

Saturday Morning Members' Mentoring Sessions 2019

Six mentoring sessions will take place during June and July for adult club members with:

- some knowledge of sailing for adults over eighteen who wish to rekindle their skills
- lapsed sailors who wish to recover their confidence
- new members considering which boat to purchase
- a potential crew who needs more experience, or
- someone who really wants to see if it is for them!

Each session will be given with experienced and competent club members in a variety of keelboats including Yeoman, Yare and Bure and Broads One Designs and will run between 10.00 am and 12.00 midday for a nominal charge of £10.00 per person, per session.

You will need to bring your own clothing (waterproofs, suitable non slip footwear, warm jumper or fleece etc.) but personal flotation devices can be borrowed from the club.

Booking at least one week in advance is essential as we need to gauge the correct number of boats required for each Saturday morning.

Please contact the office with your completed form and one of our members will be in touch. Further details about the sessions and progression path will then be given to you.

Name:	
Phone:	Email:
I would like to attend to following sessions:	
Saturday 15 th June	£10
Saturday 22 nd June	£10
Saturday 29 th June	£10
Saturday 6 th July	£10
Saturday 13 th July	£10
Saturday 20 th July	£10
<i>Please tick</i>	
Total Cost	
£	
Medical Information. Please give any details of any medical conditions or physical impairments that may affect your ability to take part:	

PTO for declaration and signature

Declaration & Signature. By signing this form, I understand that:

I agree to comply with NBYC's Constitution, House Rules, and Safeguarding Policy, as found on www.nbyc.co.uk

I give NBYC permission to hold this information for the purpose of administering this course and understand that it will be retained only as long as necessary to comply with the organiser's legal obligations. Note: NBYC does not use any member data for any external marketing purposes and does not share with any third parties. You can access or remove any data stored by NBYC by setting up an account in the Membership Portal at www.nbyc.co.uk

I understand in the event of injury or illness all reasonable steps will be taken to contact my emergency number/next of kin, and I agree that if I urgently require medical treatment during an NBYC activity, the person in charge is authorised to give consent on my behalf

I agree to having photos/videos taken to be used in the promotion/publicity of the Club, (including publication on the club website, Facebook and local press etc).

Sailing is by its nature an unpredictable sport and therefore involves an element of risk. By taking part you/your sailor acknowledges that:

- a) You are aware of the inherent element of risk involved in the sport and you accept responsibility for exposing yourselves to such inherent risk whilst taking part;
- b) You will comply at all times with the instructions of the session co-ordinator particularly with regard to instructions for boarding and leaving the boat and/or launching and recovery (as relevant), using the equipment on the boat and handling sails, wearing of personal flotation devices and the wearing of suitable clothing in particular footwear for the conditions
- c) You accept responsibility for any injury, damage or loss to the extent caused by your own negligence;
- d) You will inform the Organiser if there have been any changes to the information provided on this form at the time of the session;
- d) The provision of supervision is limited to such assistance, as can be practically provided in the circumstances;
- e) You will not participate in the session if your ability to participate is impaired by alcohol, drugs or if you are otherwise unfit to participate;
- f) You are aware of any specific risks drawn to your attention by the session co-ordinator;
- g) You understand that the event is intended to give participants the chance to experience sailing. You will be offered the chance to take part in the activities under the guidance of a representative of the organiser who has been assessed as competent and sufficiently experienced to supervise your experience. These representatives may not be qualified instructors. The session is not intended to provide tuition or instruction.

Signed:

Date:

Emergency Contact Number/Next of Kin:

Name:

Phone Number: