

# WAVENEY & OULTON BROAD YACHT CLUB JUNIOR TRAINING 2018



## Information and Application Pack

Whitsun Week Sailing School 29<sup>th</sup> May – 1<sup>st</sup> June 2018  
Tuesday Evening Sailing School 5<sup>th</sup> June – 17<sup>th</sup> July 2018

### **INCLUDING:**

*Frequently Asked Questions*

*Outline Programme 2018*

*Which Course is for you?*

*Kit List*

*Application Form*

*Parental Consent Form*

*Meals/Canteen Tab Form*

# Whitsun Week Sailing School 29<sup>th</sup> May – 1<sup>st</sup> June 2018

## Frequently Asked Questions about the Whitsun Sailing Course

I know this is rather long, but please read before completing all forms as there is a lot of good information in here to make the week go smoothly and I hope that all your questions should be answered, failing that please don't hesitate to get in touch with Veronica Falat [vfalat@hotmail.co.uk](mailto:vfalat@hotmail.co.uk) 01502 573570 or 07975 914261.

### 1. Who can join in with the course?

The Whitsun week course is open to children 8 years and over, all participants must be either junior members in their own right or part of a family membership of the Waveney & Oulton Broad Yacht Club. See the main WOBYC site for details etc [www.woby.com](http://www.woby.com).

### 2. How do we apply to join the course?

We do limit the numbers so please get your forms in as soon as possible. We work with groups of six juniors to one instructor in the beginner groups. If the course is oversubscribed before the closing date, a reserve list will be set up. All applications taken strictly on first come first served basis.

All completed forms should be sent to the Jordan Levett, 217 London Road South, Lowestoft, Suffolk, NR33 0DS or email [jordanlevett123@gmail.com](mailto:jordanlevett123@gmail.com)

### 3. How much will the course cost?

- We charge an inclusive fee for the **Stage 1, 2, 3 & Start Racing groups** of £135. This is a flat rate regardless of whether children sail their own boats or need to hire one; also some teaching is done with two to a boat whilst other is done with one child per boat.
- For the **WOBYC Race Coaching Group** the cost per student is £85 as most children at this level have their own boats (or can borrow one). If a boat is required these are available at an additional £50 (see below).

### 4. My child does not have a boat what should I do?

If you do not have a suitable boat for the course we have club Toppers, Teras, Optimists and a Laser Radial for your use during the week. This year we will be hiring Optimists & Toppers from the RYA. The cost of using a hire boat is £50.00. Please note that only the WOBYC Race Coaching Group will need to specify if a boat is required as all other groups will be provided for as part of the course cost.

### 5. We own our own boat; will it be suitable for the course?

Most dinghies are suitable for the course but it must be in seaworthy condition, insured and have an appropriate Broads Authority licence. If you intend using your own boat (or borrowing one from a third party) please get in touch to check suitability. As a rule the following are considered to be suitable – Cadet, Mirror, Optimist, Topper, Pico, Tera, Feva, Quba, Laser 4.7, Splash.

### 6. Which group should I choose?

There is a list included in this pack which describes all the courses available. Those who have had very little or no sailing experience are best to start on Stage 1 but remember that this course is about making friends within the club and having fun. We will not hold a student back and will progress them to the next level if they are showing signs of being “the next Ben Ainslie”!!

We will look at all students and allocate them to an appropriate group based upon previous experience, qualifications and confidence.

### 7. Will my child gain a certificate for attending?

As some of you may be aware, OBWSC is currently closed. WOBYC is in the process of registering to become an RYA training centre for Dinghy Sailing. We hope to have this completed before Whitsun Week so we award the RYA youth sailing scheme certificates during the Whitsun Week Sailing School. In the event that WOBYC cannot get this completed in time we will still instruct you to the same standards as the youth sailing scheme and issue you with a WOBYC Stage 1,2 or 3 certificate if you fulfil the requirements.

When sailors are unable to spend time on the water between each Whitsun Week Sailing School, they progress quite slowly by the time they have relearnt the lessons from the year before. We do hold a series of Tuesday sailing lessons in the weeks following the Whitsun week and have found that participants of this will gain confidence and competence much quicker than simply attending Whitsun week.

