

# Donaghadee Sailing Club - Course Joining Instructions.2019

Thank you for registering for a course with us at Donaghadee Sailing Club. Please find below some important information on your course.

Course Type	Dates	
Start Time	Finish time	Course Leader-

## What to Bring - Sailing Courses

- Swimming costume for under wetsuit
- Sun hat
- Wetsuit if you have one
- Wet suit boots or trainers that you don't mind getting wet
- Towel and change of clothes
- Medication you may require
- High factor sun screen
- Pack lunch or snack and bottle of water
- Your RYA logbook if you have done a previous course.
- Willingness to have some fun!

## What to Bring – Powerboat courses

- Passport photograph
- Waterproof coat, trousers and boots, warm hat.
- Buoyancy aid or life jacket if you have one, can be supplied
- Sunscreen, bottle of water

**Medical form** - All participants must complete a medical disclaimer (**on the first day of the course**) and any person who does not complete this cannot take part in activities.

**Junior Members Behaviour Code**- All participants under 18 must complete and sign this documents on the first day of the sailing course.

**Equipment**- For sailing courses, wetsuits, buoyancy aids and splash tops can be provided if required. Helmets will be provided and must be worn by all under 16s during sailing courses.

**Attendance** - The course runs on the advertised dates and times unless otherwise agreed. Please ensure you arrive on time. If for any reason you cannot attend please let us know by call 02891 884270 or 07730006149

**Concerns** - We strive to set high standards of training and safety, so if you are unhappy about anything, please talk to us and we will do our best to address the issue.

**Bad weather** - We will always do our best to run the course, so if it's raining or just general bad weather, the course will go-ahead. However we do reserve the right to cancel or reschedule the course or offer a refund if the dates are not suitable. **Refunds are not available under any other circumstances.**

**Safety** – As a recognised training centre we comply with all standards set out by the RYA. While sailing is a safe sport everything in life has an element of risk. We ask for your co-operation in complying with our club safety policy and listen to your instructors as they are here for your safety as well as helping to improve your sailing.

**Lunches** –Participants should bring a pack lunch for each day of the course. On the last day of a 5 day course there will be the opportunity to pre-order food from one of the local providers.

**Should you require any further information please call Steve on 07599454065 or James on 07730006149**