**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:-**

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

**What to bring / wear on the water**

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

|  |  |  |
| --- | --- | --- |
| * 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)* | | |
| * 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* | | |

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