It is the expectation that a student will be able to complete all requirements of the stage that they are on but sometimes this isn't possible, however it is sometimes the case that a student may progress faster and be moved up a stage (or two). Whatever happens students will gain skills, confidence and experience and will get required learning objectives signed off.

**8. RYA Logbooks – My child doesn't have one.**

Logbooks will be given to students starting on the RYA Youth Sailing Scheme. All others should have one. If it has been lost we can organise a replacement at cost.

**9. My child has a logbook, why do I need to complete the log?**

The log shows how much time has been spent on the water over the last year so please fill in the log at the end of the logbook with all sailing activities.

**10. My child has a medical condition I think the instructors should be aware of.**

When completing the parental consent form, please give us all the information necessary on the medical part of the form (including food allergies). This information is treated confidentially. All instructors hold valid first aid certificates.

**11. My child has special needs.**

We all learn in different ways and to ensure that every student gets the most out of the week we like to know of any special needs. This information is treated in the strictest confidence but gives our Instructors a valuable insight. If you would rather chat this through please give Veronica a call on 01502 573570.

**12. Why does a child under 10 have to have an adult on site?**

Spending a whole week sailing is physically and mentally exhausting for the students (and instructors/helpers). Far more tiring than in school so just in case it all gets too much we need to have someone to take over from the helpers if a student is brought into the clubhouse.

You may, however, arrange for your child to be in the care of another adult who is known to the child. The name of the person in charge must be entered onto the signing in sheet. We request an adult should not be responsible for more than 3 children including their own.

In addition to providing supervision we would love to have you along during the week as this week should be a social activity for parents as well as the students. We do appreciate that you may have to work and keep appointments etc but we really would encourage you to come along and enjoy each other's company, the weather (we hope!) and seeing your children having fun. It is worth noting that even the over tens appreciate having you around!

**13. What can I do all day whilst my child is sailing?**

This course isn't all about the children – you deserve to enjoy yourselves too! Some club members have kindly volunteered their services and will be bringing their boats along to take you out on the water if you so wish! Some of you will have younger children who aren't able to join in the lessons but they will be welcome to go out for a ride. If you would like to try this please wear flat soft soled shoes.

The clubhouse offers great opportunities for enjoying the sun which I am assured we will be getting and has great views over Oulton Broad. Wi-Fi is available in the clubhouse and refreshments will be available throughout the day.

**14. Why do the children have to be signed in and out each day?**

So that we know how many people are on site. **This year each day will start at the Club House.** Parents / Guardians must sign students in each morning and out each afternoon when they are collected each evening from the club. This gives you the opportunity to check that we have your correct contact phone number every day and also gives us an opportunity to give you any information you need to know.

**15. Who can help?**

The course is so successful because so many people volunteer their time to assist. Please spare a few hours to help and if you have any specific skills that you can offer please let us know!

There is always a fun, friendly atmosphere during the week, and the more assistance we have the better. If you are new to the club this is a great way to introduce yourself to others. If you would like to be on the water and learn more about sailing make a note on the helpers form about your experience and what you would like to gain from the course, and we will try to put you in a group where you can learn too.

Parents who would like to help in the canteen will be particularly welcome!

**16. What should be worn for sailing?**

There is a kit list in the student pack to give you an idea.

Please make sure you check kit bags each day. Try making a list of all the things you need to bring and tick them off as you pack them. Too many is better than no change of clothes. It's cold sitting in the clubhouse in just a towel waiting for someone to bring you some dry clothes, presuming you have brought a towel!!!

**17. Why do children have to wear a buoyancy aid?**

We ask that all students/helpers/instructors wear a lifejacket or buoyancy aid correctly at all times. This is a very good habit to get into at any time you are near water. It is one less thing to worry about knowing if you take your eyes off your child for that one second, at least when you see they have fallen in the water they will be floating. Please note that

if you have other children with you who are not participating it is particularly important that they wear an appropriate lifejacket or buoyancy aid.

**18. How do I know if a buoyancy aid fits?**

If you look on the label inside a buoyancy aid you will see the weight and height suitable for that size. Also try the buoyancy aid on the child and do up the belt, zip and crotch straps. Grab hold of the shoulders and lift. If they are now lying on the floor in a heap, then chances are that it is NOT a good fit for their size! No automatic inflating buoyancy aids are to be worn by the students.

