

SUPERSEIL 2025



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

Important info:

Clothes:

All weather clothing:

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

If weather is Cold:

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 DRY 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.

During 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:

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

<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: 9:00-15:00

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 : 9:00-15:00

First steps sailing the Optimist

Lunch

Lindøy trip & fun activities

Day 3: 8/9:00-15:00

My first sailing adventure

First adventure Optimist sailing

Trip to **Langøy** & Lunch

Optimist sailing

Fun activities

Day 4: 8/9:00-15:00

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





