

IMPORTANT CLUB INFORMATION

START DATE

WOW will start sailing from Wednesday 28th April 2010 and from each Wednesday thereafter.

WEATHER

Sailing is dependant on the weather and the Mount Batten Centre will take the decision if the group will sail. Therefore it is the responsibility of the parent/carer/young adult to phone the Mount Batten Centre **01752 404 567** before setting off to confirm that sailing will take place.

TIMINGS

We will try to start at 1730 on the water with arrival at 1715. If you cannot make 1715 then we will come along side again at 1800 to pick up anyone who cannot make the 1715 time. We will then sail until we loose the light and the finish time will be stated on the day.

Cost

The committee has set the cost at £2.50 per young adult/parent/carer that sails. This include loan of waterproof, buoyancy aids and use of the Mount Batten Centre facilities. The committee view this as extremely good value and any money taken is put back into the club for future events.

FACILITIES

The Mount Batten Centre has all the facilities that is required of a centre that conducts disability training. There are a number of disabled bays at the front of the centre and the free main car parking is 100 m to the rear. The pontoon is accessible to wheelchair users and there is a hoist to access the craft if required. If you are not sailing then there is a café and bar available for your use.

SAILING WITH YOUR YOUNG ADULT

We encourage for the first session for a parent/carer to sail with the young adult in a Hawk 20 so that if there are any problems or concerns then you know how to deal with them and pass on the information to the coxswain. You know the problems that your care may have and you may feel more comfortable sailing each week with them. One of the committee will also sail with any new members to help with building confidence. Hopefully you will see that sailing is relaxing and a valuable experience for both you and your young adult and you will sail again with the group.

YOUR SAFETY

We are buying in the sessions from the Mount Batten Centre and therefore we come under their safety and risk assessment procedures during the session. They will provide all safety equipment, safety craft and their instructors are experienced coxswains working with young adults. If you require any further information then please contact the Mount Batten Centre direct. (See link page)

SWIMMING

Due to the stability of the craft that we use, they are unlikely to capsize, however if your young adult has a fear of the water or cannot swim then please make it known to the coxswain. At all times buoyancy aids will be worn on the pontoon and when sailing

MEDICATION

If there is any reason why your young adult would require to receive any medication during the sessions then please contact the centre for advice.

EQUIPMENT

You do not need to buy sailing equipment as the centre will provide you buoyancy aids and if required waterproof clothing. Just wear your normal outdoor clothing, **No Jeans** as they are not suitable for sailing activities and shoes will get wet, therefore wear something that you do not mind getting wet. Wellingtons are fine in the Hawks. The following is also recommended that you bring with you:

Warm hat and gloves for the winter sessions. Cap and sun screen for the summer sessions.

Spare clothing and a towel.

A drink to stay hydrated and any small snacks for the session.