**19. Sailing clothing is expensive, where can I get some reasonably price clothing from?**

As this year Whitson Week is being run solely by the club, we will be requiring all students to bring all their own gear. This includes a Buoyancy aid, wetsuit and water shoes.

Sports Direct ([www.sportsdirect.com](http://www.sportsdirect.com)) have a selection of very reasonably priced wetsuits and shoes.

A rail will be supplied in the clubhouse during the week on which you may hang any second hand clothing/sailing gear goods you wish to sell. We strongly recommend that for the more valuable items you bring a sale card with your goods details including: a phone number, prices, etc and it will then be up to those interested to contact the seller. Please take home any unsold items at the end of the week.

EBay is also well worth a look – don't feel under any pressure to buy the latest gear! In my experience the 'coolest' sailors are the ones with the miss-matching and faded hand-me downs (at least that's what my mum used to tell me)!!

**20. We have our own boat, where should I put it?**

There are two public slips at the dinghy park and space will be available in the dinghy park for anyone requiring temporary storage. Please note that no responsibility can be taken for boats or equipment left there.

**21. What time do the days start and finish?**

Tuesday will start at 10.00 to allow time for groups to meet their instructors and learn what will be happening. Every other day will start at 1030hrs. The children should be ready to go on the water (in their sailing clothes). Depending on the group, lessons may start out on the water or at WOBYC. Part of the course includes learning to rig boats so there will be some time spent onshore.

The lessons will finish in time for the boats to be packed away and students will be ready for collection from the club at 1630.

**22. Where can I store a boat at the end of sailing school?**

If you have a boat that you'd like to store in the WOBYC dinghy park please contact Andy Ritchie at [dinghyark@wobyc.com](mailto:dinghyark@wobyc.com)

**23. Do children need to bring food and drinks?**

A team of volunteers will be preparing hot food and snacks during the week. Lunch is included in the cost of the course and will be provided to all students on Tuesday, Wednesday & Thursday. Lunch & snacks will also be available to parents and spectators at a very reasonable cost. If you can offer help in the canteen – from cooking and serving to doing the washing up - please let us know. On Friday everyone might head up river to Burgh St Peter; everyone should bring packed lunches on that day.

**24. Lunchtime supervision.**

Please note that during lunch times the instructors will not be responsible for supervising your children.

**25. How do I pay for food?**

So we do not have lost money/purses etc, you may set up a tab for use by your child. Lunch is included in the cost but your children may wish to purchase additional drinks and snacks. If you wish to put a limit on, please mention that when setting the tab up. Your tab must be settled before prize giving on the Friday – or a crack team of water balloon wielding juniors will be dispatched to look for you!

**26. I am not a student can I have lunch at the club?**

Yes of course you can. Please do not eat with the children in their groups as this is a very good time for them to make friends and means they do not get singled out from the group. We need to get all the children fed in our limited space quickly so the next group can come in. So if you would like to have lunch at the club please let the kitchen know early so they have enough food for you and wait until all the students have eaten.

For those who have to be there in loco parentis, this is a great time to sit and chat with other mums/dads and siblings.

**27. Do we sail to Burgh St Peter?**

Due to popular demand we intend to sail up to Burgh St Peter on the Friday although this is weather dependent so may be subject to change.

We have found that many children enjoy the adventure of a sail to 'Burgh' and we'd like to bring you all along too! A fleet of more sedate and dry boats will be heading up to support the children and carry you in style and for those not so keen on trying out the sailing option the walk across the marshes is great, there is a passenger ferry at Burgh that can pick you up from the opposite bank.

It is the intention that on the Friday all children will need to bring a packed lunch and a BBQ will be organised for the evening after the prize giving.

**28. When is prize giving?**

On Friday we have a prize giving and thank you ceremony, which will take place at around 1730hrs, this will be followed by a BBQ.

**29. What happens after Prize Giving?**

It is always lovely to sit down at the end of a very busy week and relax and compare notes with others. The bar will be open so why not hang around and enjoy the company of your new friends.

