



Sovereign Harbour Berth-Holders Association

# Ropes and Cleats

Saturday 9<sup>th</sup> October

09.30-12.00

In and from the Association Gazebo which will be by the locks



**As crew you can help your skipper when berthing**

Ham-fisted when coming along side? Learn how to lasso cleats and tie up in style! There will also be the opportunity to learn a couple of very useful knots. Other practical and useful workshops involving throw lines will be also part of the course! A great session.

***Some of the course will take place from a boat on the water to put the theory into practice.***



**No boats or skippers required as Mark Sawyer, coxswain Eastbourne lifeboat will lead the morning FREE to members or their crew**

**Non Members £10 PP (but you will get free membership included)**

**Places are limited so must be booked in advance**

**Contact [Membership@SHBHA.com](mailto:Membership@SHBHA.com)**

**YOU WILL ONLY BE ALLOWED ON THE BOATS IF YOU ARE WEARING YOUR LIFE JACKET/BUOYANCY AID SO PLEASE REMEMBER TO BRING IT WITH YOU. ALL PARTICIPANTS SHOULD WEAR SOFT SOLED SHOES SUCH AS BOAT SHOES/TRAINERS AND BRING CLOTHING THAT WILL KEEP THEM WARM ON THE WATER (AND PREFERABLY WATERPROOF IN CASE IT SHOWERS)**