

**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 individual's boats.

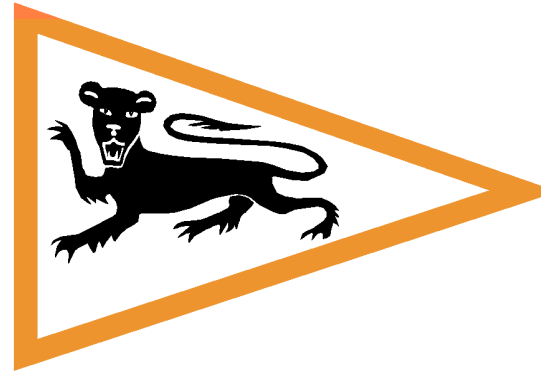
If you cannot attend your course, or for any reason HSC cannot provide training on the due date, an alternative will be offered. No refunds will be given. HSC must be in receipt of the full course fee before a delegate can commence their course.

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](http://www.hollowellsc.org.uk)

# Hollowell Sailing Club



## Adult Dinghy & Sailboard Training Booking Form 2011

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

<b>HEALTH DECLARATION</b> 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:	

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

Back on the Water II:  
 Thursday 9 June, Thursday 16 June, Thursday 23 June & Thursday 30 June  
 Fee for members is £20.00

Please send completed form to

**Caroline Cranfield**, The Oaks, Guilsborough Hall, Guilsborough, Northants.  
 NN6 8PU Tel: 07880 747872, [carolinefogg@excite.com](mailto:carolinefogg@excite.com)

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

**Disclaimer:** RYA instructors, Senior Instructors or RYA Coaches do not accept responsibility for any loss, damage or injury suffered by persons and/or their property arising out of or during the course of their activities whilst training and/or coaching and/or instructing unless such injury loss or damage was caused by, or resulted from negligence or deliberate act.