### 

**Hollowell Reservoir**

**Hollowell**

**Northamptonshire**

**NN6 8RL**

Hollowell Sailing Club

Clubhouse - 01604-740328

[www.hollowellsc.org.uk](http://www.hollowellsc.org.uk)

**Adult Dinghy Training Booking Information**

**Please keep this sheet for your information**

### Participant instructions

All Adult Dinghy Courses are normally 9.15-17.15. Please be changed and ready by 0930.Hot drinks will be available from the galley.

Sunday: You can order food at the Galley before going on the water (check on the sailing programme)

All other days please bring your own lunch.

Back on the Water starts at 18:00.

Please bring a wetsuit if you have one, if not warm dry clothes and at least one complete change in case you get wet. Waterproofs would be useful in case it rains and to keep the wind out.

Suitable footwear, old trainers or similar are ideal, not hard-soled Wellingtons as these are uncomfortable and fill with water.

If you have your own buoyancy aid please bring it. You may borrow one from HSC if you do not have one.

Please note HSC does not carry insurance for individual’s boats.

If you cannot attend your course, or for any reason HSC cannot provide training on the due date, an alternative will be offered. No refunds will be given. HSC must be in receipt of the full course fee before a delegate can commence their course.

Please do not leave valuables in the changing rooms, lockers are available, ask an instructor.

Participants are expected to adhere to the rules of Hollowell Sailing Club. Failure to do so may be result in you being asked to leave the site.

Participants automatically grant to Hollowell Sailing Club without payment the right in perpetuity to make, use and show any motion pictures, still pictures and live, taped or filmed television of or relating to the event.

For Dinghy courses the fee includes the certificate, logbook and handbooks where appropriate.

### Non-members are welcome subject to available places.

**Medical Fitness**

Any adult dinghy course will require you to participate in the following activities: Rigging,Launching and recovery of boats, sailing in all directions, capsize or capsize practice in which you will get wet, avoiding other craft.

If there are any medical ailments or factors affecting your ability to undertake the course these must be listed on the Medical Declaration.

If you have any questions relating to your booking please get in touch with the Adult Dinghy Course Co-Ordinator.

To check availability and make any booking please use the Hollowell Sailing Club website, Join&Book, Book a course/event, Training&Coaching,Adult or click [here](https://webcollect.org.uk/hollowellsc/category/training_adult-1).

**Andrea King**, Tel: 07920 107903 [andrea.r.king@gmail.com](mailto:andrea.r.king@gmail.com)

**Disclaimer:** RYA instructors, 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 instructing unless such injury loss or damage was caused by, or resulted from negligence or deliberate act.