

Please keep this sheet for your information.

Participant instructions

All courses are normally 9.30-16.30.

Hot drinks will be available to buy from the galley.

Saturday:- You will need to bring your own lunch

Sunday:- There should be normal galley staff on duty. You can order hot food before 10:30 or you can bring your own.

Please bring a wetsuit if you have one, if not warm dry clothes and at least one complete change in case you get wet.

Waterproofs would be useful in case it rains.

Suitable footwear, old trainers or similar are ideal, not hard-soled Wellingtons as these are uncomfortable and fill with water.

Helpers should bring waterproofs and a change of clothing in case you get wet .If you have a buoyancy aid please bring it. You may borrow one from HSC if you do not have one.

Please note HSC does not carry insurance for individuals.

If you cannot attend your course, or for any reason HSC cannot provide training on the due date, an alternative will be offered. No refunds will be given. HSC must be in receipt of the full course fee before a delegate can commence their course.

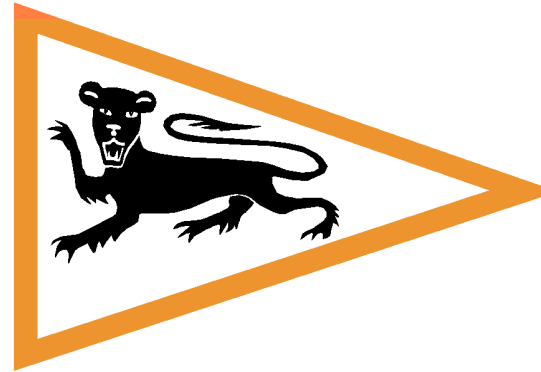
Please do not leave valuables in the changing rooms, lockers are available, ask an instructor.

Participants are expected to adhere to the rules of Hollowell Sailing Club. Failure to do so may result in you being asked to leave the site

Dinghy courses: The fee includes the certificate, logbook and handbooks where appropriate.

Powerboat courses: Powerboat certificates, logbooks and handbooks are included for non members and will be provided to members on payment of an additional fee.

Non-members are welcome subject to available places. Adult courses are open to anyone over the age of 12 years (16 years for powerboat courses).



Hollowell Reservoir
Hollowell
Northamptonshire
NN6 8RL

Clubhouse - 01604-740328
www.hollowellsc.org.uk

Hollowell Sailing Club



Training Booking Form 2008

Training Programme 2008

Course: _____ Date(s): _____

Fee Enclosed: £ _____ (Cheques payable to Hollowell Sailing Club)

Name:	Tel No.
Address:	
Emergency contact no.	Email

I can bring my own CE approved buoyancy aid	Yes / No
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Swimming ability:	
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Previous Boating Experience			
Juniors / Under 18's only	Height	Weight	Age

Please list details of any medical treatment being received, medical condition or any medication being taken. Please note that a medical condition need not necessarily prevent you from taking part in the course, but the instructor should be aware of any potential problems.

HEALTH DECLARATION I declare that, to the best of my knowledge, I am not suffering from Epilepsy, Disability, Giddy spells, Asthma, Diabetes, Angina or other heart conditions (unless stated above) and I am fit to participate in the course.

Signature:		Date:	
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Date	Course	Members	Non Members
Powerboat Level 1 = 1 day, Level 2 or SB = 2 days			
8 th March	Powerboat 1,2 or Safety Boat as required	Free	Level 1 £60
29 th March			Level 2/SB £80
19 th July	New Members Powerboat Level 1	Free	n/a
26 th July			
1 st , 8 th , 15 th or 22 nd Nov	Powerboat 1,2 or Safety Boat as required	Free	Level 1 £60
12th April	Duty Officers training (one day)	Free	Level 2/SB £80
20th Sept			Not applicable
Dinghy and Sailboards			
19 th April	Introduction to Racing Skills	£5	£10
17 & 18 May	Dinghy Level 1 and 2 (2 days)	£75	£105
5 & 6 July			
9 & 10 August			
13 & 14 Sept			
04 & 05 Oct			
19 th July	Ladies Fun day (12.00) start	Free	On Application
16 th August			
24 th -25 th May	Junior Weekend (13.00 – 13.00)	Free	On Application
12 th -13 th July			
31 st May and 7 th June	Junior Start sailing (2 days)	£30	£80
31 Jul – 2 Aug	Junior Week – Sailboards	£45	£75
28 th - 30 th July	Junior Week – Dinghies	£45	£75
31 Aug	Junior Regatta & Fun Day	Free	On Application

The Junior week is for beginners. Improvers are invited to apply from regular club sailors. The club reserves the right to exclude young people before or during the course for safety reasons.

For junior courses preference will be given to those who have parents able to assist with the running of the course (this assistance will not require any particular skill). To comply with our Child Protection Policy parent helpers will be required to complete a self declaration form.

Please send completed form to the relevant co-ordinator:

Power Boat courses: Ian Collyer, 42 King Richards Hill, Earl Shilton, Leics. LE9 7EY. Tel: 01455 845276

Junior courses: David Heggs, 31 Marston Crescent, Countesthorpe, Leics. LE8 5PY. Tel: 0116 2780670, e-mail: heggshome@hotmail.com

Adult Dinghy: Alison Linnell Flat 2, Greens Norton Park, Blakesley Hill Greens Norton, Towcester Northants, NN12 8DP Tel: 07941178686, alison_linnell@yahoo.co.uk