### HSC Logo



**Hollowell Reservoir**

**Hollowell**

**Northamptonshire**

**NN6 8RL**

Clubhouse - 01604-740328

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

Hollowell Sailing Club

**Adult Dinghy Training Booking Information**

**Please keep this sheet for your information.**

### Participant instructions

Try Sailing Tasters sessions start at 1830, but please try to arrive by 1815. Session will finish around 2000.

You will be in a boat with an Instructor, but will be expected to help launch and recover boats.

Some of your party should expect to get their feet wet! Suitable footwear, old trainers or similar are ideal, not hard-soled Wellingtons as these are uncomfortable and fill with water.

If cold wrap up warm and a waterproof top would be useful in case it rains and to keep the wind out.

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

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.

**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.

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 Try Sailing Coordinator, Andrew Wood.

**Try Sailing Coordinator**

**Andrew Wood**

androowwood@gmail.com