



# NEWHAVEN AND SEAFORD SAILING CLUB LTD R.Y.A. TRAINING CENTRE

## BOOKING FORM

**Dinghy Sailing** and **Windsurfing** courses are held on *Piddinghoe Lake* near Newhaven.

**Powerboat** and **Keelboat** courses are run from *Newhaven Marina*.

**Shore-based** courses such as **First Aid** and **VHF radio** are run at our *Seaford* beach clubhouse

Please select your preferred course and complete the booking form below in full and then send it with the course fee (cheques made payable to NSSC Ltd.) to the relevant individual shown below:

<b>DINGHY / ICC</b>	<b>Andrew Barns</b>	5 Windward Quay, Eastbourne. BN23 5UE	0788 190 1948
<b>POWERBOAT</b>	<b>Paddy Turner</b>	1 North Camp Road, Seaford BN25 3AJ	01323 898876
<b>P'Boat &amp; Dinghy INSTRUCTOR</b>	<b>Bill Giles</b>	15 Marine View, Newhaven, BN9 9DX	07720 399189
<b>KEELBOAT</b>	<b>Ralf Teubert</b>	1 Salisbury Road, Seaford BN25 2DE	01323 890662
<b>WINDSURFING</b>	<b>John Cook</b>	1 Rosemount Close, Bishopstone, Seaford.	01323 892213

### CONDITIONS OF BOOKING

1. The full course fee is payable at the time of booking . Course fees will be refunded if written notice of cancellation is received 14 days prior to the start of the course.
2. Newhaven & Seaford Sailing Club Ltd will not accept liability for any injury, accident or loss however caused.
3. Insurance against injury or loss is the responsibility of the student enrolled on a course.

**PLEASE MAKE A NOTE OF YOUR COURSE DATES** From:.....To.....

" ---- *RETAIN THE ABOVE PART OF THIS FORM* ---- "

### BOOKING FORM PLEASE USE BLOCK CAPITALS

(Mr. Mrs. Miss. Ms) ..... **NAME** .....

**ADDRESS** .....

..... **POSTCODE** .....

**TELEPHONE NO.** ..... **E.MAIL ADDRESS** .....

**State Course and Date:**

**EMERGENCY CONTACT / NEXT OF KIN:** **NAME** ..... **TEL** .....

I declare that I am in good health and I do not suffer from any serious medical condition, I can swim 25 metres and have read and agree to be bound by the conditions of booking.

I enclose the full payment of £.....

Signed .....

Date.....

For students, under the age of 18 yrs old at the start of the course, the following declaration must be completed by a parent or guardian.

I..... (name in block capitals)

Being the father / mother / guardian of the above student, consent to the student enrolling on this course and have read and agree to be bound by the conditions of booking.

Signed.....

Date.....



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## On the Water Courses - Joining Instructions

To Course members, please read these Instructions fully, they should help you to enjoy your course.

The location of all **Dinghy Sailing & Windsurf** courses, unless notified otherwise, is at Piddinghoe Lake, 1 mile north of Newhaven, via the Newhaven, Rodmell, Kingston & Lewes road. Please see the map on our website. **Powerboat and Keel Boat** courses usually run from Newhaven Marina, and you will be provided with details of where to meet by your instructor before the course.

You should be able to swim 25m in light clothing

You should be reasonably fit. If you suffer from Heart Problems, Epilepsy, Diabetes, Spine or similar problems, please inform your instructor (discretely if you wish). It is always better to be aware of potential problems before they happen.

You must wear a life jacket or buoyancy aid when afloat (provided if you don't have your own).

Please arrive promptly to achieve maximum time on the water.

Changing rooms, toilets & showers are available for your use at Piddinghoe and Seaford. Public toilets are available at Newhaven marina.

Do bring any waterproof tops & trousers you may have & wear them, you will stay warm. A hat is also important if the weather is cold, and a hat with peak and plenty of sunscreen in the summer. The water reflects the sun and unprotected skin under the chin etc can become badly sunburnt.

Please wear soft soled shoes when afloat i.e. plimsolls, deck shoes or trainers.

If you do not have any waterproofs we recommend you purchase some and you are welcome to call your instructor before the course to discuss what would be suitable.

Wetsuits are provided on windsurfing courses – again if you already have your own please bring.

Do bring a complete change of clothes, including footwear & a towel **Every Week**.

Do not wear watches and carry car keys afloat unless totally **water tight**. Also leave jewellery or money at home or locked inside your car. If you loose it overboard you will not be able to recover it! Please do not leave valuables in our changing rooms.

Please ask questions, if you don't understand, most of the group probably feel the same.

**The most important aspect of your course is to enjoy yourself!**

If you have any other issues or questions please phone:-

**Andrew Barns**

Principal of *NSSC RYA Training Centre*

tel. 0788 190 1948

[trainingnssc@nssc.org.uk](mailto:trainingnssc@nssc.org.uk)