



Scout Water Activity Centre, Trent Lock

RYA Sailing and Powerboat School



'Start Sailing' course over 2 weekends July 2009



Aimed at Scouts and Adults

Beginners to Improvers

RYA Levels 1 & 2

RYA Young Sailor

LEVELS 1 & 2 & 3



Sat & Sun July 11th & 12th

Sat & Sun July 18th & 19th

Saturdays, 9:30 - 5:30pm

Sundays, 9:30 - 5:00pm

Scouts/Guides/Leaders **£60.00**

(others £85.00)

01332 841361

Email Sailing@TrentLock.Org.uk

/more details and application form inside...

What do you get from the course?

Young Sailor Levels 1 & 2 & 3 range from a 'taster' to sailing the boat yourself. Level 3 is equivalent to 'Adult Level 2'.

RYA Adult Level 1 - Start Sailing - aimed at novices and including basic boat handling. You will be sailing dinghies with assistance.

RYA Adult Level 2 - Basic Sailing Skills - builds experience and you can sail a dinghy yourself in light winds.

What do you need?

Clothes - For sailing you will need old-ish warm clothes, a waterproof top and non-slip shoes eg 'plimsolls'. Jeans are not acceptable as when they get wet they stick to you. You may fall in the river so make sure you have a towel and complete change set of warm clothes and shoes.

Food - Weekend courses bring Lunch and snacks - Drinks provided

Medications - If you need pills, inhalers etc, please ensure that they are clearly labelled with your name and instructions. They will be kept centrally while we are sailing.

Where is the Trent Lock Scout Water Activity Centre?

From Long Eaton Station take the B6540 towards Sawley. After 1000m turn left at the brown **Trent Lock** Tourist sign into Lock Lane. Park at the end and walk past the right-hand side of the Pub and **straight on** across the pub garden and on to the raised river bank. Turn right along the bank for about 75 yards to the landing stage. Wave across and the ferry will come and pick you up

Where can I get more Info and Application forms?

forms - your Leader or www.TrentLock.Org.uk/sailing.htm

info and forms Gerry Fisher 01332 841361

Email: Sailing@TrentLock.Org.uk



Booking Form

4-day Sailing Course (weekends)

July 11th & 12^h & July 18th & 19th 2009

Surname: (Mr, Mrs, Miss)	
Forename	D.of B.
Address	
Postcode	
Phone	
Mobile	
E-Mail address	

If a member of Scouts or Guides

Group	
Leader	
Leader's Address	
Telephone inc STD code	

Name (again)	
Can you swim 50m in light clothes?	YES / NO
Most Relevant Previous Experience Sailing, Water Activities, Scouting	
Do you have to take any medication or pills ? - if so please specify	YES / NO
Do you suffer from any disability or allergy ? e.g. Asthma, Diabetic, etc; that we should be aware of if so please specify (on separate sheet if necessary)	YES / NO
National Health Number	
Home Doctor Tel Address	
Emergency Contact Name Telephone Number:-	
Relationship i.e. Parent, Guardian, Wife, etc	
Will I remember to bring Packed Lunch & Snacks & spare clothes & shoes?	(Weekend Courses only) YES / NO

<p style="text-align: center;">Cheques payable to 'Long Eaton Scout Activity Centre'</p> <p style="text-align: center;">I enclose the course fee of £60.00/£80.00 (non refundable)</p> <p>Signed <i>(Parent/Guardian if under 18)</i></p> <p><i>date</i></p> <p style="text-align: center;">By 28th May 2009 please</p>	<p>Send to</p> <p>ROSIE FISHER 10 CASTLE HILL DUFFIELD DERBYSHIRE DE56 4EA</p> <p>☎ 01332 841361</p> <p>Email: Sailing@TrentLock.org.uk</p>
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