

Leeds Sailing & Activity Centre

Winter Programme and Activities 2023



Leeds Sailing & Activity Centre

YEADON TARN

The **Leeds Sailing and Activity Centre** operated by Leeds City Council, is situated at Tarnfield Park Yeadon approximately 8 miles from Leeds City Centre.

The Centre offers Sailing, Kayaking, Open Canoeing, Stand-Up Paddleboarding, Improvised Rafting, Windsurfing, Rowing, Climbing, Abseiling, Orienteering, Off Road Biking, Problem Solving, Bushcraft, Soft Archery and Team Building.

The Centre is a **Royal Yachting Association** Recognised Training Centre for Dinghy Sailing, Windsurfing, Powerboating and Shorebased Theory courses; A **British Canoeing** approved activity provider; A **British Rowing** Training Centre; Licensed by The **Adventure Activities Licensing Authority**.

All our instructors are fully qualified and experienced to ensure a high level of safety and quality of instruction.

INDEX

Active Adults p3
Birthday Parties p15
Booking - Activity Registration Form 17* 18
Bushcraft p14
Canoeing/Kayaking p 8-9
Caving (indoor) p13
Courses p12-13
Disability p3
FAQ p16
Hire p12
Instructor/Leadership Awards p10
Multi/Outdoor Camps p14
Off Road Biking p13
Open Days p3
Orienteering p13
Other Activities p15
Power Boat p7
Rowing p11
Safety Boat p10
Safety Rescue p10
Sailing p4-6
Stand Up Paddleboarding p9
Vouchers p15
Windsurfing p6-7
Women on Water p3

THE CENTRE RESERVES THE RIGHT TO AMEND, MODIFY OR CANCEL ANY COURSE DUE TO ADVERSE WEATHER OR LACK OF ENROLMENTS, OR FOR ANY OTHER REASON BEYOND THE CENTRE'S CONTROL

OPEN DAYS

Come and try a variety of the outdoor activities that we offer.

Indulge in an hour and a half taster session from most of the activities we offer including: Sailing, Canoeing, Kayaking, Indoor Cave, Soft Archery, Windsurfing, or Biking.

Cost £10.00 per person per activity

Saturday 16th April Family Day 9.00am - 13.00pm

Disability

We are an accredited Sailability and Paddleability Centre.

Disability Outdoor Activity Club

Junior (age 8-16yrs)

DC1 Tues 16.30pm - 17.30pm **Nothing scheduled as yet**

Adult (age 17+)

DC2 Fridays 13.00pm – 14.00pm
(pre booking essential)

£12.50 per session

Women on Water Fridays 11.00am -12.00pm **£12.50** per session
(pre-booking advisable) ALL YEAR ROUND WETHER PERMITTED.

Weekly term-time women only session with an instructor for all ages over 16 years for an introduction to Sailing, Windsurfing, Canoeing, Kayaking and Stand Up Paddleboarding. Boat hire if you have the pre-requisites. Safe, sociable and fun. Pre booking advisable weekly.

Active Adults Thursdays 15.00pm – 16.00pm **£12.50** per session
(pre-booking advisable) ALL YEAR ROUND WETHER PERMITTED.

A mixed group for adults who are free in the daytime and want to try out a Canoe, Kayak or Stand Up Paddleboard or practice with an instructor. Pre booking advisable weekly

Group Instruction

Adult and Junior sessions available for all of our activities. Contact Centre for details of group rates.

Private Instruction

1:1 **£30.00** and 2:1 **£40.00** sessions available in most of our activities. For 3 or more people our normal group rate applies.

RYA SAILING COURSES

Youth Sailing Sceme (8-15 years)

We offer tasters and all the youth sailing scheme RYA stages 1-4 starting in small single handed dinghies and using crewed boats at stage 4. Juniors with Stage 2 can develop further by joining the after school weekly On Board club. Courses are modular so certificates are awarded when all sections are signed off.

In late June/July we welcome young adults 16+ students on adult courses.

