



# Ogston Sailing Club

Quarry Lane, Woolley Moor, Nr Alfreton,  
Derbyshire DE55 6FN Tel. 01246-590425



## **JOIN THE 2017 ADULT LEARN TO SAIL COURSE**

**Please note that Training can only be offered to Club Members**

The course will run from Friday 5<sup>th</sup> May through to Saturday 10<sup>th</sup> June (6 weekends) inclusive at the following times:

**Friday evenings - 6.30 pm through until about 9.00pm (bar open afterwards)**

**May 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup> and June 2<sup>nd</sup> and 9<sup>th</sup>**

**Saturday mornings- 9.30 am through until about 1.00pm**

**May 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup> and June 3<sup>rd</sup> and 10<sup>th</sup>**

The Adult Learn to Sail Course will allow you to qualify to RYA (Royal Yachting Association) Sailing Scheme, levels 1 and 2. These are internationally recognised qualifications and successful completion will allow you to hire a dinghy at sailing centres across the UK and abroad.

The course comprises both on-the-water and on-shore sessions covering the following:

- rigging and ropework
- how to safely launch and recover a dinghy
- sailing techniques and manoeuvres
- sailing theory and background
- basic racing
- meteorology
- capsized recovery

In the initial stages of the course you will be accompanied at all times by an Instructor in the dinghy. You will be surprised at how quickly you will progress to sailing in a dinghy without an Instructor. The Instructors will, however, still be around in Safety Boats offering support and advice.

Wind and weather are unfortunately beyond our control, so whilst all the above items will be covered in depth, the course will be tailored to fit in with the weather on the days concerned.

**COST £180.00 : DEPOSIT of £50.00** to be paid no later than Friday 5<sup>th</sup> May 2017 with the balance payable no later than Saturday 6<sup>th</sup> May 2017.

As a follow up to the course, on three consecutive evenings from Friday 17<sup>th</sup> June you will be able to join in sessions offering basic race training and the opportunity to improve your sailing skills with experienced sailors on Friday evenings. These will help you understand the basic rules of racing and enable you to join in Club racing. These coaching sessions are FREE. You can also join in Club Novice racing from 10<sup>th</sup> June onwards.



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Please note that the Club has an **OPEN DAY** on the afternoon of Bank Holiday Monday 1<sup>st</sup> May from 12.30pm to 4.30pm. If you are able to come along please do so as this will provide an ideal opportunity to:

- have a look at and have a sail in the training dinghies;
- have a sail in racing dinghies, meet club members, have a look at the Club and its facilities, meet and chat with fleet captains and your management committee members.

I look forward to meeting you soon.

For further information please call me on 01246 209049 or email [sail.training@ogstonsc.co.uk](mailto:sail.training@ogstonsc.co.uk)

Sandy Dowell, Training Officer, Ogston Sailing Club.

## USEFUL INFORMATION

The format of the course consists mainly of sessions of on the water tuition and theory on shore as required and follows this format from the first night.

The weather will vary throughout the course but inevitably your legs and feet will get wet and if it rains so will the rest of you. Bring waterproof tops and old trainers and extra warm clothing and sun cream as temperatures can vary a lot over the length of the course. If you have a wet suit and dinghy boots that is even better; please bring them and a windproof top. A sports superstore might provide you with a short wetsuit and a pair of dinghy boots for around £35, a fully windproof spray top might be a further £30.

If you wear glasses bring a strap to secure them to your buoyancy aid. If you do not have a buoyancy aid, one will be provided.

You will also want a shower kit and change of clothing for after sailing. If you use an inhaler please make sure you carry it with you and don't leave it in the car.

After sailing the bar and the galley will usually be open for the purchase of drinks and snacks. There are microwaves and hot drink facilities in the galley area so you are welcome to bring snacks with you.

If there is anything else you wish to know or discuss about the course please contact me on 01246 209049 or [sail.training@ogstonsc.co.uk](mailto:sail.training@ogstonsc.co.uk).

Sandy Dowell, Training Officer, Ogston Sailing Club.



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## Course Application

**NOTE** – to attend this course you must be registered as a current member of Ogston Sailing Club. Application forms and details of costs are on the Membership section of the club website ([www.ogstonsc.co.uk/membership.htm](http://www.ogstonsc.co.uk/membership.htm)).

To confirm your place on the course, cost £180.00, please complete the attached forms (application, health and medical where required) and return to:

Sandy Dowell, 3 Windsor Close, Chesterfield, Derbyshire S40 3SF together with a non- refundable deposit of £50.00. Please do not send cash but EITHER:

- a) enclose a cheque made payable to 'Ogston Sailing Club'
- or
- b) make your payment through GoCardless by visiting this link:  
<https://dashboard.gocardless.com/api/paylinks/OT29EM9B6X>

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### Ogston Sailing Club – Learn to Sail 2017 – Application Form

Name (block capitals)	
Address	
Tel. No. home / mobile	
e mail address	
<p>I confirm I wish to attend the Ogston Sailing Club Adult Learn to Sail Course 2017 and</p> <ul style="list-style-type: none"> <li>a) *enclose a cheque made payable to Ogston Sailing Club (minimum £50.00)</li> <li>OR</li> <li>b) *have already paid using gocardless via the web link</li> </ul> <p>*Delete as appropriate.</p> <p>Signature .....</p>	



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## HEALTH DECLARATION FORM

### THE 2017 ADULT LEARN TO SAIL COURSE

#### Personal Details

Full Name \_\_\_\_\_

Address \_\_\_\_\_

Post Code \_\_\_\_\_

Home Phone \_\_\_\_\_ Mobile \_\_\_\_\_

#### Next of Kin

Name of person to be contacted in an emergency \_\_\_\_\_

Relationship to that person \_\_\_\_\_

Home Phone \_\_\_\_\_ Mobile \_\_\_\_\_

Address \_\_\_\_\_

Postcode \_\_\_\_\_

#### Medical History

Please give details of any treatment you are receiving or any condition that may affect you during this course

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I know of no medical reason why I should not take part in this course and declare that I am fit to complete the training course.

Signed \_\_\_\_\_

Print Name \_\_\_\_\_ Date \_\_\_\_\_



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## MEDICAL CONSENT FORM

### THE 2017 ADULT LEARN TO SAIL COURSE

To be completed additionally where the participant is **under 16 years** of age at the start of the course on Friday 5<sup>th</sup> May 2017

I, the parent / guardian \* of :

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give permission to the instructors participating in activities during the above course to administer any relevant treatment or medication to the named participant, when/if necessary. I shall inform the organising body of any known conditions and medication requirements.

In addition, if the case arises, I authorise the instructors/members of Ogston Sailing Club management committee to take my son/daughter to hospital and give full permission for any treatment required to be carried out in accordance with the hospital's diagnosis. I understand that I shall be notified, as soon as possible, of the hospital visit and any treatment given by the hospital\*\*.

#### **Parent / Guardian's\* Consent**

Signed \_\_\_\_\_

Print Name \_\_\_\_\_

Date \_\_\_\_\_

Relationship to participant \_\_\_\_\_

\* delete as applicable

**\*\* Please Note, for Safeguarding, a parent/guardian should be present on the Club site during the above activities.**