

RYA YSS Stage 4 - 22nd - 23rd July 2019

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| Dates | 22 nd and 23 rd July 2019 |
| Assumed Knowledge | Sailing skills upto the standard of the YSS Stage 3 course |
| What is it? | <p>Course content: Learning to sail a double-handed boat, covering: Rigging, launching and recovery, sailing techniques and maneuvers in crewed boats, recovering a man overboard.</p> <p>You do not need your own boat as club Toppers, Fevas and Wayfarers will be used and are included in the cost.</p> <p>A lifejacket will be provided if you do not have one. You will need to bring suitable clothing – see list below.</p> <p>Ability after the course: Can launch and return to a beach, jetty or mooring, and sail a crewed dinghy around a triangle in moderate conditions</p> <p>For a course brochure : goto https://www.rya.org.uk/SiteCollectionDocuments/training/Pathway%20leaflets/Dinghy%20Youth.pdf</p> |
| Min Age | 8 years of age. |
| Location | <p>Norfolk Broads Yacht Club The Avenues Wroxham Norfolk NR12 8TS</p> <p>Drive to A1151 in Wroxham, exit onto "The Avenues". Proceed 0.7m to sharp right bend, turn left into drive, signposted NBYC. The club is entered though a security gate at the end of the drive. You will be sent the code with your confirmation on receipt of payment.</p> |
| Times | 09.30 to 17.30 |
| Costs: Members | £125 |
| Costs: Non Members | £185 |
| Loco Parentis | All children 12 and under must have a parent/ guardian present at all times. |
| Min Ratios | Max 4 sailors. |
| Facilities | <p>Facilities will be available to make hot drinks. We suggest that you bring a packed lunch and snacks.</p> <p>There is ample parking.</p> <p>Camping - available in the top field. Temporary Moorings - available. Phone 01603 782808.</p> <p>Warm changing rooms with hot showers, drying areas, sockets, lockers, hairdryers and toilets.</p> |

Suggested Kit List

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| | Complete change (or two) of clothes. Including a dry towel. Bin liner to take wet clothes home. |
| | Warm comfortable clothes. (It is always one sweater colder on the water!). Fleece clothing is good as they wick any moisture away from the skin and therefore you keep warmer, and it also dries out much quicker. Thermal t-shirt and long johns and thermal ski type socks are good for cold days. |
| | A waterproof/windproof jacket and trousers. (Not quilted clothing) |
| | Soft canvas shoes, or trainers, or dinghy boots, with soft rubber soles. Shoes invariably get wet. Plastic bags over socks inside shoes help keep feet warm, and make it much easier to slip feet in and out of shoes/boots. |
| | Gloves are useful: sailing, gardening or old wool types, especially without full fingers. |
| | Hats. Warm one for cold days and sunhat for sunny days. Neck warmer - fleece variety really works well for keeping warm. |
| | Please secure any specs. Only wear waterproof watches. |
| | No earrings to be worn. Long hair to be tied back. |
| | Personal buoyancy (50n min) and or self-inflating type. |

YSS Stage 4 – Booking Form

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| 22nd & 23rd July 2019 <i>One form per sailor</i> | | |
| Sailors name: | | Sailors DOB: Age: |
| <input type="checkbox"/> I am a member | <i>Please tick as appropriate</i> | £125 * |
| <input type="checkbox"/> I am not a member | | £185 * |
| Total Cost: | | |
| I do not have a YSS RYA log Book and will need one. | | FOC |
| I have a YSS RYA Log Book book which I will return with the forms. | | |
| <i>Please delete as appropriate</i> | | |
| Address: Postcode: | Parents name: | Parents tel no: Day Evening Mobile |
| Contact Email address (of parent if under 18yrs) : | | Sailors school: |
| Medical Information. Please give details of any medical conditions or physical mental impairments that may effect sailors ability to take part: | | |
| | | |
| Next of Kin Information. Name: | Address (if different than above) | Tel Nos: Day Evening Mobile |
| Relationship to Sailor: | | |
| Name of Doctor: | Surgery address: Surgery Tel: | |
| Sailors Experience or Qualifications: | | |
| Can you/the sailor swim 25m?. Yes/No <i>(please circle)</i> | | |
| Payment. I have paid by cheque. Payable to NBYC to: The Avenues, Wroxham, Norfolk NR12 8TS by card to 01603 782808 by BACS to Sort Code: 20-99-21 Acc No: 30667250 Quoting YSS4220719/Surname Your sailor/s place is ONLY secured on receipt of payment. | | <i>(please tick)</i> |

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| Declaration & Signature. By signing this form, I understand that: | |
| I agree that to comply with NBYC's House Rules, Constitution 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. 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.cuk | |
| I certify that I am fit and able to participate | |
| I understand in the event of injury or illness all reasonable steps will be taken to contact me/my parent/emergency contact, and I agree that if I/my child urgently requires medical treatment (including the administration of anaesthetic) during a NBYC activity, the person in charge is authorised to give consent on my behalf | |
| I agree to me/my child 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) in accordance with the NBYC safeguarding policy unless I have provided a separate letter of objection to the Welfare Officer (c/o: manager@nbyc.co.uk) | |
| I understand that if I am unable to collect my child I will notify the Club at the beginning of the session as to who has my permission to collect | |
| Sailing is by its nature an unpredictable sport and therefore involves an element of risk. By taking part you/your sailor acknowledges that: <ul style="list-style-type: none"> 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 buoyancy aids, lifejackets 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; | |
| Signed*: | Date: |
| <i>To be signed by parent/guardian if under 18 yrs of age.</i> | |
| **I agree / do not agree to giving my medical information to the organiser for the purposes of my/my sailors participation and understand that this will only be used for such purposes and will be retained only as long as necessary to comply with the organisers legal obligations. <i>** please delate as appropriate</i> | |
| Printed Name: | Sailors Name(s): |
| Relationship to Sailor: | |

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| Office use only | | |
| Form Received: | Paid: | Confirmation Sent: |
| Log Book Received: | | |

What happens next?

If you have any questions please email training@nbyc.co.uk

Your cancellation rights:

All cancellations must be in writing.

Cancellations notified more than 2 months before the start of the course 90% refund

Cancellations notified more than 1 month before the start of the course 50% refund

Cancellations notified less than 1 month before the start of the course no refund

Cancellations by NBYC:

Every attempt will be made to ensure your course runs, but N.B.Y.C. reserve the right to cancel the course due to extreme weather conditions, or insufficient demand.

Where a course has to be cancelled, we will offer a pro rata refund.