JUNIOR SAILING TASTER SESSIONS

Code	Day	Date	Month	Start	Time	Finish	Time	Cost
------	-----	------	-------	-------	------	--------	------	------

JUNIOR SAILING COURSES (8-15 years)

Code	Stage	Day	Date	Month	Start	Time	Finish	Time	Cost
SJ17	1-2	Mon – Tues	30 th -31 st	October	Start	9.30am	Finish	16.30pm	£120.00
SJ18	2-3	Wed -Thu	1 st – 2 nd	Novemb er	Start	9.30am	Finish	16.30pm	£120.00

Stage 1-2 and 2-3, or Stage 2-3 and 4 booked together combined price £225

JUNIOR SAILING CLUB (Onboard)

Code	Weeks	Day	Date From	Date To	Start	Time	Finish	Time	Cost
SJC3	8	Thursday	7 th Sept	26 th Oct	Start	17.30pm	Finish	19.30pm	£120.00

ADULT SAILING

ADULTS (aged 16+)

We run tasters, formal courses, hire and clinics to brush up your skills all based on the RYA National Sailing Scheme. Beginners use our crewed boats in Level 1 Start Sailing courses with an instructor on board. It's best to follow this up with Level 2 Basic Skills to reach the point when you can sail independently in light winds and hire a boat to keep on sailing. The Level 3 Better Sailing helps you sail in a competent way in light to moderate winds – ideal for those who have Level 2 but not done a course recently.

Finally our clinics give anyone with at least Level 1 a chance for some supported sailing with an instructor to coach you on the water.

START SAILING -TASTER SESSIONS (2 hours)

Code	Level	Day	Date	Month	Start	Time	Finish	Time	Cost
SLT6	Taster	Saturday	2nd	Sept	Start	09.30am	Finish	11.30am	£30.00

Other times available. Contact Centre for details.

ADULT SAILING COURSES (16+ years)

Code	Level	Day	Date	Month	Start	Time	Finish	Time	Cost
SL1	1	Mon – Tue	27 th – 28 th	March	Start	9.00am	Finish	17.00pm	£160.00
SL14	1	Mon – Tue	4 th – 5 th	Sept	Start	9.00am	Finish	17.00pm	£180.00
SL15	2	Wed – Thu	6 th – 7 th	Sept	Start	9.00am	Finish	17.00pm	£150.00
SL16	1	Sat weekly	From 9 th to 30 th	Sept	Start	9.00am	Finish	13.00pm	£180.00
SL17	2	Thu – Fri	14 th – 15 th	Sept	Start	9.00am	Finish	17.00pm	£150.00
SL18	1	Mon – Tue	25 th – 26 th	Sept	Start	9.00am	Finish	17.00pm	£180.00
SL19	2	Wed – Thu	27 th – 28 th	Sept	Start	9.00am	Finish	17.00pm	£150.00
SL20	1	Mon – Tue	2 nd – 3 rd	Oct	Start	9.00am	Finish	17.00pm	£180.00
SL21	2	Sat weekly	From 7 th October	To 28 th October	Start	9.00am	Finish	13.00pm	£150.00
SL22	1	Mon – Tue	9 th – 10 th	Oct	Start	9.00am	Finish	17.00pm	£180.00
SL23	1	Mon – Tue	16 th – 17 th	Oct	Start	9.00am	Finish	17.00pm	£180.00
SL24	3	Mon – Tue	6 th – 7 th	Nov	Start	9.00am	Finish	17.00pm	£150.00
SL2	2	Wed – Thu	29 th – 30 th	March	Start	9.00am	Finish	17.00pm	£150.00
SL24	3	Mon – Tue	6 th – 7 th	Nov	Start	9.00am	Finish	17.00pm	£150.00

Level 1 and 2, if booked together price £275.

IMPROVERS SAILING

SEAMANSHIP SKILLS

This develops double handed sailing for lakes or sea for those with some experience. *Requires Level 3 or equivalent experience.

Code	Level	Day	Date	Month	Start	Time	Finish	Time	Cost
------	-------	-----	------	-------	-------	------	--------	------	------

Sailing with Spinnakers*Requires Level 3 or equivalent experience.
Courses available on request

WINDSURFING

Beginner/intermediate boards and sails. Wetsuits provided. The only requirement is a degree of water confidence

Juniors (Age 10+) RYA Stage 1

Code	Level	Day	Date	Month	Start	Time	Finish	Time	Price
------	-------	-----	------	-------	-------	------	--------	------	-------

Juniors (Age 10+) RYA Stage 2

Code	Level	Day	Date	Month	Start	Time	Finish	Time	Price
------	-------	-----	------	-------	-------	------	--------	------	-------

Junior Onboard Club

Junior Windsurf club designed to enable the practice and development of windsurfing skills.

