

**Please keep this sheet for your information.**

## **Participant instructions**

All courses are normally 9.30-16.30. Please be changed and ready by 0930.

Please indicate on the form which Adult Dinghy Courses you would like to attend:

Level 1: Start Sailing: This is the course you need if you have never been sailing.

Level 2: Basic Skills: This course will give you the confidence to sail on your own and introduce some new skills and upon request the

Level 3: Better Sailing course. Further coaching to consolidate Level 1 and 2 skills and taster sessions from the advanced modules

**Advanced modules:** Start Racing, Sailing with Spinnakers, Seamanship Skills

**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.

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.

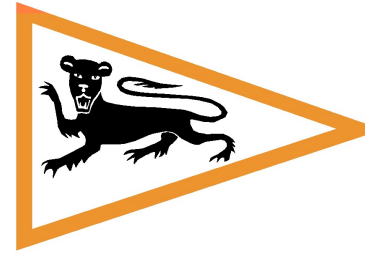
Please do not leave valuables in the changing rooms, lockers are available, ask an instructor.

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.

Participants automatically grant to Hollowell Sailing Club without payment the right in perpetuity to make, use and show any motion pictures, still pictures and live, taped or filmed television of or relating to the event.

For 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 Sailing Club



# **Adult Dinghy & Sailboard Training Booking Form 2018**

**Hollowell Reservoir  
Hollowell  
Northamptonshire  
NN6 8RL**

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

## Training Programme 2018

<b>Course Name:</b> (if RYA state Level)	<b>Code:</b>	<b>Date(s):</b>
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Fee: £

I wish to pay by Cheque Yes/No (Cheques payable to Hollowell Sailing Club)

I wish to pay by Bank Transfer Yes/No (Course Administrator will provide details)

Your Name:	Landline	/	Mobile
Address:			
Emergency contact no.	Your Email address		

Swimming ability:	
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Previous Boating Experience			
Details	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 fit to participate in the course.			
Signature:		Date:	

Course	Code	Dates	Members/ Non-Members
<b>Adult RYA Dinghy</b> (can be L1,L2 or L3) (9.30 – 4.30)	AD1	Sat/Sun 28 & 29 April	£85/ £150*
	AD2	Sun/Sat 20 & 26 May	
	AD3	Sat 9 Jun, Sat 16 June	
	AD4	Sat 30 Jun Sun 1 July	
	AD5	Sat 1 & Sat 15 Sep	
* Note: if L1 and L2 booked together there is a £20 discount on the L2 course for members or non-members			
<b>Back on the Water</b> 6 Thursday evening sessions (6pm)	BW	10 May, 17 May, 24 May, 7 June, 14 June, 21 June	£40/ N/A
<b>Race officer training</b> (11am – 5pm)	RO1	Sat 7 Apr	Free / N/A
<b>Race officer training</b> (11am – 5pm)	RO2	Sat 21 Apr	Free / N/A
<b>Ladies fun day</b> (12 – 5pm)	LF1	Sat 4 Aug	Free / N/A
<b>'Go Sailing' w/e</b> (1pm – 5pm)	No booking req	Sat 2 June, Sat 14 Jul, Sat 11 Aug, 29 Sep	Free / N/A ½ price boat hire
<b>'Go Sailing' Thur</b> (6pm)		28 Jun, 5 Jul, 12 Jul	Free / N/A ½ price boat hire
<b>Sailboard Taster</b> (Mon/Fri evenings)	WS	23, 27 Jul	£10 /N/A

We recommend you book and pay online at :

[http://www.hollowellsc.org.uk/wc\\_bookacourse.html](http://www.hollowellsc.org.uk/wc_bookacourse.html)

However you may also send this completed booking form by post, or scanned and emailed to:

**Andrea King**, Hilltop Cottage, Well Lane, Guilsborough, Northants, NN6 8PZ  
Tel: 07920 107903 [andrea.r.king@gmail.com](mailto:andrea.r.king@gmail.com) or for Sailboards contact **Mike Playle** on 0116 2776687 or Email: [wuffa@tiscali.co.uk](mailto:wuffa@tiscali.co.uk)

**Data Protection Act 1998.** The above information including the questions as to your health and ability will be used by us to process your booking for the course and for attending to your safety whilst you are on one of our courses. Names and addresses of candidates for RYA courses may also be shared with the RYA. If you object please tick here \_\_\_\_\_. We shall also include your name and address on our mailing list. If you do not want to receive details of future courses and events please tick here \_\_\_\_\_.