



Hollowell Reservoir  
Hollowell  
Northamptonshire  
NN6 8RL

Clubhouse - 01604-740328 (sailing days only)  
[www.hollowellsc.org.uk](http://www.hollowellsc.org.uk)

# Hollowell Sailing Club

## Youth Training Booking Information

Please keep this sheet for your information.

### Participant instructions

Day courses are run from 9.15-17.15. Please arrive by 0915 and be changed and ready by 09:30.

Youth Coaching (Sunday Mornings) run from 9:30-12:00. Please be changed and ready by 9:30. The more advanced sailors are encouraged to join the racing in the afternoon.

Evening courses are run from 18:00-20:00. Please arrive from 17:30 so you are changed and ready for a prompt start at 18:00.

**Hot and cold drinks, crisps and chocolate bars will be available to buy from the galley.**

**Mon - Sat:- You will need to bring your own lunch unless informed otherwise (we sometimes have hot food available in youth week)**

**Sunday:- There should be normal galley staff on duty. You can order hot food before 10:30 or you can bring your own.**

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 are useful for warmth. Suitable footwear, old trainers or similar are ideal, not hard-soled Wellingtons as these are uncomfortable and fill with water. Buoyancy aids and boats are included in the course fee for Junior Start Sailing and Youth Week. Helmets are provided for stage 1 and 2. For Youth Coaching sessions hire fees are payable if you need a boat or buoyancy aid.

For children aged 13 and under, we ask that a parent or nominated adult remains on site during the course. Parent help is welcomed and you should bring waterproofs, wellies and a change of clothing in case you get wet. You may borrow a buoyancy aid from HSC. Please do not leave valuables in the changing rooms, lockers are available, ask an instructor.

Please note HSC does not carry insurance for individuals' boats.

If you cannot attend your course, or for any reason HSC cannot provide training on the planned 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.

Participants are expected to adhere to the rules of Hollowell Sailing Club. Failure to do so may result in you being asked to leave the site. **Note: No dogs are allowed on site.**

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

## **Medical Fitness**

Any dinghy course will require the participant to take part 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 child's ability to undertake the course these must be listed on the Medical Declaration form.

**Junior Start Sailing, and Youth Sailing Week: Non-members are welcome subject to available places, but there is an additional cost for non-members. Youth Coaching is for members only.**

For any additional information please contact: **Jenny Sturt, [youth-train@hollowellsc.org.uk](mailto:youth-train@hollowellsc.org.uk)**

**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.