Code	Weeks	Day	Date From	Date To	Start	Time	Finish	Time	Price
JWC3	8 Wks	Thursday	7 th Sept	26 th Oct	Start	17.30pm	Finish	19.00pm	£90.00

Adults

Taster Sessions

Code	Level	Day	Date	Month	Start	Time	Finish	Time	Price
AWT5	Taster	Thursday	7 th	Sept	Start	18.00pm	Finish	20.00pm	30.00

Start Windsurfing Course (Age 16+)

A gentle introduction giving you the skill to sail where you want and return. Follow this up with hire sessions to gain further experience.

Code	Level	Day	Date	Month	Start	Time	Finish	Time	Price
W14	StartWS	Mon-Tue	11 th – 12 th	Sept	Start	9.30am	Finish	15.00am	£150.00

Windsurfing refresher and Improver Clinics are also available on request. Contact the Centre for details.

RYA POWERBOAT LEVEL 2 COURSE (Inland)

This course has no minimum prerequisite. It teaches safe boat handling in an inland water context and is the minimum standard for powerboat drivers. Holders can apply for an International Certificate of Competence.

Junior Courses Age 12-17

Code	Level	Day	Date	Month	Start	Time	Finish	Time	Price
JPB2	2	Mon – Tue	30 th – 31 st	October	Start	9.00am	Finish	16.30pm	£255.00

Adult Courses

Code	Level	Day	Date	Month	Start	Time	Finish	Time	Price
PB3	2	Thu – Fri	12 th – 13 th	October	Start	9.00am	Finish	16.30pm	£255.00
PB4	2	Thu – Fri	2 nd – 3 rd	November	Start	9.00am	Finish	16.30pm	£255.00

Other Powerboat Level 2 courses are available on request October to March.

RYA Safety Boat Course

This course will cover rescuing other water users, providing skills and techniques for those escorting race or training fleets or working in a water sports environment including different types of craft.

Pre-requisites – candidates must hold the RYA Level 2 National Powerboat certificate and should have a basic understanding of sailing and windsurfing.

Code	Level	Day	Date	Month	Start	Time	Finish	Time	Price
SB2	2	Mon - Tue	18 th – 19 th	Sept	Start	9.00am	Finish	17.00pm	£190.00

Other courses are available on request October to March

BRITISH CANOEING KAYAKING & CANOEING COURSES

JUNIOR COURSES(Age 8-15 years)

The Award scheme provides a logical progression through safety awareness, skills, varied experiences and developing supporting knowledge in a variety of craft. Courses are modular and the award completed when all sections are signed off.

- **Taster - Start** An introductory session using a variety of craft.
- **Beginner (Discover)** work through various competencies, skills & knowledge in a variety of craft including basic capsizes.
- **Improver (Explore)** Includes peer rescues, capsizing and advanced skills in a variety of craft

Code	Level	Day	Date	Month	Start	Time	Finish	Time	Price
PP21	START	Tuesday	31 st	Oct	Start	13.00pm	Finish	15.00pm	£25.00
PP22	DISCOVER	Wed - Fri	1 st -2 nd	Nov	Start	9.30am	Finish	15.30pm	£100.00

Explore Canoeing Week

An action packed week exploring all things paddlesport – Canoeing, Kayaking, Bell Boating and Stand Up Paddleboarding. Suitable for all abilities.

Code	Level	Day	Date	Month	Start	Time	Finish	Time	Price
------	-------	-----	------	-------	-------	------	--------	------	-------

JUNIOR CANOE & KAYAK CLUB

Our Junior Club is aimed at providing some regular water based activity for 8-15 year olds, where young people can continue to develop their skills on a weekly basis during term times.

Code	Weeks	Day	Date From	Date To	Start	Time	Finish	Time	Price
CJC4	8wks	Monday	4 th Sept	16 th Oct	Start	16.30pm	Finish	17.30pm	£60.00
CJC5	8wks	Thursday	7 th Sept	19 th Oct	Start	16.30pm	Finish	17.30pm	£60.00
CJC6	8wks	Saturday	9 th Sept	21 st Oct	Start	9.00am	Finish	10.00am	£60.00

JUNIOR STAND UP PADDLEBOARD Taster Sessions

An introduction to basic skills in Stand up Paddleboarding

Code	Level	Day	Date	Month	Start	Time	Finish	Time	Price
JSUP14	Taster	Wednesday	1 st	November	Start	13.00pm	Finish	15.00pm	£25.00

BRITISH CANOEING PERSONAL PERFORMANCE AWARDS CANOEING AND KAYAKING ADULT COURSES

PADDLE START An introduction to useful basic skills for an enjoyable paddling experience

PADDLE DISCOVER Taking you on your next steps towards becoming an independent paddler.

