

# HAWLEY LAKE SAIL TRAINING CENTRE

## INFORMATION FOR COURSE PARTICIPANTS

We provide:	
Buoyancy Aids	Buoyancy aids are provided on all courses, but you are welcome to bring your own if you have them (our staff will check buoyancy aids for suitability). If you have a self-inflating life vest, you must provide proof of recent service if you wish to wear your own.
Wetsuits	We provide wetsuits for all our youth and adult activities. If you wish to wear your own, please do so. Please note that we may insist children on our Youth courses borrow a short wetsuit if your own is long and unsuitable for warmer conditions.
Spray Tops	We provide water resistant tops which also help keep the chill off
Essentials you must bring:	
Swimwear	To wear underneath a wetsuit
Towel	
Appropriate footwear	You'll need to bring a change of footwear; something with grip that you can get wet: If you do not have dinghy boots, then trainers and plimsolls are ideal, with a spare pair of socks for comfort <b>Crocs, flip flops, sliders and wellies are not suitable.</b>
Comfortable clothing to suit the weather	On our adult Level 1 courses, adult taster sessions and powerboat courses, you can wear comfortable clothing to suit the weather as it is unlikely you will get wet.  The weather conditions will dictate what it's best to wear but it's worth having, light-weight, quick-drying layers... fleece and jersey fabrics are best. You may wish to bring waterproofs for wet weather.  In hot weather, bring shorts and a t shirt, especially for our youth sailors where a wetsuit is too warm.  An extra change of clothes is always advisable!
Suncream	Children on our Youth courses must have sun cream on for the start of the day where required. We will ensure suncream is topped up at lunch time.
Water Bottle	All our tap water is drinkable so your water bottles can be topped up during the day.
Logbook	On our Youth courses, if you have sailed before, please hand your logbook to your instructor at the start of the week.
Passport Size Photo*	*Powerboat Level 2 course only
Floaty Glasses Retainer**	**For anyone wearing glasses on the water
Clearly labelled medication***	*** named medication in a clear lock-tite bag for anyone who requires medication to be held by an instructor.
Packed lunch/Snacks	Bring lunch and any snacks you want for the day... there are picnic benches on the terrace and club house seating. <b>Our Clubhouse Bar:</b> is cash or card and will be open over lunch times when courses are running. There is a selection of cold snacks and hot/cold drinks available.

	Tea and coffee making facilities are available at all times with an honesty box when the bar is closed.
<b>Desirable:</b>	
Waterproof trousers	If you have a pair, these are always useful in poor weather, over your own clothing or over a wetsuit.
Hat	A sunhat in warm weather or a warm hat for colder conditions
Gloves	A pair of gloves, even if they are only worn on land.

**Mobile Phones:** In accordance with our safeguarding procedures, children on our Youth courses may not carry a mobile phone during the day. We prefer that mobiles be left with parents, but if your child requires a mobile with them at the end of the day, mobiles will be locked away during course time.

**Photography:** We may on occasions take photographs or video footage of our courses and instruction, in which you may feature. By accepting the T&Cs on the booking system you are agreeing to these photos being used by HLSTC, unless you inform us in writing to the contrary. No photographs may be taken at HLSTC unless with permission from the Principal or General Manager. No drones may be flown.

All students will be given a safety brief at the beginning of the course and are expected to abide by our safety regulations. You are asked to complete a consent form for your course or activity and bring it with you, or complete one on arrival.

Students are advised not to bring any valuables to the Centre. There are limited storage lockers for adult use. HLSTC will not be responsible for any loss or damage to any personal belongings.

Cars are not permitted in club grounds except for disabled users. If you are here for the day, you will be given a permit to display in your car to show you're authorised to use the car park.

All course prices include the relevant certificates and logbooks, which will be issued on successful completion of the course. Replacement logbooks and certificates can be purchased from the office, as can accompanying technical publications.

The end of course de-brief will include details of our great membership offer, which gives a real saving on your first year if you join us. And remember... at HLSTC you don't have to buy a dinghy, kayak or paddleboard to get on the water!

**Finding us:** We are on a private road accessible from the A327 Minley Road. The turning is between the Gibraltar Barracks main entrance and the Crown & Cushion pub. There are signs for the Centre at the turning and we are at the end of the road. You can ignore the signs saying 'Private Road - MoD Only', you are authorised to use it. Plenty of parking outside our entrance gates. (NB. Sat-Nav directions based on our post code will take you to the Barracks main entrance, use **GU17 9UD** to find our approach road entrance)

**What 3 words ///pages.factoring.urban**

HLSTC, Ripon Road (off A327 Minley Road), Blackwater, GU17 9LP

Tel: 01252 863341 if you have problems finding us