**30. What opportunities are there for sailing after the Whitsun Week course?**

- For students doing the Stage 1, 2 and 3 courses, we will be running evening sailing sessions from 1800 – 2000hrs on Tuesdays from June 5<sup>th</sup> to July 17<sup>th</sup>. Although you do not need to have completed the Whitsun Week course to join this, many of our students do both. This is a fun way to continue learning and to work on further competencies for the RYA Youth Sailing Scheme. To make the most of these sessions it is important that students are ready to go at 1800hrs (this means boats rigged!). The cost of these sessions is £70, which includes the use of the boats, for those completing the Whitsun week course we are offering the Tuesdays at a discounted rate of £50.
- In addition to these sessions everyone is invited to come along and try their hand at racing. There is club racing most Saturdays and Sundays through the summer; most juniors currently compete on Saturday afternoons. We are also keen to promote the Wednesday evening racing which is very laid back. To book a club boat for racing, please visit email [sailing@wobyc.com](mailto:sailing@wobyc.com)
- We will be running various sailing workshops through the summer – dates and times will be announced in due course.

**Before you send off your forms, make sure you have included the following:**

- 2018 Application Form
- Parental Consent Form
- Photography consent form (**signed by parent/guardian and child**)
- Agreement to set up food tab
- Course fees (no cash), please make cheques payable to Waveney & Oulton Broad Yacht Club

Please print clearly on the forms. A receipt of application will be sent by email – please ensure you include a valid email address. If you need a receipt sent by post, please include a stamped addressed envelope.

All completed forms should be sent to the Jordan Levett, 217 London Road South, Lowestoft, NR33 0DS

For any other questions you have please don't hesitate to contact us

Veronica Falat (WOBYC Sailing Secretary) [vfalat@hotmail.co.uk](mailto:vfalat@hotmail.co.uk) 01502 573570 or 07975 914261

Jordan Levett (Dinghy Instructor) [jordanlevett123@gamil.com](mailto:jordanlevett123@gamil.com) 07817 464095

Ian Colby (WOBYC Membership Secretary) [ian.colby@ntlworld.com](mailto:ian.colby@ntlworld.com) 07890 456377

Please also keep an eye on our website [www.wobyc.com](http://www.wobyc.com) for the latest information.

## Whitsun Week Sailing Course 29<sup>th</sup> May – 1<sup>st</sup> June

### OUTLINE PROGRAMME

Date / Time	Activity	Parents/Students	Instructors/Helpers
<b>Tuesday 22<sup>nd</sup> May Entries for Whitsun Week close</b>			
<b>Tuesday 29<sup>th</sup> May</b> 1000hrs	Welcome meeting and sign-in.	Meet at WOBYC. Sign-in of children by parents.	Meet at WOBYC.
1030hrs approx	Groups meet their instructors and head off to the start of their activities.	Parents descend on the yacht club to catch some sun and drink tea!	Take Students to assigned teaching area.
1230 – 1400hrs	Staggered lunch in groups. For sailors, instructors and helpers.		
1330hrs	Lunches for visitors.	Lunches available for all others.	
1630hrs	Instructors' debrief, prepare for tomorrow.		Debrief, prepare for tomorrow.
1630hrs	End of Day.	Sign-out of children at WOBYC.	
<b>Wednesday 30<sup>th</sup> May</b> 1030hrs	Meet at WOBYC for prompt 1030hrs start.	Meet at WOBYC. Sign-in of students by parents. Students meet Instructors at WOBYC.	Meet students at WOBYC.
1230 – 1400hrs	Staggered lunch in groups. For sailors, instructors and helpers.		
1330hrs	Lunches for visitors.	Lunches available for all others.	
1630hrs	Instructors' debrief, prepare for tomorrow.		Debrief, prepare for tomorrow.
1630hrs	End of Day.	Sign-out of children at WOBYC.	
<b>Thursday 31<sup>st</sup> May</b> 1030hrs	Meet at WOBYC for prompt 1030hrs start.	Meet at WOBYC. Sign-in of students by parents. Students meet Instructors at WOBYC.	Meet students at WOBYC.
1230 – 1400hrs	Lunch in groups. For sailors, instructors and helpers.		
1330hrs	Lunches for visitors.	Lunches available for all others.	
1630hrs	Instructors' debrief, prepare for tomorrow.		Debrief, prepare for tomorrow.
1630hrs	End of Day.	Sign-out of children at WOBYC.	
<b>Friday 1<sup>st</sup> June</b> 1030hrs	Meet at WOBYC for prompt 1030hrs start.  Planned trip to Burgh St Peter. If weather not suitable activities will be held on Oulton Broad as per previous days.	Meet at WOBYC. Sign-in of students by parents. Students meet Instructors at WOBYC.  Set off in boats to Burgh St Peter or commence walk on foot!	Meet students at WOBYC.
1300hrs	Lunch in groups. For sailors, instructors and helpers.		
1630hrs	Upon return from Burgh St Peter all boats to be cleaned and de-rigged / packed up.		
1630hrs	End of Day.	Sign-out of children at WOBYC.	
1730hrs	Prize Giving.	Meet in Clubhouse	
After prize giving	Hot supper/BBQ at WOBYC	Food to be pre-ordered by Wednesday 30 <sup>th</sup> May	

