



# SHROPSHIRE SAILING CLUB

## RYA Training Course Application



Please read all sections carefully and post the completed form with your payment 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 APPLICANT** (Complete one form for each course applicant)

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

**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** (Because we use volunteer Instructors we try to fill courses. We expect to offer you your preferred date but if there are not enough participants we will ask you to switch to another course date. See next page for course dates and fees.)

Preferred Course Date	Course Title (eg Junior Stage 2)	Course Fee
		£
		£
		£
<b>Total Fees Due</b>		£
<b>50% Booking Deposit (Payment must be made with this booking)</b>		£
<b>Residual (due four weeks before first course starts)</b>		£

To comply with insurance requirements, non-members taking a course at Shropshire Sailing Club are granted temporary club membership for the duration of the course. By signing this form you are agreeing to comply with the Club Bylaws (see [http://shropshiresailingclub.co.uk/php\\_pages/members/documents.php](http://shropshiresailingclub.co.uk/php_pages/members/documents.php)).

Signature:

Print:

Date:

**Please note that due to government regulations relating to outdoor pursuits, any person under the age of 18 years on a course and who is not a club member 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 or 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 form and payment (cheques payable to "Shropshire Sailing Club") to:  
**Training Principal, Shropshire Sailing Club, The Willows, Lee Brockhurst, Shrewsbury, Shropshire. SY4 5QH.**  
 (Internet Payment Option: NatWest, Market Drayton: Sort Code 01-05-48, Account No. 40107051)  
*Shropshire Sailing Club, Registered Company No. 07073373, Registered Charity No. 1134892*

## Course Dates & Fees 2012

Date	RYA Course	Joined Before 2011 <sup>a</sup>	Joined 2011/12
21-22 April	Adult Level 1 and 2 Junior Start Racing	£75	£90
19-20 May	Adult Level 1 & Junior Stage 1 (Reserve Places for New Members)	£45	£60
16-17 June	Level 1 & Stage 1 – linked with next	£120	
14-15 July <sup>b</sup>	Level 2 & Stage 2 – linked with previous	£90	
15-16 Sept <sup>b</sup>	Level 1/Stage 1 <sup>c</sup>	£90	

<sup>a</sup>Members joining before 2011 paid higher Joining Fees  
Discount is available until 31<sup>st</sup> March 2013 (**Final Year**)

<sup>b</sup>Because our training is run by volunteers we will only run these courses in response to demand.

<sup>c</sup>Course Level/Stage to be decided - will depend on demand. May be mixed ability (eg Level 1/2, Level 2/3, Stage 3/4)

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 participants attend the course they have booked and that the club has good warning of any changes to bookings.

Half of the course fee must be paid as a non-refundable deposit at the time of booking and the remaining half four weeks before the first course starts to secure your place. The club requires a minimum 14 days notice in writing or by email of any cancellation (ie 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 Course

<b>Level 1 (Adults), Stage 1 (Juniors)</b>	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, capsizing recovery.
<b>Level 2 (Adults), Stage 2 (Juniors)</b>	This course is the second part of the RYA training scheme and for those who have completed the Level/Stage 1 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>Stage 3 &amp; 4 (Juniors)</b>	The Stage 3 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. The Stage 4 course looks to use and demonstrate these skills in a crewed boat. Emphasis is placed upon capsizing recovery from an inverted boat.
<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>9.30 a.m. Saturday &amp; Sunday.</b> Each course lasts about 12 hours and will finish by 4:30 on each day. 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). Clothing suitable for water sports including jumper or fleece, woolly hat, windproof/shower proof jacket, suitable footwear (old trainers), gloves, a change of clothing and a towel. Sun tan lotion as necessary. Avoid 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: Laser 2000 and GP14. Juniors: Topper and RS Feva.
<b>Medical Conditions:</b>	The application 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 may include angina or other heart conditions, diabetes, epilepsy or giddy spells.

Please post the completed form and payment (cheques payable to "Shropshire Sailing Club") to:  
**Training Principal, Shropshire Sailing Club, The Willows, Lee Brockhurst, Shrewsbury, Shropshire. SY4 5QH.**  
**(Internet Payment Option: NatWest, Market Drayton: Sort Code 01-05-48, Account No. 40107051)**  
*Shropshire Sailing Club, Registered Company No. 07073373, Registered Charity No. 1134892*