



Registered Charity No. 1015997

Booking Form for a Course at Brightlingsea Coastal Sailing Centre, The Old Custom House, 126 Sydney Street, Brightlingsea, Essex

Courses are primarily residential and operate over a weekend and start at 8:30pm on the Friday evening for the preliminary introduction and briefing for the course, and normally run until about 5:30 pm on the Sunday.

Accommodation is provided for Friday and Saturday nights in bunk beds in dormitories sleeping up to 6 people and all meals are provided for the Saturday and Sunday, but not for the Friday evening. If you have any special dietary restrictions, please advise below when booking.

Non-residential bookings may be accepted onto any course if there are already sufficient residential bookings for that course to justify it going ahead. Lunches will be provided for non-residential bookings.

The Centre operates on a cooperate basis and everyone taking part is expected to help with all the domestic chores such as cooking, washing up and end-of-course cleaning.

Bookings for young people (under 18) will only be accepted if the young person has sufficient capability to cope with conditions likely to be experienced in coastal sailing, to the prior satisfaction of the course leader, and if accompanied by a parent or guardian or other adult acting "in loco parentis" with the written permission of a parent or guardian, and if their application form is counter-signed by a parent or guardian.

Please complete a form in BLOCK CAPITALS for each person booking.

I wish to book a place on the residential	_____	course
taking place from 8:30 pm on Friday	_____	until Sunday _____
Name	_____	
Address	_____	
	_____	Postcode _____
Tel No (Home)	_____ (Day) _____	(Mobile) _____
Email Address(es)	_____	Age/Date of Birth _____
Any relevant medical details of which the Centre should be aware (e.g. Asthma, Diabetes, Epilepsy, Dizzy Spells or Heart Conditions) _____		
Any dietary restrictions _____		
Next-of-Kin Name _____		
Next-of-Kin Address _____		
Next-of-Kin Tel No _____ Relationship _____		

A preliminary non-returnable holding deposit of £50 should be forwarded with this booking form and the balance should be forwarded to arrive 14 days before the start of the course.

In signing this form I agree to the conditions of booking.	
I confirm that I am to the best of my knowledge physically fit to take part in this course and I have detailed above any relevant medical details of which the Centre should be aware.	
I enclose a cheque as a non-returnable holding deposit, made out to the North London Youth Sailing Trust, (NLYST) in the total sum of £50.00.	
Signed: _____	Date: _____

Please return this form and the deposit to Steve Matthews, NLYST, 22 Lovelace Road, East Barnet, Herts, EN4 8AE.

Travel To Brightlingsea

The address of our Centre is 126 Sydney Street, Brightlingsea, Essex, and if travelling by road, the postcode for your Satnav or your route planner is CO7 0BD.

Sydney Street is off "Waterside", and there is a pub, "The Yachtsmans Arms", on the corner. Once into Sydney Street, at the southern end, look for no. 126, "The Old Custom House", a 2 storey building topped by a white tower on the left about 50 yards from "The Yachtsmans Arms". Unfortunately there is no parking available at the house.

If lost or needing directions, the telephone number of "The Old Custom House" is 01206 302020.

If travelling by train from Liverpool Street, EC2M 7QA, it will be necessary to book to Colchester North Station, CO1 1XD. Bus service 78 runs from Colchester Station on Friday evening via Wivenhoe to Brightlingsea, stopping at Station Road then terminating at Victoria Place near the north end of Sydney Street, both less than 10 minutes walk away. The bus timetable and route maps can be found at www.travelinesoutheast.org.uk.

What To Bring With You

- Pillow case and sleeping bag or duvet
- Washing kit and a towel.
- Gloves, woolly hat, sailing boots or old trainers (non-slip, flat soles).
- Sun protection (suncream, sunglasses, sun hat etc).
- Roll top dry bag or polythene bag to carry dry gear when sailing and wet gear when going home.
- At least two sets of clothes for sailing, which should include warm jumpers or tops.
- "Normal" clothes for evenings.
- Materials for taking notes and RYA logbook (if applicable).
- Thermos/water bottle if you have one.

Please note that waterproofs and 150 newton lifejackets are provided.

How The Courses Operate

Most courses are residential and operate over a weekend, starting at 8:30pm on the preceding Friday evening and normally running until about 5:30/6:00pm on the Sunday.

The Centre operates on a cooperate basis and everyone taking part is expected to help with all the domestic chores such as cooking, washing up and end-of-course cleaning.

To these ends we ask everyone to join in with the spirit of the weekend and to:

- be up on time for an early breakfast time since there is a lot to do before we get on the water and anyone being late for breakfast delays the whole process
- attend the safety briefing each morning with the course leader and, once on the water, to follow their instructions at all times
- help with all boat duties throughout the weekend
- expect to stay for about two hours after sailing finishes on the final day for the de-briefing session and to help to put the boats away and clean and tidy the house
- help with all domestic tasks throughout the weekend
- check before eating food from the fridge since if you help yourself, we may run out of food for the packed lunches and evening meal!
- be considerate at all times to everyone else taking part in the weekend.