



ABINGDON

29 April 2016

Dear Parent/Guardian,

Summer Holiday Sailing Courses
Tuesday 30 August – Friday 2 September 2016

Abingdon School's Sailing club would like to invite boys from the first year to the fourth year to take part in a sailing course in the last week of the summer holidays at Farmoor reservoir. The courses will be run in partnership with the Oxford Sail Training Trust which oversees all sail training at the reservoir. The cost will be subsidised to be a total of £100 for the course which represents a significant discount compared to the normal price of £250. The three courses on offer are:

Option 1 – Beginners (no previous experience)

This course provides a short introduction to sailing for beginners. By the end of the introductory course, participants will have a basic understanding of how a boat sails, and some experience of steering and handling a boat.

Option 2 – Intermediate (previously completed a week or two of sailing)

This course is for people who have some previous sailing experience, maybe having completed a level 1 or 2 course previously. At the end of this course, you will have a range of sailing skills and background knowledge, and be a confident small boat sailor, able to take a boat out un-aided in most conditions.

Option 3 – Performance sailing

This course is for those who have completed an RYA stage 4 course or are of an equivalent standard. Using our fast, high performance dinghies you will be coached to a high level using planning techniques, spinnaker sailing and trapeze techniques. If you have seen these fast boats on the water and want to find out what all the fuss is about, this course is for you!

Students will need to be dropped off at Farmoor at 9am and collected at 5pm each day. They should bring a packed lunch and will need to wear clothing appropriate for being out on the water including some old shoes.

If you would like to book a place for your son on one of these courses, I would be most grateful if you could return the attached consent form and enclose a cheque payable to Abingdon School for the full amount. Places will be allocated on a first come first served basis and further information, with more detailed instructions, will be sent out nearer the time. If you have any additional questions please do not hesitate to contact myself via email.

Yours sincerely

Ben Simmons

ben.simmons@abingdon.org.uk

Teacher i/c sailing

Summer Sailing Courses Consent Form

Tuesday 30 August – Friday 2 September 2016

Name of participant					
Date of birth					
Name of next of kin					
Contact Email address					
Please circle course choice:	OPTION 1	OPTION 2	OPTION 3		
Emergency telephone (during activity)	Home/work:		Mobile:		
Participants doctor and telephone number					
Fitness	Activities may involve some or all of bending, lifting, balancing, jumping, falling, stretching, coordination and swimming				
Has the participant had any of the following?					
Asthma or bronchitis	YES	NO	Allergies to any known medication	YES	NO
Heart condition	YES	NO	Any other allergies	YES	NO
Fits, faints or blackouts	YES	NO	Other illness or disability	YES	NO
Diabetes	YES	NO	Travel sickness	YES	NO
Severe headaches	YES	NO	Regular medication (including inhaler)	YES	NO
If the answer to any of these questions is YES, please give details overleaf.					
Has the participant been vaccinated against tetanus in the last 10 years			YES	NO	
Is the participant receiving medical or surgical treatment of any kind?			YES	NO	
Has the participant been given any specific medical advice to follow in emergencies?**			YES	NO	
Does the participant have any special needs of which we should be aware?**			YES	NO	
Is the participant required to carry an EpiPen for emergency use in case of a severe allergic reaction?**			YES	NO	
**If the answer to any of the 3 questions above is yes please give details overleaf.					
He is able to swim 50 metres in light clothing			YES	NO	
I give permission for photos of my son to be used for school advertising purposes.			YES	NO	
Parental consent:	I confirm that I give permission for my son to fully participate in the activities during the summer sailing course. I give permission to the staff running the activities during the week to administer any relevant treatment or medication to the above named participant when or if necessary. In an emergency situation I authorise the organisers to take my son/daughter to hospital and give my full permission for any treatment required to be carried out in accordance with the hospital's diagnosis. I understand that I shall be notified, as soon as possible, of the hospital visit and any treatment given by the hospital.				
Signed:		Print name:		Date:	

I have enclosed a cheque for £100 payable to Abingdon School.

Post to: Ben Simmons, Abingdon School, Park Road, Abingdon, Oxfordshire, OX14 1DE