



## TECHNO 293 UK

### **JUNIOR OPEN RACE TRAINING NOTICE OF TRAINING**

**BCYC, Axbridge**

**20<sup>th</sup> & 21<sup>st</sup> Feb 2011**

*Supported by the UKWA/RYA*

#### **Timetable**

- Training will start at 09.30 and finishing at 16.30 on both days.
- Participants should be rigged and dressed appropriately for land based exercise/warm up at 09.30 each day
- The coaches are only responsible for participants on the water during the specified period of the training.
- Parents must remain on site throughout the week-end, or nominate another adult to take responsibility for their child in the event of an accident, as well as at the end of training each day.
- Please note the Sailing Club will be running their club racing on the Sunday, please familiarise yourself with their area so not to sail through it.

#### **Food & Accommodation**

- This event is non residential. Camping is available for Saturday night only, no electric. (No Tents) *and must be prebooked via [info@techno293.org.uk](mailto:info@techno293.org.uk)*. The clubhouse will close at 6.30pm.
- Hot and Cold drinks available, please pre-book lunches at registration.

#### **Equipment**

You will need to bring:

- Windsurfing kit
- Personal sailing equipment sufficient for the conditions (to include as a minimum a full suit for winter windsurfing and a buoyancy aid)
- Training shoes and shorts/tracksuit bottoms – suitable for exercising
- Waterproof watch with stopwatch mode
- Pen and notebook
- Electrical tape, permanent marker, spare ropes.

#### **Health & Safety**

- The parent/guardian is required to complete a medical advice form and also the Disclaimer of Liability.

**IMPORTANT – The signed entry form (printed off from sailracer) must be handed to the Head Coach at the beginning of the event. NO FORM –NO TRAINING!**

- Ensure the participant has any necessary inhalers, medications etc. available on and off the water.

#### **Insurance**

- All sailors must hold a valid and current certificate of third party insurance of at least £2 million (RYA junior membership provides this cover).

