

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
- Towel(s) and wash kit
- Warm dry clothes for the end of the day
- 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 alternative 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.