



Nottinghamshire County Sailing Club

Training Section

PRINCIPAL:

William Stanton, 109 London Rd, Newark, Notts NG24 1SR



Windsurfing Courses 2010

RYA Windsurfing Start (Level 1)

Start Adult	5.45pm to 8pm approx Thursday	As below if enough
Start Junior (club members)	5.45pm to 8pm approx Thursday	Thursday 6 th , 13 th , 20 th , 27 th May

RYA Windsurfing Intermediate (Fast Forward)

Intermediate	Saturday 2- 5pm run as clinics	1 st , 8 th , 15 th May, 12 th June 2 nd , 16 th , 23 rd , 30 th Oct
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Note: Person under 18 Years must be club members unless taking taster session of 3 days or less.

Advanced courses to be arranged depending on demand, contact us for details.

Wednesday Team 15 (for under 15 Years - generally 16 & 17 year olds can join in) May & June

Team 15 is for club members only. There will improve sessions, light hearted competition, and inter club events. Please see Notts County website and also RYA www.team15.org.uk for details. There will be no costs for the Team 15 coaching but there may be board hire fees for those wishing to borrow kit on Wednesday night (generally this is free).

Course Fees:	<i>Non members</i>	<i>Members</i>	<i>Board use donation (April to Sept) * note use during the teaching sessions included in course fee</i>
RYA Start Adult (3 sessions)	£100	£75	£100 donation
RYA Start Junior (3 session)	n/a	£50	£45 (£90 for course & board use donation)
RYA Intermediate (Fast Forward) (min 3 sessions) Adult Spring/Autumn separate	£ 100	£75	£70 donation
RYA Intermediate (Fast Forward) (min 3 sessions) Junior Spring/Autumn separate	n/a	£50	

Refunds within 2 weeks of start or during the course will be at discretion of training committee.

If you do a Start course and continue with Intermediate then £20 can be deducted off (within 9 months of Start Course), if less than 3 Intermediate sessions are held an opportunity will be made available to come on a session in the next course.

** Note on use of boards: Members only may use boards outside teaching times or other official club activities which require the club boards. There is no guarantee of use of any board, the boards are the hifly polyethylene ones, there is a limited in number and will cover the period April to September 2010 to allow practise. The boards may not be taken off the club premises without written Executive Committee permission (except by arrangement with Senior Instructor to officially organised events such as Team 15 inter club). The boards can be used at any time at your own/parents risk, it should be noted normal club rules apply, parents should not allow their children to use boards unless there is safety cover or they can drive the safety boats and have them ready for use, and you should not sail on your own. Under no circumstances can under 18s be left on their own using club equipment, parents or a person nominated by the parents (in writing) are to be present. Note: Rigs are as in the hire container, the best rigs are reserved for training, and are cascaded to the hire container when new rigs are bought to replace the existing. The better rigs are generally used for instruction before being allowed out for hire. All equipment users should have passed RYA Start or equivalent standard. Access is by the keys in the cupboard and an additional key issued on receipt of payment. Please ensure the container is left locked when unattended.*

Some Details:

- Courses are held at Notts County Sailing Club lake near Hoveringham.
- The course is led by qualified RYA Instructors. See also Notts County Web site: <http://www.ncsc.org.uk>
- Changing rooms and showers are available, the galley and bar are open at certain times.
- Bring a towel & swim wear, if you have a wetsuit bring it. There are a few wetsuits available.
- Bring training shoes or plimsolls (if you have wetsuit boots with soles, bring them) which will get wet
- Bring Warm clothing
- Tea & Coffee is not available generally
- Bring lunch if you wish
- The changing rooms are used by adults and children

Send Attached Application Form only with cheque payable to 'Notts Country Sailing Club' to:

David Eberlin, Pinfold Cottage, 37 Main St, Gunthorpe, Notts NG14 7EY.

No confirmation will be sent. Please attend on the first day of the course unless contacted otherwise.

Queries Tel: David 0115 9664325 or e mail ncscinfo@btinternet.com



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Season 2010

Windsurfing Courses Application Form

NAME	
Address	
Post code	
E mail	@
Tel:	
Emergency contact Name	
Tel:	

Course Applied For: Please Tick

Adult Windsurfing Start	<input type="checkbox"/>	Board use when not used for organised events (use for course included in course fee)	<input type="checkbox"/>
Windsurfing intermediate	<input type="checkbox"/>	Junior Start	<input type="checkbox"/>

Start date of Course you wish to attend (start date)

Medical: Sailing is a safe sport which, however, involves outdoor exercises in the elements. Consequently, participants should be prepared to be wet, and on occasions, cold and possibly be knocked or bruised. It is therefore your responsibility to state if you have diabetes, epilepsy, giddy spells, asthma, allergic reaction, angina, any condition affecting your heart or lungs, or any other conditions which may affect your ability to participate in the course.
 Please list overleaf any medical condition which may impact on your ability to participate in the course.
 (Please note this information will not be divulged except to the instructors or in an emergency.)

State whether confident in water Yes/No If non-swimmer tick here

Signed Date:
 (if under 18 by parent or guardian - In the event of emergency I agree to my son/daughter/ward receiving medical treatment)

I enclose a cheque for £
 Please return to: **David Eberlin, Pinfold Cottage, 37 Main St, Gunthorpe, Notts NG14 7EY** with full remittance (Cheque payable to 'Notts County Sailing Club'), to ensure you are booked on the course. We do not normally reply to confirm unless there is not room on the course, but contact e mail is: ncscinfo@btinternet.com

Please note: RYA Instructors, 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 instructing unless such injury loss or damage was caused by, or resulted from negligence or deliberate act.