

WAVENEY & OULTON BROAD YACHT CLUB JUNIOR TRAINING 2019



Information and Application Pack

Whitsun Week Sailing School 28th May – 31st May 2019
Tuesday Evening Sailing School 4th June – 16th July 2019



INCLUDING:

Frequently Asked Questions
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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 Jordan Levett, Email: training@wobyc.com

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.wobyc.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 training@wobyc.com

3. How much will the course cost?

- We charge an inclusive fee for the **RYA 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 £95 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 £40 (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 Toppers, Teras, Optimists, Picos, Bugs and a Laser Radial for your use during the week. Use of these boats is included in Stage 1, 2, 3 & Start racing. For anyone in the Race Coaching group the cost of using a hire boat is £40.00 for the week.

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?

WOBYC is now a fully registered RYA training centre for Dinghy Sailing. We will award the RYA youth sailing scheme certificates during the Whitsun Week Sailing School to all students that complete 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.

Any student that has previously done an RYA course will have been given a RYA Logbook, this is where a student's progress is recorded. It is important that these logbooks are brought with you on the first day of the course so the instructor can see any previous experience the student has.

Logbooks will be given to students starting on the RYA Youth Sailing Scheme. All others should have one.

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.

12. Why is it recommended children under 10 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 it is helpful to have someone to take over from the helpers if a student is brought into the clubhouse.

You may 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.

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?

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?

This will take place at the clubhouse each morning so we know exactly who is on site. 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.

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 when near the water.

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?

All students are required to bring all their own gear, this includes a Buoyancy aid, wetsuit and water shoes.

Sports Direct (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. 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

22. 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 every day. 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.

23. Lunchtime.

During lunch students must stay on site and are not allowed to leave the club grounds unless a responsible adult informs an instructor.

24. 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!

25. 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.

26. 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.

27. 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.

28. 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 18.00 – 20.00hrs on Tuesdays evenings from June 4th to July 16th, if there is enough interest like last year we will try and run some additional Tuesday evenings following the last one. 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 18.00hrs (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. Club boats are available for racing or general sailing while we have safety boats on the water **email sailing@wobyc.com for more info.**
- We will be running various sailing workshops through the summer – dates and times will be announced in due course.

What course is right for me?

RYA Youth Sailing Scheme	
This enables junior sailors to learn the basics of sailing and gain confidence	
Stage 1	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 & Bugs are used. 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.
Stage 2	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.
Stage 3	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.
Start Racing	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.
WOBYC Race Coaching Group	
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.	
Race Coaching	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.

Daily Time Table

Day	Arrival / Drop off	Lunch (lunches will be staggered)	End of day / collection
Tuesday	10.00 Early start to meet instructors. Please bring logbooks	12:15 – 13:30	16:30
Wednesday	10.30	12:15 – 13:30	16:30
Thursday	10.30	12:15 – 13:30	16:30
Friday	10.30	12:15 – 13:30	16:30 - End of day 17:30 - Presentation 18:00 -BBQ

On Friday sailing will end & parents should arrive at 16:30. There will be a certificate presentation starting at 17:30 followed by a BBQ at 18:00. Students get FREE BBQ any other parents or children need to book this with either Jordan or the canteen by WEDNESDAY at the latest.

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

PLEASE ENSURE ALL CLOTHING IS MARKED WITH OWNERS NAME.

Form Check List

- Whitsun Week & Tuesday Evening Booking Form
- Parental Consent Form (**1 per child**)
- Photography consent form (**signed by parent/guardian and child**) (**1 per child**)
- Agreement to set up food tab
- Membership Form (**if you are not already a member**)
- Cheque for course fees (**plus any membership fees that may be required**) 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

Jordan Levett (Chief Dinghy Instructor & Training Coordinator) training@wobyc.com

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

Ian Colby (WOBYC Membership Secretary) ian.colby@ntlworld.com 07890 456377

Please also keep an eye on our website www.wobyc.com for the latest information.



Waveney & Oulton Broad Yacht Club
Whitsun Week & Tuesday Evening Booking Form



First name:		Surname:	
Age:	Male / Female	Date of birth:	
Course you would like to book onto:			

First name:		Surname:	
Age:	Male / Female	Date of birth:	
Course you would like to book onto:			

First name:		Surname:	
Age:	Male / Female	Date of birth:	
Course you would like to book onto:			

Name of responsible adult on site: (it is recommended that children under 10 have a responsible adult on site, this person can be a family friend but must be known to the child)			
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Date	Description	Price	Fees Due
28 th – 31 st May	RYA Stage 1 RYA Stage 2 RYA Stage 3 RYA Start Racing	£135	
28 th – 31 st May	Race Coaching	£95	
28 th – 31 st May	Race Coaching Boat hire	£40	
4 th June – 16 th July	Tuesday Evenings (if booking at the same time as Whitsun week)	£50	
4 th June – 16 th July	Tuesday Evenings only	£70	

Are you already a member of WOBYC? YES/NO (if yes please skip this section)	
If NO please also complete the enclosed membership form and return it along with this form.	
Total 2019 Membership Fees Due:	

Total Fees Due:	
I have enclosed a cheque for:	

Please email my booking confirmation to:
or please phone me to confirm my booking on:
(if you have not received confirmation 1 week prior to the course please contact me)

Please make cheque payable to Waveney & Oulton Broad Yacht Club. If you cannot pay by cheque and need to use a different payment method please contact me first: training@wobyc.com

Please return all forms with payment to:
 Jordan Levett, 217 London Road South, Lowestoft, Suffolk, NR33 0DS

WOBYC Parental Consent form

Please complete all sections in Block Capitals **(1 per participant)**



Participants Details **(1 per participant)**

First name	Surname/family name
Home Address	
Date of birth	Age

Parent/guardian/person with legal responsibility

First name	Surname/family name
Relationship to child	
Home Number	
Mobile Number	

Alternative Emergency Contact

First name	Surname/family name
Relationship to child	
Home Number	
Mobile Number	

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?

