

# Lough Foyle Yacht Club New Member Invitation



Sailing is a terrific sport and a great way to participate is to join LFYC.

The more time you spend sailing the better you will become – we sail around 60 times a year, both weekends and mid-week – *Click to visit LFYC Schedule*

LFYC Club members have extensive knowledge and can give help & advice on dinghy sailing.

## For Cub information visit:

<http://www.foylearts.com/lfyc/>  
<http://www.lfyc.co.uk/>

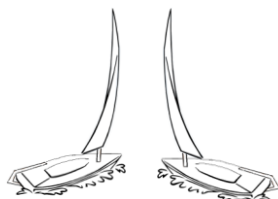
Email: [sailing@lfyc.co.uk](mailto:sailing@lfyc.co.uk)

## Below is some useful information

### Types of Dinghies at LFYC

Click on Dinghy Types: [Gp 14 Laser Phantom](#)

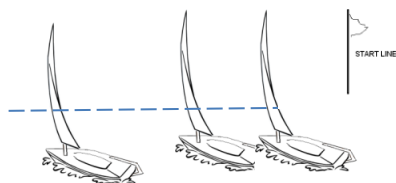
### Racing Rules:



Click to watch You Tube Race Rules:

<https://www.youtube.com/watch?v=WWHf42toTkU>

### How Do Races Start ?



5 Mins before Start – 1<sup>st</sup> Flag raised and horn sounded

4 Mins before Start – 2<sup>nd</sup> Flag raised and horn sounded

1 Mins before Start – 1<sup>st</sup> Flag dropped and horn sounded

To **START** the race, 2<sup>nd</sup> Flag dropped and horn sounded

### Capsize Recovery:



Click to see Dinghy Capsize Recovery:

<https://www.youtube.com/watch?v=fowQJyeTzV8>

### Use of Club Dinghies:



We have a number of club boats available for the use of Club Members.

For those who have participated in our '**Try Sailing Sessions**' these boats can be used under our **One Day Membership scheme**. Please contact LFYC for details.

### Useful Links:

Boats Supplies :

<http://www.mccreadysailboats.co.uk/>

Insurance:

<https://www.newtoncrum.com/>

<http://www.noblemarine.co.uk/>