

### **Clothes:**

All weather clothing:

We highly recommend a wetsuit and neoprene boots for sailing.  
From 2mm to 5mm.

### **If the weather is Cold:**

If the weather is colder than usual we suggest to add some wool layers underneath the wetsuit. A beanie ,a rain jacket and extra socks (maybe gloves)

### **If the weather is hot:**

Sunscreen , hat and sunglasses are a **must**.

It is recommended to bring extra clothes since there will be a lot of swimming

### **Food:**

Lunches must come from home. We employ a 'pack it in pack it out' policy. Our sailors will be having lunch in a different island every day, means they will have their lunch pack in their boat. Best to secure the food in a waterproof container or a zip lock.

### **Parking ,pick up, where and when:**

The Superseil series will be happening in Sølyst.



My child is signed up in superseil **Sølyst, Hundvåg:**

**Weekend/Helg:**

Drop off time: 9:00 , Pick up time: 15:00

An instructor should be there to assist with Parking, drop off and pick up.

**Week days/Uke:**

Drop off time : 8:00 until 8:55 , Pick up time : 15:00 Adress: **Karen A. Sømmes vei 3-5, 4085 Hundvåg**



**Safety:**

Bringing your life vest is recommended. The club has life vests but we might not have the right size for everyone.

It is important to notify the club of any health issues or allergies your child may have before hand.

### **Our staff:**

Our staff is highly qualified and speaks different languages including Norsk and English.

### **General information:**

If a child has no experience with sailing, he/she must enrol the weekend course prior to the week. The weekend course will give them the necessary knowledge to run through the week safe and confident. If no room is available for the weekend, we will make room or make the course in a different date.

Your sailor has to register as a junior club member before attending the course.

<https://www.idrettsforbundet.no/klubbguiden/forsikring/>

### **Payment for superseil:**

Once you sign app on Spond and included your adress, phone number and email adress, the club sends a bill.

### **Parents' meeting:**

All information are in this document and questions may be asked via Spond or phone call to our main instructors.

### **Communication tools:**

The main tool for communication is Spond. Please turn ON notifications for the App.

# SCHEDULE



## Day 1: 9-15

Meet, greet and make new friends day!

Welcome gifts and break the ice

Know the boat parts

Safety on the water drills

Lunch

Steering the boat

Fun activities

## Day 2 : 9-15

First steps sailing the Optimist

Lunch

**Lindøy** trip & fun activities

## Day 3: 8/9-15

My first sailing adventure

First adventure Optimist sailing

Trip to **Langøy** & Lunch

Optimist sailing

Fun activities

## Day 4: 8/9-15

Pirate day!

Optimist sailing

**Lindøy** invasion by big sailboats, find the treasure!

SUP race & fun activities

## Day 5: 8/9-15

Keelboat sailing

Discovering Marøy & Lunch

Optimist sailing & SUP

## Day 6: 8/9-15

Optimist sailing

Lunch

SUP & sailing

## Day 7: 8/9-15

### Plastic awareness day

Plastic awareness & beach clean up

Lunch

Optimist regatta and/or fun activity

Distribution of Diplomas and prizes







