**BEWL WATER Windsurfing Course – Joining Instructions**

The weekend courses starts Friday evening 20.30 and finishes Sunday at approx 17.00. Please arrive between 18.00 and 19.30 and book in **before** pitching tents and setting up your campsite. In wet weather you **may not** be permitted to drive onto the grass.

If attending just on Saturday please arrive by 08.45 to book in and the day finishes at 20.30.

**Approximate weekend timetable, or Saturday times if just attending one day:-**

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| --- | --- | --- |
| * Friday
 | 20.30 to 21.15 | General Introduction briefing |
| * Saturday
 | 09.00 to 13.00 | On the water |
|  | 14.00 to 17.00 | On the water |
|  | 19.30 to 20.30      | Windsurfing Theory |
| * Sunday
 | 09.00 to 12.00 | On the water |
|  | 13.00 to 15.00      | On the water |
|  | 15.00 to 17.00      | Storing board, clearing site, debriefs & awards |

**General gear to bring:-**

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| * Own tents, sleeping bag & mat, camping and cooking gear for weekend courses
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| * Plastic bag for your wet gear
 | * Warm dry clothes for the end of the day
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| * Towel(s) and wash kit
 | * Food for day/weekend
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**What to bring / wear on the water**

**There are 4 windsurfing sessions and YOU WILL GET WET on each:-**

|  |
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| * Wet Suit – YOU WILL NOT BE ALLOWED ON THE WATER WITHOUT ONE

 These can be borrowed, but must be reserved with the booking secretary BEFORE THE COURSE |
| * Cagoule & Overtrousers) – *to protect from wind and spray (not the rain)*
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| * Trainers (Wet Suit Boots are better)
 |  |
| * Shorts x 4
 | * Hat (sun protection)
 |  |
| * T-Shirts x 4
 | * Fleeces x 1
 | * Sunscreen (waterproof)
 |
| * If you wear glasses - bring a cord/string/strap to secure them
 |
| * ***NO*** *bare feet, flip flops, boots, jeans, rings, earrings, necklaces, jewellery etc*
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All windsurfing equipment is provided for you.

In the interests of safety, if weather conditions are not suitable for going on the water allternative land based training will be provided.

**Training & Assessments:-**

Training will be given, from absolute beginners for the RYA Start Windsurfing award. You can expect to gain this during one weekend or over two Saturdays.

March 2022