PADDLE EXPLORE Gives you ownership recognising your ability to independently paddle your chosen craft in a sheltered water environment.

PADDLE START

STAND UP PADDLEBOARD 16+

Code	Level	Day	Date	Month	Start	Time	Finish	Time	Price
SUP9	Taster	Wednesday	13 th	Sept	Start	10.00am	Finish	12.00pm	£30.00
SUP10	Taster	Saturday	14 th	Oct	Start	10.30am	Finish	12.30am	£30.00

CANOEING AND KAYAKING

Code	Level	Day	Date	Month	Start	Time	Finish	Time	Price
CT7	Taster	Saturday	9 th	Sept	Start	10.30am	Finish	12.30pm	£30.00
CT8	Taster	Wednesday	13 th	Sept	Start	10.30am	Finish	12.30pm	£30.00
CT9	Taster	Saturday	23 rd	Sept	Start	10.30am	Finish	12.30pm	£30.00

Code	Level	Day	Date	Month	Start	Time	Finish	Time	Price
C9	Discover	Monday	4 th	Sept	Start	9.00am	Finish	16.30pm	£90.00
C10	Explore	Saturday	30 th Sept	7 th Oct	Start	9.00am	Finish	13.00pm	£100.00

Code	Level	Day	Date	Month	Start	Time	Finish	Time	Price
------	-------	-----	------	-------	-------	------	--------	------	-------

(Course price excludes BC certification fees. Additional dates can be arranged through the Centre)

Introduction To Moving Water / River Trip

Designed to develop skills to assist in the transition from still to moving water.

Code	Level	Day	Date	Month	Start	Time	Finish	Time	Price
------	-------	-----	------	-------	-------	------	--------	------	-------

The Foundation Safety and Rescue Training Course (FSRT)

This training course aims to provide paddlers with the key **safety and rescue** skills required to operate safely and to be able to deal with common emergencies. These skills form the **foundations for safety and rescue** throughout BCU qualifications. Course price excludes BC certification fees.

Code	Level	Day	Date	Month	Start	Time	Finish	Time	Price
RT5		Friday	8 TH	September	Start	9.00am	Finish	17.00pm	£80.00

LEADERSHIP AWARDS

Provide qualifications for paddlers to lead others in a range of disciplines and environmental conditions. Includes one day off-site.

Code	Level	Day	Date	Month	Start	Time	Finish	Time	Price
------	-------	-----	------	-------	-------	------	--------	------	-------

(*pre-requisite a relevant first aid qualification)

Paddlesport Instructor Course

The **Paddlesport Instructor** qualification is for people whose main focus of work is delivering paddlesport taster/starter sessions within clubs, centres or other organisations. The qualification is not discipline specific and is suitable for instructors who work with paddlers from any of the competitive and non-competitive paddlesport disciplines.

Code	Level	Day	Date	Month	Start	Time	Finish	Time	Price
------	-------	-----	------	-------	-------	------	--------	------	-------

See www.leeds.gov.uk/sailingcentre for more details and prerequisites.

SUP Discipline Specific Module (DSM) Course

Courses available upon Request.

ROWING

British Rowing Learn to Row Scheme, using single sculls with sliding seat.

Junior(age 11+) Go Row (includes 3 months British Rowing Membership)

Code	Level	Day	Date	Month	Start	Time	Finish	Time	Price
------	-------	-----	------	-------	-------	------	--------	------	-------

Junior Rowing Club Age 11+

Code	Weeks	Day	Date From	Date To	Start	Time	Finish	Time	Price
JRC3	8 wks	Monday	4 th Sept	23 rd Oct	Start	16.15pm	Finish	17.15pm	£60.00

Must have attended a Go Row Course.

ADULT Rowing Taster Sessions

Code	Level	Day	Date	Month	Start	Time	Finish	Time	Price
ART4	Taster	Saturday	9 th	Sept	Start	10.30am	Finish	12.30am	£30.00

Adult Explore Rowing

Comprised of 4x2 hr sessions. The complete course to get you started.

Code	Weeks	Day	Date From	Date To	Start	Time	Finish	Time	Price
R3	4wks	Saturday	16 th Sep	8 th Oct	Start	18.00pm	Finish	20.00pm	£100.00
R4	4wks	Thursday	21 st Sept	13 th Oct	Start	9.30am	Finish	11.30am	£100.00

Other courses available upon request.

EQUIPMENT HIRE

Prices are per hour. Pre booking essential.

