

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 boats.

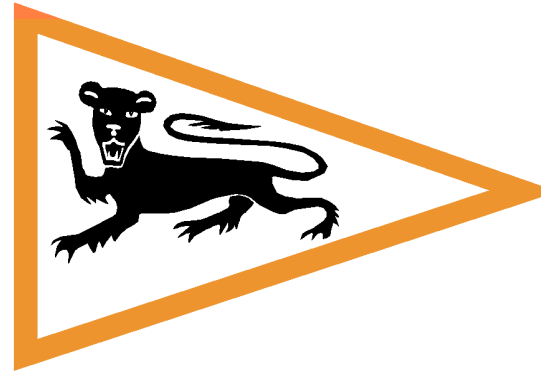
If you cannot attend your course, or for any reason HSC cannot provide training on the due date, an alternative will be offered. No refunds will be given. HSC must be in receipt of the full course fee before a delegate can commence their course.

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

Hollowell Sailing Club



Adult Dinghy & Sailboard Training Booking Form 2011

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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Training Programme 2011

Date	Course	Members	Non Members
Dinghy and Sailboards			
Sat 14 th May	Duty officer training with Ian Hall	Free	N/A
Sat 21 st & Sun 22 nd May	Dinghy level 1 and or 2	£80	£140
Wed 1 st June	Sailboard Beginners	£5	N/A
Sat 11 th & Sun 12 th June	Dinghy level 1 and or 2	£80	£140
Sat 9 th & Sat 16 th July	Dinghy level 1 and or 2	£80	£140
Sat 23 rd July	Ladies fun day	free	N/A
Sat 13 th August	Ladies Fun day	free	N/A
Sat 10 th & Sun 11 th Sept	Dinghy level 3	£80	£140

Please send completed form to

Alison Linnell 49 Brackley Road, Towcester, Northants, NN12 6DH Tel: 07941178686, alison_linnell@yahoo.co.uk

Or for Sailboards contact **Paul Mallard** on 01604 495027 or Email: stutteredtightpoint@yahoo.co.uk