YES / NO

If YES please provide details, including any specific medical advice to be followed in an emergency:

Is your child currently taking any medication? **YES / NO**

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:

Is your child using their own boat YES / NO
If YES please tell us what type of boat and sign to confirm it carries third party insurance of at least £2,000,000 and is broads taxed whilst sailing on any WOBYC courses. Boat type Signature

Conditions of Participation
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:

1. You are aware of the inherent element of risk involved in the sport.
2. Your child will comply at all times with the instructions of the instructor particularly with regard to handling of boats, wearing of buoyancy aids and the wearing of suitable clothing for the conditions.
3. You accept responsibility for any injury, damage or loss to the extent caused by your child not following instructions issued by the instructors.
4. The safety boat cover is limited to such assistance, as can be practically provided in the circumstances.
5. My child will not go out of sight of their instructor without telling them where they are going and why.

Declaration of parent or person with legal responsibility
I the parent/guardian of hereby acknowledge that I have read the above 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 if or when 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.

Please sign to confirm your understanding, consent and that the information provided is to the best of your ability correct.

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

Name: (please print) Date:

Photography consent form 2019

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 of 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 _____

WAVENEY & OULTON BROAD YACHT CLUB (WOBYC)

MEMBERSHIP FORM FOR 2019/20

To be completed by anyone wanting to do Whitsun Week who is not already a member of WOBYC BLOCK CAPITALS PLEASE

Name:	Date of Birth:	
Address:	Home Phone No:	
	Mobile Phone No:	
	Email:	
If the application is for Family Membership please complete below:		
Spouse/Partner's Name:	Date of Birth:	
Child's Name:	Date of Birth:	
Child's Name:	Date of Birth:	
Application for Junior Membership must be countersigned by a Parent/Guardian		
Signed	Name	Date
Details of Boats owned (if any)		
Boat Name	Class	Sail Number
Boat Name	Class	Sail Number
Data Protection: IMPORTANT Please read and answer the two questions below.		
<p>The information you provide on this form will be used solely for dealing with you as a member or associate of WOBYC. The Club has a Data Protection Policy which can be found at WOBYC Clubhouse. Your data will be stored and used in accordance with this policy.</p> <p>The Club publishes a membership handbook with members' addresses which is available to all members, currently in paper form or in the future an electronic version. Do you consent to your data being shared in this way? YES/NO</p> <p>Please be aware that if you later decide to withdraw your consent it will not be possible to remove your contact details from printed material until such time as the next edition of the handbook is printed, which will be on a yearly basis.</p> <p>The Club may arrange for photographs or videos to be taken of Club activities and published on our website or social media channels to promote the Club. Do you consent to your image being used by the Club in this way? YES/NO</p> <p>If at any time you wish to withdraw your consent for any of the above please email the Membership Secretary.</p>		
Signature	Date	
Please continue overleaf		

Classes of Membership and Annual Subscription Fees (Please circle as appropriate)

Ordinary £98	Family £137	Young Adult (20-29) £49	Juniors (up to & inc 19) £25	Veteran £24	Life Member	Partner of Life Member £39	Safety Crew £10
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Dinghy Park Berth Application Members Price £73, Non-members price £146 per boat for the year or part thereof, payable as of 1 April or thereafter upon commencement of use. Berth application will be made on a 'first to pay' basis. To avoid the disappointment of an existing berth being allocated elsewhere, please pay promptly. Thank you.

Boat Name	Class	Hull Colour	Sail Number

If you change or sell your boat during the year please notify Andy Ritchie in order that Club records may be updated. Boats and equipment are left in the Dinghy Park at the owner's risk. No liability is accepted by the Club for any loss or damage thereof. Please mark the rear of your boat cover with the sail number or your surname.

WOBYC will dispose of any boats/craft/trailers regarded as abandoned in the Dinghy Park in accordance with House Rule 7 :-

"Any craft and/or trailer that regularly occupies space within the dinghy park and remains there two months or more after fees are due, may be disposed of by the club in accordance with the WOBYC Abandoned Boats Procedure."

Boatshed Space Allocation

Winter £245 Summer (tenders/canoes only) £78 Short stay £15 per week

Boat Name	Class	Sail Number	Fee due

Crane Key Application The crane may be used as often as required but ONLY by a registered operator/authorised user for their own boat/s. The fee is £52 per year and includes a key for use from around 01/05/19 to 30/04/20. For authorisation contact Phil Cooper email barkirk@hotmail.com. If a key is lost there is a charge of £21.

Please enter fees due for 2019

Membership	£	Dinghy Park	£
Boatshed Dinghy Summer	£	Boatshed Keel Winter	£
Crane Key	£	TOTAL DUE	£

I/We enclose cash/cheque for £_____ (cheques payable to WOBYC please). If you wish to pay by BACS please email membership secretary for our account details.

Please notify us of any change of your contact details.

For further information regarding the Club please visit our website www.wobyc.com

WEILS DISEASE INFORMATION SHEET

Please keep this sheet for your information

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.