Dinghy Hire From £12.50 Adult & Junior

Adult Hire Adults must have RYA Level 2 and demonstrate competence before hire or demonstrate equivalent Level 2 competence.

Junior Hire Junior hire is at the discretion of the Senior Instructor. Juniors must have RYA Stage 3 and demonstrate competence before hire.

Kayak/Canoe Hire From £12.50 Adult & Junior

Adult Hire Adults must have 1 Star and demonstrate competence before hire.

Junior Hire Juniors must have Paddlepower Passport and demonstrate competence before hire.

Windsurfing Hire From £12.50 Adult & Junior

Adult Hire must have Start Windsurfing Level 1

Junior Hire must have Stage 2

Rowing Hire From £12.50 Adult & Junior

Adult Hire must have Learn to Row Stage 1

Junior Hire must have Go-Row 2

Stand up Paddleboard Hire From £12.50 Adult & Junior

Must have completed a Leeds Sailing & Activity Centre Taster Session and /or signed off a competent paddler.

Hire is available during our opening hours (subject to availability). All hire must be prebooked. Contact Centre for details.

Indoor Cave

Find your way through our maze of stalactites and stalagmites in search of hidden fossils in our fabulous, multi layered, indoor cave. It's fun for all ages (8 years +) and abilities. There are trolleys for disabled access allowing everyone to enjoy the twists and turns of our very own subterranean adventure.

Available for groups for up to 8 people. Contact Centre for details of group rates.

Code	Level	Day	Date	Month	Start	Time	Finish	Time	Price
CA6		Thursday	2 nd	November	Start	15.00pm	Finish	16.00pm	£8.00

Off-Road Biking

(Bikes, gloves and helmets provided).

Off-Road Biking Taster (8+)

Develop your ability on an off-road bike using gears and managing different terrain.

Code	Level	Day	Date	Month	Start	Time	Finish	Time	Price
------	-------	-----	------	-------	-------	------	--------	------	-------

Off-Road Biking Trip (8+)

Using local trails (must have attended a LSAC Biking Taster)

Code	Level	Day	Date	Month	Start	Time	Finish	Time	Price
------	-------	-----	------	-------	-------	------	--------	------	-------

Junior Off Road Biking Club Age 8 – 12

Introduces you safely and confidently to progressive steps to enhance your biking capabilities. Includes an insight into basic trailside maintenance.

Code	Weeks	Day	Date From	Date To	Start	Time	Finish	Time	Price
------	-------	-----	-----------	---------	-------	------	--------	------	-------

Off-Road Biking Skills Workshop Age 16+

Whether you're a complete beginner or seasoned improver, we offer workshops to enhance your Off-Road Biking Performance. Several local trails to choose from.

Code	Level	Day	Date	Month	Start	Time	Finish	Time	Price
------	-------	-----	------	-------	-------	------	--------	------	-------

Outdoor Activity Camp Age 8+

A week Canoeing, Kayaking, Orienteering, Sailing, Raftbuilding, Standup Boarding, Problem solving, Mountain biking, Indoor Cave, Bushcraft.

Code	Days	Day	Date	Month	Start	Time	Finish	Time	Price
------	------	-----	------	-------	-------	------	--------	------	-------

Multi Activity Day Age 8+

A shorter version of our popular Activity Camps and a chance to try various activities for a day, indoor and outdoor depending on the weather.

Code	Days	Day	Date	Month	Start	Time	Finish	Time	Price
MD7	1	Tuesday	31 st	October	Start	10.00am	Finish	16.00pm	£48.00
MD8	1	Wednesday	1 st	November	Start	10.00am	Finish	16.00pm	£48.00

Orienteering Age 8+

Code	Days	Day	Date	Month	Start	Time	Finish	Time	Price
------	------	-----	------	-------	-------	------	--------	------	-------

Bushcraft/Survival skills/Campcraft Age 8+

Code	Days	Day	Date	Month	Start	Time	Finish	Time	Price
P5	1	Friday	3 rd	November	Start	12.30am	Finish	14.30pm	£25.00

BIRTHDAY PARTIES Available for adults and juniors (age 8+)

ACTIVITY	Minimum Numbers	Maximum Numbers
Raft Building	10 participants per Instructor	12 participants per Instructor
Bushcraft	10 participants per Instructor	12 participants per Instructor
Bellboat Helm	10 participants per Instructor	10 participants per Instructor
Cave	8 participants per Instructor	10 participants per Instructor
Soft Archery	8 participants per Instructor	10 participants per Instructor
Canoeing	8 participants per Instructor	8 participants per Instructor
Kayaking	8 participants per Instructor	8 participants per Instructor
Stand Up Paddleboarding	8 participants per Instructor	8 participants per Instructor
Off Road Biking	8 participants per Instructor	8 participants per Instructor
Windsurfing	6 participants per Instructor	6 participants per Instructor
Sailing (singlehandlers)	6 participants per Instructor	6 participants per Instructor
Sailing (double handlers)	3 participants per Instructor	3 participants per Instructor

To discuss your individual party requirements in more detail please contact the centre.
All equipment provided.