## Suggested Kit List

Complete change (or two) of clothes. Including a dry towel. Bin liner to take wet clothes home.	
Wear warm, comfortable clothes. (It is <b>always</b> 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 work for keeping warm.	
Please ensure you secure any specs. And only wear waterproof watches.	
<b>No</b> earrings to be worn. Long hair should be tied back.	
Total block sun cream.	
<b>You must bring Lifejacket or Buoyancy aid</b> (correct fit & 50n min) - <b>NOT</b> the self-inflating type.	
It is advisable for <b>all racing groups</b> to have a <b>wet suit or dry suit</b> .	
Pupils in the racing groups must have waterproof racing stop-watches – cheap ones are as good as expensive ones!	
<b>Wet suits are strongly recommended</b> with windproof top and trousers over.	

**PLEASE ENSURE ALL CLOTHING IS MARKED WITH OWNERS NAME.**



**This is a resume of the groups which we run during the week.**

<b>RYA Youth Sailing Scheme*</b> This enables junior sailors to learn the basics of sailing and gain confidence	
<b>Stage 1</b>	By the end of this introductory course, you will have a basic understanding of how a boat sails, and some experience of steering and handling the boat. Mostly Optimists are used, unless the student is large/heavy enough to be in an RS Tera. One or two persons per boat. For those who gained stage 1 last year, but have not sailed since, please book yourself back on this stage. We will see from your logbook if you have sailed during the last season.
<b>Stage 2</b>	During this course the tack and gybe will be taught so the student can sail a figure of eight course. RS Teras and Toppers used for this course. One person per boat.
<b>Stage 3</b>	Having completed stage 3 you will be able to sail in any direction and rig and launch your boat. RS Teras, and Toppers used for this course. One person per boat.
<b>Start Racing</b>	Introduction to racing. You will learn how races are run at WOBYC and how you can join in. You will learn the basic racing rules and what happens if you break a rule. You will improve your boat handling skills and learn to sail faster. You will take part in short races.
<b>WOBYC Race Coaching Group</b> Juniors who feel ready to start racing or who already race are welcome to join this group. There is likely to be a wide range of abilities and experience among the sailors but there will be coaching to help everyone improve their skills. In addition, there will be chances to sail in 2-person boats so that juniors can practice crewing and helming for others.	
<b>Race Coaching</b>	You will learn about racing tactics, boat tuning and improving your sailing techniques. You will learn about racing rules and what happens when someone breaks a rule. This will suit people who have already competed regularly in club racing.

**\* These courses will still be run regardless of WOBYC's current RYA status. If WOBYC does not gain Dinghy Instructing Recognition before the course takes place, the course will still be run to RYA standards and children that complete the course will gain a WOBYC certificate.**

