



Rudyard Lake Sailing Club **Training Application 2017**

A copy of this form **must** be filled in for **each** person applying for training

Rudyard Lake Sailing Club is an RYA Recognised Training Establishment

Chief Instructor Larry Muir :Mobile: 07950 118 588

For application to an RYA training course fill in below: **PERSONAL** details

Full name:

Address:

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Post Code:

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Telephone:

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Email:

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Date of Birth (If under 18):

.....

Tick as appropriate:

Under 18

18-35

35-50

50+

Emergency contact details

Can you swim? (Y / N)

Instruction in own boat? (Y / N)

If yes please give class / type of dinghy:

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Are you registered disabled (Y / N)

If yes, will you have a helper (Y / N) Can you transfer? (Y / N),

If you need assistance please give details:

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Please advise us if you suffer from any illness or medical condition that may affect your ability to take part in the course:

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Previous Sailing Experience and Qualifications if any:

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NB: The Club does not act in loco parentis; a parent must remain on site during courses involving their children under 18. Rudyard Lake Sailing Club, its RYA Recognised Training Centre, and RYA/NSSA Instructors, NSSA Sailing Masters, RYA Senior Instructors, RYA Coaches and other persons coaching or training under their direction or on their behalf 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.

Full name:

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Address:

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Post Code:

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Telephone:

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Mobile:

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Tick box below for type of RYA Level 1 & 2 Course Fee

Adult £110.00 (per person)

Course applying for:

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Start Date:

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Please make cheques payable to "RLSC"

Send your cheque & form as soon as possible prior commencement of your course to:

RLSC Membership Secretary, Jane Andrews, 12 Harboro Rd, Sale, Cheshire, M33 5AB



Rudyard Lake Sailing Club

Reacliffe Road, Rudyard, Near Leek, Staffordshire, ST13 8RS Tel: 01538 306200 www.rudyardlakesc.org.uk

General advice on a typical RYA training course

For RYA 1 and 2 courses please arrive at the club from **9 – 9.20am** for the initial briefing at 9.30 am on the day of the course. If your course is a level 1 Beginner course you will **NOT** need to be changed and ready to sail at the time of the briefing. If you have difficulty arriving on time please contact the club telephone number so we know you're coming.

Lunch will be provided as part of the course cost.

A typical RYA training day will run until 4.30 - 5 pm on each day - weather permitting.

Advice on what clothing to wear

You should bring with you sufficient warm clothing to sail in, bearing in mind that it is always colder on the water than on land. You will need a change of clothing in case you get wet.

Basics:

Ideally wear a wetsuit, steamer or dry-suit. If you do not possess such a garment, wear warm clothing made of wool or synthetic materials. Cotton based jeans or trousers and shirts do not provide any warmth when wet - quite the reverse. Wear trainers or flat soled sailing boots and wool socks or wetsuit boots as your feet will get wet come what may. It will be cooler out on the water and wind protection is often required. A fleece top is ideal in good weather, supplemented by a waterproof jacket in less clement weather. Wearing a hat prevents excessive heat loss and protects your head against minor cuts and bruises. In sunny weather, sunburn is a very real hazard. Water and sails reflect UV rays. Wear sunscreen, peaked hat and long sleeves and trousers as necessary. Dark glasses with a retaining cord are highly recommended to prevent glare and eye strain.

Cool / Cold / Wet Weather:

In cool / cold or wet weather supplement the basics with:

- Waterproof top
- Waterproof trousers
- Hat, balaclava (very good in cold, wet weather)
- Sailing gloves or wool gloves with reinforced palms
- Warm inner clothing - 'wick away' items near next to the skin are ideal
- Wet suit, steamer or dry suit

A warm sailor is a safe sailor; you may get wet but you can stay warm.

Warm / Sunny Weather:

In warm / sunny weather the basics are fine (remember it is always cooler on the water)

Consider the following too:

- Baseball cap (with covering for the back of the neck)
- Long sleeved shirt
- Sun tan cream
- Shorts
- Sun glasses

- Soft soled footwear – trainers or sailing boots

Make sure that you drink plenty of fluids in very hot conditions and take water with you if needed

Feedback and Complaints Procedures

We will ask for feedback as a normal part of the course. If you wish to raise an issue with the Training Principal, David Burnham, please contact him by email at david_burnham@ntlworld.com .