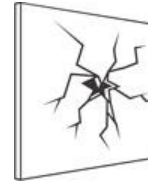




IMPORTANT: You must **SIGN IN** and **OUT** at the beginning and end of each training session.



Any **injury** to persons must be reported to the Administrator before leaving the premises.



Any **damage** to property (including boats) must be reported to the Beach Master before leaving the premises

Changing rooms - ensure that these are left neat and tidy before going sailing and before leaving at the end of the day.



You must **give due consideration** to other

members of the Club when walking about the Clubhouse. You must respect both Club and other students' and members' personal property.



Any **disregard** of the above rules may mean that you are asked to leave the course either for that day, or in the event of a more serious incident, the whole of the course. Your parents or guardians will be informed.

JUNIOR SAILING 2020

Student Information

PLEASE READ CAREFULLY

RULES FOR STUDENTS

For your own safety, you must obey orders from Instructors, Helpers, adult members and staff of the Club.



DO NOT go onto the water or out to the Pontoon without a buoyancy aid correctly fitted and done up at all times.

DO NOT RUN on the Pontoon, or in the vicinity of the Clubhouse.

DO NOT PLAY on the dinghy racks, or mess about with property that is not your own.

DO NOT JUMP off pontoons into the water.

DO NOT SIT on club member's boats.

The **slipway** can be dangerous. You should wear appropriate footwear and step with care.



IMPORTANT

You must **SIGN IN** and **OUT** at the beginning and end of each training session.



Even on a sunny day, spray and wind can quickly cool the body down.

Tops should be light; a **T-shirt** with a **Sweat Shirt** or **Fleece** over is a good combination. Even on warm days, bring a **Waterproof Top**. **Trousers** should be long. **Tracksuit bottoms** over the top of shorts are practical and warm, **Waterproof Trousers** for cold and wet days.



A Wet Suit (or Dry Suit) is essential. Make sure that it fits well; do not be tempted to get one big enough to "grow into".



Gloves will help keep your hands warm and protect them when handling ropes. The ones with short cut-down fingers are best for dinghy sailing. They do not have to be expensive to be effective.



Hats are good for sunny days and help keep you warm on cold wet days. You lose more heat from your head than any other part of the body.

Long Hair must be tied back. Put very long hair in a plait or a bun at the back of the head.

Jewellery can cause some very painful injuries when sailing. **Leave your earrings, rings,**



necklaces and bracelets at home.



Sun Cream is essential. Use a high factor sun block. Even on a cloudy day, sensitive skin can burn when you are sailing.

Sunglasses, if worn, must have a CE mark. **DO NOT** wear sunglasses without a CE mark - they will do more harm than good.



PLEASE READ CAREFULLY



Buoyancy Aid

Wear a well fitting Buoyancy Aid of **50 Newtons** at all times. **Do not use a manual or automatically inflating lifejacket.**

Footwear should be light and flexible with a non-marking sole. **Neoprene beach shoes** are a good choice if you do not want to pay out for designer sailing gear.



DO NOT wear sandals, boots, open toes, crocs or heavy trainers.



Clothing will vary with the weather and type of boat being sailed. Remember, if you are warm you can take a layer off

when on the water. **If you become cold:**

a), you will not enjoy your sailing and

b) **you will be returned to shore** for the rest of the session in order to get warm again.

AND DON'T FORGET

BRING A SPARE SET OF CLOTHES AND A TOWEL EVERY DAY

HAPPY SAILING



Please Turn Over>>>>>