<b>WOBYC Juniors Whitsun Sailing Course 2018 - STUDENTS FORM (one form per student please)</b>			
Date of Course	29 <sup>th</sup> May – 1 <sup>st</sup> June 2017	Logbooks must be brought to the course (Stage 1 students will be given one)	
Name of Course	Please circle your choice: Stage 1 / Stage 2 / Stage 3 / Start Racing / WOBYC Race Coaching Group		
I wish to participate in the 2018 Whitsun week sailing course	Course fee	£135 - Stage1, 2, 3 and Start Racing; £85 – WOBYC Race Coaching Group	
I require a boat for the Whitsun week course (WOBYC Race Coaching Group only as all other groups include boat hire)	Boat hire	£50.00 (delete if not required)	
I wish to participate in the Tuesday evening sailing sessions (£50 if booked at same time as Whitsun or £70 if only doing Tuesdays). Boat hire included.	Course fee	£50.00 or £70.00 (delete if not required)	
Please make cheque payable to Waveney & Oulton Broad Yacht Club	Total	£	
Personal details (One applicant per sheet) All WOBYC Subscriptions <b>must</b> be paid before sending in application for the sailing course			
I am already a member of WOBYC	Yes / No	If no please complete a WOBYC membership form for each junior who will be participating.	
First Name:		Surname:	
Age:		Date of Birth:	Male / Female (delete):
Address inc. post code:			
Telephone	Home:	Mobile:	E-mail:
<p><b>Declaration:-</b> Tick as appropriate</p> <p><input type="checkbox"/> For Boat Owners: I confirm that I carry third party insurance of at least £2,000,000 and will continue to do so whilst sailing on water controlled by WOBYC.</p> <p><input type="checkbox"/> I agree to be bound by the Racing Rules of Sailing, the Sailing Instructions and by all other rules/policies that govern this event.</p> <p><input type="checkbox"/> I agree to the following terms and conditions:</p> <p>It must be recognised that boating is by its nature an unpredictable sport and therefore inherently involves an element of risk. By taking part in the event, you agree and acknowledge that:</p> <p>(i) You are aware of the inherent element of risk involved in the sport and you accept responsibility exposing yourself to such inherent risk whilst taking part in the event;</p> <p>(ii) You will comply at all times with the instructions of the organiser particularly with regard to handling of boats, wearing of buoyancy aids and the wearing of suitable clothing for the conditions;</p> <p>(iii) You accept responsibility for any injury, damage or loss to the extent caused by your own negligence;</p> <p>(iv) You will not participate in the event whilst [under the influence of]/OR [your ability to skipper a vessel is impaired by] alcohol, drugs or whilst otherwise unfit to participate OR;</p> <p>(v) The provision of patrol boat cover is limited to such assistance, as can be practically provided in the circumstances;</p> <p>(vi) [For advanced training courses] You have satisfied yourself as to your [suitability]/[eligibility] for the course you are attending</p>			
Name of Parent/Guardian	Date	For office use only: Fee received Yes / No Details recorded Yes / No	<b>DATA PROTECTION</b> The information given by you on this form will be used by us to process your registration and for attending to you whilst you are participating in WOBYC. <b>If you would like to receive our newsletters and details of our events please tick here</b> <input type="checkbox"/> .
Signature of Parent/Guardian			

PLEASE RETURN ALL FORMS WITH PAYMENT TO – Jordan Levett, 217 London Road South, Lowestoft, Suffolk, NR33 0DS

# WOBYC Parental Consent form



**Parental Consent form (for participants under 18 years)**  
Please complete all sections in Block Capitals

## Participants Details

<b>First name</b>	<b>Surname/family name</b>
<b>Home Address</b>	
<b>Date of birth</b>	<b>Age</b>

## Parent/guardian/person with legal responsibility

<b>First name</b>	<b>Surname/family name</b>
<b>Relationship to child</b>	
<b>Home Number</b>	
<b>Mobile Number</b>	

## Alternative Emergency Contact

<b>First name</b>	<b>Surname/family name</b>
<b>Relationship to child</b>	
<b>Home Number</b>	
<b>Mobile Number</b>	

## Medical information

It is your responsibility to make known any disability/medical condition that may affect your child during the activity, and any medication that they may require. This information will be shared with those responsible for supervising the activity.

