### RYA TC LOGO FINALHSC Logo

**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. Any medical conditions that may affect the paticipant’s ability to participate in the course should be detailed, along with emergency contact information, on page 3. This MUST be brought to the course and will be handed back to you on completion of the course.**

### Participant instructions

Summer coaching will have staggered start, lunch and end times. This will be shared prior to the coaching date and must be strictly followed to allow for social distancing procedure. The coaching will start no earlier than 9 am and finish no later than 16:30. Each participant will be placed in a 5 person bubble with an instructor. Different bubbles will not mix on the water or socially.

There will be no access to showering facilities. Sailors will need to arrive suitably equipped and changed. Buoyancy aids will be available. Once allocated these will need to be clearly labelled and stored with boats for use over the three days. Helmets will be compulsory for at least the lowest ability group and for other groups it is at the coaches’ discretion. Once issued these will be labelled and for the child to retain for the duration of the course.

There will be no access to the galley including hot and cold drinks,  each child will need to bring a personal water bottle or cup for tap water.  You will need to bring your own lunch. There will be no camping, and it is likely that the Clubhouse will still be closed.

 Parents or a nominated adult, of children aged 17 and under, are expected to remain on site during the course.  Parent help is welcomed and 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 due date, an alternative will be offered, and if necessary a refund 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 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 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 Page 3.

### For any additional information please contact: Rachel Heggs [heggsrachel@gmail.com](mailto:heggsrachel@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.

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| **This information MUST be presented to the Supervising Instructor at the beginning of the course. It will be returned to you at the end of the course. Please make sure it is returned to you.** |

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| --- | --- | --- |
|  | **Emergency Contact Details** | |
| Name of Participant |  | |
| Name of Emergency Contact |  | |
| Relationship to participant |  | |
| Tel Nos | H: | M: |
| Address |  | |
|  |

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| --- | --- |
| **Medical/ Health Information** | |
| Please list details of any medical treatment being received, medical condition or any medication being taken that may affect your child’s ability to take part in the activity or of which your instructor should be aware. Please note that a medical condition need not necessarily prevent you from taking part in the course. The participant’s parent/guardian consents that this medical information may be used if necessary. | |
| Please provide information here | |
| **Covid 19 - to be completed on course start date**  Within the last 21 days the sailor has not:   1. tested positive or presumptively positive with the Coronavirus or been identified as a potential carrier of the COVID-19 virus or similar communicable illness (“Coronavirus”); 2. experienced any symptoms commonly associated with the Coronavirus (such as fever, cough, sore throat, respiratory illness, difficulty breathing)? 3. been in any location positively designated as hazardous and/or potentially infected with the Coronavirus 4. the sailor or any person in the same household come in close contact with a confirmed or suspected case of the coronavirus(“Close contact” means being at a distance of less than one metre for more than 15 minutes.) | |
| **HEALTH DECLARATION** I declare that, to the best of my knowledge, my child is fit to participate in the course, and allow the above data to be used if necessary. | |
|  | |
|  | |
| Signature | Date: |

*On successful completion of your Dinghy course your name, certificate number and date of issue will be stored for up to 7 years. This information allows us to verify or replace your certificate if required..The data collected on this form will be held in accordance with the HSC Data Privacy Policy which can be downloaded from www.hollowellsc.org.uk/downloads.htm.*