



**SHROPSHIRE SAILING CLUB**  
**RYA Dinghy Sailing Course - Attendee Details**  
Complete one form for each Attendee



Please read all sections carefully and send the completed form to the Training Principal (address at bottom of page).  
**PLEASE DO NOT LEAVE IN THE CLUBHOUSE.** If you have any questions email: [training@shropshiresailingclub.co.uk](mailto:training@shropshiresailingclub.co.uk).

**COURSE ATTENDEE (Complete one form for each course attendee)**

Title:	Given Name:	Family Name:	
Address:		Postcode:	
Email:	Mobile:		
Telephone:		DoB:	
Previous Sailing Experience:			
<b>Relevant Medical Condition:</b>			

**EMERGENCY CONTACT (Also Primary Contact for all Youth/Junior Applications – must have legal Parental Responsibility)**

Title:	Given Name:	Family Name:	
Address:		Postcode:	
Email:	Mobile:		
Telephone:		DoB:	

### **Course Booking**

All course booking is done on-line to ensure we don't overbook a course by operating two booking systems. Please go to the following website: <https://sailshropshire.sports-booker.com> book your place and fill in the details of your booking below (you will get an email confirmation from the website with the Order Reference Number on it).

Course Booked	Date of Course	Order Reference Number

Now sign this form and send it by email or mail to the Training Principal (address at bottom of page). By signing this form you are agreeing to comply with the [Club Bylaws](#).

Signature:

Print:

Date:

**Please note that due to government regulations relating to outdoor pursuits (AALA), any person under the age of 18 years on a course and who is not a club member (temporary membership does not comply with AALA regulations) must be accompanied by a responsible adult at all times. This also applies to club members under the age of 14 years.** Our Insurers require us to inform you that RYA/NSSA Instructors, NSSA Sailing Masters, RYA Senior Instructors and 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 instruction unless such injury loss or damage was caused by, or resulted from negligence or deliberate act.

Please post the completed attendee form to:  
**Training Principal, Shropshire Sailing Club, 23 Glentworth Avenue, Oswestry, Shropshire SY10 9PZ.**  
*Shropshire Sailing Club, Registered Company No. 07073373, Registered Charity No. 1134892*

## Course Details

The club depends on members who are qualified RYA Instructors volunteering their time to run these courses and this often involves them making changes to personal commitments - well in advance - in order to support a course. It is therefore important that the club has good warning of any changes to bookings. The club requires a minimum 14 days notice in writing or by email of any cancellation (i.e. received by midnight the Friday two weeks before the course starts); any refunds after that point will be at the discretion of the General Committee.

### About The Courses

<b>Start Sailing</b> Level 1 (Adults), Stage 1 (Juniors)	An introduction to sailing covering the minimum knowledge required to get afloat under supervision. Basic understanding of how a boat sails and some experience of steering and handling a boat. Topics include rigging, launch & recovery, knots, sailing technique and manoeuvring, capsize recovery.
<b>Basic Skills</b> Level 2 (Adults), Stage 2 (Juniors)	This course is the second part of the RYA training scheme and for those who have completed the Start Sailing course or who have the equivalent experience. Its aim is to consolidate your basic knowledge of sailing, develop awareness of safety and by the end of the course to be capable of sailing a dinghy without an instructor on board in light winds.
<b>Better Sailing</b> Stage 3 & 4 (Juniors)	The Better Sailing course builds on Stages 1 and 2 by developing sailing's 'Five Essential' skills and using them to sail effectively around a triangular course. Sail theory is explored.
<b>Start Racing</b>	The course is designed to give the confidence, skills and knowledge to take part in club racing in good conditions. An entry requirement is that the sailor has already mastered the practical skills and absorbed the background knowledge required for RYA Level/Stage 2.

### General Information for Participants

<b>When to arrive:</b>	<b>2-Day Courses are usually 09:30-16:30 Saturday &amp; Sunday OR 09:30-16:30 on consecutive Saturdays.</b> <b>4-Day Courses can be any combination of the above – do check the dates when booking!</b> We spend as much time as possible on the water with frequent breaks for food, drinks and shore based course activities.
<b>What to bring:</b>	A packed lunch (hot drinks will be supplied). A complete change of clothing suitable for water sports including jumper or fleece, woolly hat, windproof/shower proof jacket, suitable footwear (old trainers), gloves and a towel. Sun tan lotion. Do not wear jeans as they allow excessive heat loss.
<b>What we've got:</b>	Heated clubhouse and changing rooms, hot showers, self-catering galley, buoyancy aids.
<b>What you'll sail:</b>	Adults: 2000 (Laser 2000) and GP14. Juniors: Topper, Laser Pico and RS Tera.
<b>Medical Conditions:</b>	This form asks you to advise of any medical conditions, medication or other factors of which we should be aware. Such conditions may not preclude you from participating but the information is needed to ensure the Instructors are fully briefed in order to provide the best possible health and safety cover. Conditions that we need to know about include angina or other heart conditions, diabetes, epilepsy or giddy spells.

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