

**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.

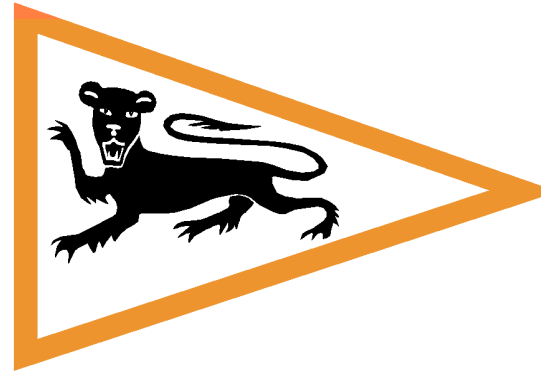
If you cannot attend your course, or for any reason HSC cannot provide training on the due date, an alternative will be offered. No refunds will be given. HSC must be in receipt of the full course fee before a delegate can commence their course.

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.

**Non-members are welcome subject to available places. Adult courses are open to anyone over the age of 12 years.**



Hollowell Reservoir  
Hollowell  
Northamptonshire  
NN6 8RL

Clubhouse - 01604-740328  
[www.hollowellsc.org.uk](http://www.hollowellsc.org.uk)

# Hollowell Sailing Club



## Adult Dinghy & Sailboard Training Booking Form 2010

## Training Programme 2010

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
<b>Dinghy and Sailboards</b>			
15 <sup>th</sup> May	Duty officer training with Ian Hall	Free	N/A
16 <sup>th</sup> May	Improve your racing	tba	N/A
22 <sup>nd</sup> & 23 <sup>rd</sup> May	Dinghy level 1 and or 2	£75	£105
23 <sup>rd</sup> May	Start racing	tba	N/A
2 <sup>nd</sup> June	Sailboard Beginners	tba	N/A
12 <sup>th</sup> & 13 <sup>th</sup> June	Dinghy level 1 and or 2	£75	£105
3 <sup>rd</sup> & 4 <sup>th</sup> July	Dinghy level 1 and or 2	£75	£105
17 <sup>th</sup> July	Ladies fun day	free	N/A
14 <sup>th</sup> August	Ladies Fun day	free	N/A
21 <sup>st</sup> & 22 <sup>nd</sup> Aug	Dinghy level 1 and or 2	£75	£105
11 <sup>th</sup> & 12 <sup>th</sup> Sept	Dinghy level 1 and or 2	£75	£105

Please send completed form to

**Alison Linnell** 49 Brackley Road, Towcester, Northants, NN12 6DH Tel: 07941178686, [alison\\_linnell@yahoo.co.uk](mailto:alison_linnell@yahoo.co.uk)

Or for Sailboards contact **Paul Mallard** on 01604 495027 or Email: [stutteredtightpoint@yahoo.co.uk](mailto:stutteredtightpoint@yahoo.co.uk)