

ITCA (GBR) Open Coaching

Eastern Region

Application Form

SAILORS NAME:	SAIL NO:
DOB:	EMAIL:
ADDRESS:	TEL:
	MOBILE:
	CLUB:
POST CODE:	

PLEASE TICK / CIRCLE THE DAYS YOU WOULD LIKE TO ATTEND:

DATE	19 th Dec	24 th Jan	13 th Feb	27 th Feb	20 th March	24 th April	26 th June
VENUE	Alton Water SC	Grafham Water SC	Stewartby Water SC	Haversham SC	Alton Water SC	Priory SC	Royal Norfolk & Suffolk YC

DATE	2 nd June	3 rd June
VENUE	Norfolk Broads YC	Norfolk Broads YC

What level of experience do you have? NON/CLUB RACER/TRAVELLERS/NATIONAL (delete as appropriate)

FEES:

INDIVIDUAL DAYS £25

NUMBER OF DAYS	
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TOTAL AMOUNT PAYABLE

£

PLEASE SEND:

- a cheque made payable "ITCA (GBR) EAST" for all Coaching you plan to attend (you can enter them individually however if you decide to do this I will require a separate form each time. Alternatively you can enter all the events you wish to do at once & only complete 1 form).
- completed application form
- completed disclaimer/ declaration/contact form
- completed medical form

to: Sally Dugdale, 216 Wroxham Road, Sprowston, Norwich, Norfolk, NR7 8BE

Payment should be included with the application but cheques will not be cashed more than 5 days prior to the event. Entry is on a 'first come first served' basis and there will be a maximum number of places available at each event. Successful applicants will be acknowledged by e-mail. If it is necessary to cancel an event a refund will be given but only after deduction of any unavoidable costs associated with the cancelling of that event.

Disclaimer of Liability

Participants are entirely responsible for their own safety, whether afloat or ashore, and nothing reduces this responsibility. It is for participants to decide whether their boat is fit to sail in the conditions in which it will find itself. By launching, participants confirm their boat is fit for those conditions and they are competent to sail in them. Nothing done by the organisers can reduce the responsibility of the owners and/or participants, nor will it make the organisers responsible for any loss, damage, death or personal injury, however it may have occurred, as a result of the boat taking part in the Coaching. The organisers encompass everyone helping to run the Coaching. The provision of patrol boats does not relieve owners and competitors of their responsibilities. I understand that the International Topper Class Association (GBR) and the host club cannot accept liability for any injury, loss or damage sustained whilst taking part in these activities. I agree for pictures and video footage to be taken of me while at the event for coaching feedback.

Parent/Guardian Declaration: (for U18 sailors)

As Parent/Guardian, I give permission for the participant named to take part in the events listed. I accept the Disclaimer of Liability above, which removes my dependant's right to claim compensation, as stated above.

I also confirm that my dependant is competent to take part in these activities and that the boat to be used will have valid third party insurance of at least £2,000,000

I accept that the good behaviour of my dependant is a fundamental condition of participating and that the organisers have the right to exclude any sailor not complying with this requirement.

I have read and understand the supporting notes.

SignedPrint.....Parent/Guardian (Please delete as necessary)

Adult Declaration: (for sailors over 18 yrs)

I declare that during the event the boat to be sailed will have valid and current third party insurance of at least £2,000,000.

I declare that I am over 18 and declare myself fit to take part in these Coaching activities.

I accept that good behaviour is a fundamental condition of participating and that the organisers have the right to exclude any sailor not complying with this requirement.

I understand that the International Topper Class Association (GBR) and the host club cannot accept liability for any injury, loss or damage sustained whilst taking part in these activities.

I have read and understand the supporting notes.

SignedPrint.....

Emergency Contact Details:

For all sailors under 18 the contact must be of an adult responsible for the sailor during the event i.e. someone who will be at or in the immediate vicinity of the club

Sailors Name: Sail Number:
.....

Name: Relationship to Sailor:

Emergency Contact No:

If booking more than one day/weekend where contact details may change, please advise at least 7 days prior to the event by email to: arearep.eastern@gbrtopper.co.uk

Confidential Medical Consent Form

To be filled in by candidates attending session/course

Name.....
Course/venue..... Date(s).....
Date of birth..... Age..... Male Female
Home
address.....
.....
Post Code.....
Telephone Number (Home).....
(Work).....(Mob).....
Name and address of next of kin (to be contacted only in the case of an emergency)
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.....

Telephone number of next of kin:

Home.....Work.....Mob.....

Have you had any of the following:

Asthma or bronchitis	YES/NO
Heart condition	YES/NO
Fits, fainting or blackouts	YES/NO
Severe headaches	YES/NO
Diabetes	YES/NO
Allergies to any known medicine	YES/NO
Any other allergies, e.g. material, food	YES/NO
Other illnesses or disability	YES/NO
Travel sickness	YES/NO
Regular medication	YES/NO
Are you receiving any medication for any condition?	YES/NO
Are you suffering from any injury?	YES/NO

If the answer to any of these questions is YES please give details:

It is your responsibility to make known any potential medical conditions that may affect your own personal safety during the activities associated with the course/event.

Declaration

I consider myself physically fit to take part in the course and can swim 50 metres in light clothing with a buoyancy aid.

Signed..... Date.....

Supporting Notes

Event Details

All events are scheduled to start at 09.30 and finish by 17:00 (depending on availability of daylight). Prior to each coaching day I will advise the expected finishing time to be able to make optimal use of the day.

Preparation

All boats should be rigged and prepared for the published start time.

Sailors should not be changed until advised. All sailors are expected to be properly equipped for the conditions with adequate wetsuits or dry-suits and personal buoyancy.

Sailors need to ensure they bring notebooks & pens to make notes

The organisers/coaches reserve the right to disallow any sailors deemed insufficiently prepared for the conditions.

Weather

In the event of a severe weather forecast please contact the Area Rep, Sally Dugdale on the day prior to the Coaching event.

Application

Payment must be received at least 5 days prior to the Coaching event. Entry is granted on a 'first come first served' basis and there will be a maximum number of places available at each event.

Entries will not normally be acknowledged. Unsuccessful applicants will be notified by return of cheque and application.

Fees are not refundable unless cancelled more than 24 hours in advance by the organisers.

Food/Accommodation

All sailors are expected to make their own arrangements for food/accommodation during the Coaching event. Hot food and drinks may be available to purchase at the venue.

Eligibility

There is no age restriction. New sailors may attend ITCA (GBR) organised Coaching events as a guest of the Association for their first two days. Thereafter Membership of ITCA (GBR) is required for all other ITCA (GBR) organised events. Membership details can be found on the Class Web site www.gbrtopper.co.uk or by contacting the Class Secretary at 17 Woods Hill Lane, Ashurst Wood, West Sussex, RH19 3RW.

All sailors must be competent to complete a triangular course in all but extreme weather conditions, should have started club racing and have familiarised themselves with the basics of the racing rules.

Membership of National, Zone, JDP or Youth Squads does not preclude participation.