Has your child ever suffered from any of the following conditions: Asthma/bronchitis, heart condition, fits, fainting or blackouts, severe headaches, diabetes? <b>YES / NO</b>  If YES please provide details, including any specific medical advice to be followed in an emergency:
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Is your child currently taking any medication? <b>YES / NO</b>
If YES please specify:

When did your child last have a tetanus vaccination? **Year:**

Is your child currently suffering/recovering from any injuries which may affect their sailing? **YES / NO**

If YES please specify:

Is your child vegetarian? **YES / NO**

Does your child have any food allergies? **YES / NO**

If YES please specify:

Does your child have a disability, learning difficulty or medical condition which may affect their learning (ability to participate in practical or theoretical sessions)? **YES / NO**

If YES please specify:

**Declaration of parent or person with legal responsibility**

I the parent/guardian of ..... hereby acknowledge that I have read the attached conditions of participation and that I fully understand them. I have explained them to my child, who understands and agrees to abide by them.

**Medical consent**

I give permission to the organisers of activities to administer any relevant treatment or medication to the above-named participant when or if necessary.

In an emergency situation I authorise the organisers to take my child to hospital and give my 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.

I have read and understand the attached information concerning Weil's disease and I will ensure that my son's/daughter's Weil's disease Information sheet is kept safely.

Signed: (parent/guardian).....

Name: (please print) ..... Date: .....

## WEILS DISEASE INFORMATION SHEET

### WEIL'S DISEASE NOTICE TO STUDENTS AND PARENTS

Weils Disease is caused by an organism which is present in many rivers, lakes and estuaries. There is a very small chance of catching the disease while taking part in water based outdoor activities.

Weils Disease responds well to early treatment. Left untreated, it has occasionally proved fatal.

Sensible precautions should be taken to minimise the risk. You will be told about these by your teacher or instructor.

The early symptoms of the disease are similar to influenza and include headache, temperature and joint or muscle pains.

If you fall ill with these symptoms within three weeks of taking part in water based activities, you should see your doctor immediately and show this card.

Please also inform the club.

### WEIL'S DISEASE NOTICE TO GENERAL PRACTITIONERS

The holder of this sheet has recently taken part in water sports or other water-based outdoor activities organised by The Waveney & Oulton Broad Yacht Club.

Cases of Weils Disease (Leptospirosis) have occurred in this region. Perhaps you may care to consider this diagnosis.

Urgent treatment is essential for Weils Disease. Advice on laboratory diagnosis may be obtained from your local hospital's Microbiology Department.

Thank you for your co-operation. For further information, please contact your local consultant Microbiologist.

### **Important:**

The contraction of a water based disease is rare, and Weils disease is the most common but not the only illness that can be passed to a human. If you notice any change in the health of anyone that has taken part in a water based activity please follow the same advice given for Weils disease and seek medical attention and pass this sheet onto your doctor.

# Photography consent form 2018

## Consent form for the use of photography or video

Child's Name: .....

Waveney & Oulton Broad Yacht Club recognises the need to ensure the safety and welfare of children and young people taking part in boating.

In accordance with our child protection policy we will not arrange for photographs, video or other images or young people to be taken without the consent of the parents/carers and children.

Waveney & Oulton Broad Yacht Club will follow the RYA (Royal Yachting Association) guidance for the use of images, a copy of which is available from The Secretary.

Please note that if any parents/spectators are considering taking photographs at a WOBYC event they should be prepared to identify themselves if requested and state their purpose for photography or filming, and also conform to the Clubs guidelines on photography.

Waveney & Oulton Broad Yacht Club will take all steps to ensure that images are used solely for the purposes for which they are intended. If you become aware that images are being used inappropriately you should inform WOBYC Secretary Maureen Horne immediately (tel. 01502 569221, email: maureenhorne@live.co.uk).

### Consent. (NB. Signature from parent/carer AND from sailor)

I consent to Waveney & Oulton Broad Yacht Club photographing or videoing my child

Parent's/carer's Signature: \_\_\_\_\_ Print Name: \_\_\_\_\_

I consent to Waveney & Oulton Broad Yacht Club photographing or videoing my involvement in sailing, power boating, club organised activities.

Sailor's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Catering Tab Form**

I do/do not wish for a tab to be set up for food, drinks & sweets during Whitsun Week

(All food, drinks etc can be purchased with cash at the counter if preferred).

I agree I will settle the tab at the end of the week (tabs can be settled by cash or cheque).

Childs Name \_\_\_\_\_

Maximum daily spend £ \_\_\_\_\_

Signature of Parent / Guardian \_\_\_\_\_