Prices from **£90.00** per hour includes 1 hour room hire.

OTHER ACTIVITIES PROVIDED BY THE CENTRE

- **Team Building Activity Days.** We offer a range of options all tailored to suit your specific needs.
- **Raft Building, Bouldering wall, Problem Solving, Soft Archery**
- **Hiring of meeting/conference rooms**
- **Bespoke Packages for schools, youth and community groups**
- **Work in schools/clubs**
- **Coaching, employment and work experience opportunities**
- **D of E**

ACTIVITY VOUCHERS

Available as birthday and Christmas presents. Contact the Centre for details

IF YOU HAVE ANY OTHER QUESTIONS PLEASE CONTACT US AT LEEDS SAILING AND ACTIVITY CENTRE Cemetery Road, Yeadon, LS19 7UP. Tel: 0113 3781271,

Email sailingcentre@leeds.gov.uk

Website

active.leeds.gov.uk/LeedsSailingandActivityCentre

FREQUENTLY ASKED QUESTIONS

Q. How do I book

R. All our courses must be prebooked. Visit [Leeds Sailing and Activity Centre](#) to check availability, access a Registration/Consent Form and book via the office on receipt of the completed form. Please note we cannot confirm a booking without the completed Registration /Consent Form. Return Completed form to sailingcentre@leeds.gov.uk or post to the address below.

Course members must advise the Centre of any medical or other conditions, which may affect their full participation in any course. Refunds due to cancellation can only be made in exceptional circumstances.

Q. What if I'm not sure the best course for me?

R. Please contact us on 01133781271 we will be happy to discuss this with you.

Q. What if the course is full

R. Contact us sailingcentre@leeds.gov.uk or 01133781271 to be included on a waiting list.

Q. What will I sail?

The Centre has a number of different classes of dinghy – Adults start off in the **Wayfarer**. Other types of dinghy are then introduced such as the **Topper/Laser (single hander)** or **Omega/Topaz (double hander)** as your skills develop. Juniors learn in Topper or Optimist progressing to a double hander.

Q. What's the difference between a Canoe and a Kayak?

A Canoe is an open or closed boat which you can kneel or sit in, paddled with a single bladed paddle. A Kayak is a boat which you can sit in or on, paddled with a double bladed paddle.

Q. What should I wear?

Whatever you feel comfortable in, clothes that you don't mind getting wet and suitable for the weather. It may be fine enough for shorts and T-shirts or cold enough for full thermals! Trainers are ideal No flip flops or crocs. Please bring swimwear for under wetsuits.

Q. What should I bring?

A full change of clothes, including footwear, underwear and a towel. Lightweight waterproofs are useful in the case of a rain shower. Sun block may be required on warmer days. On all-day courses students should bring a packed lunch. Cold drinks only are available from the vending machine.

Q. What if I wear Glasses?

If you need to wear spectacles or sunglasses then bring a suitable strap to keep them secure. These are available from many sports shops or opticians

Q. What if I can't swim?

Nobody goes afloat without a **Buoyancy Aid**. In addition, the Tarn is a very shallow lake, there are not too many parts that you can't stand up in and at its deepest it is only 6 feet!

Q. Are log books and certificates included in the course prices.

Dependant on NGB course. Most courses do include fees for certification and log books.

Leeds Sailing and Activity Centre
Registration and Consent Form

Title of Course/Activity		Course Code		Date of Activity	
Participant Details					
Name:		D.O.B		Age	
Email:		Phone:			
Address:					
Post Code					
Gender - please tick			Male <input type="checkbox"/>	Female <input type="checkbox"/>	
Do you have any long term illness, health problem or a disability? If YES , please state, e.g. learning disability / downs syndrome / cerebral palsy / etc. Please also provide any other additional information you feel necessary, e.g. wheelchair user / guide dog / etc.					
Medical Information please give details of any important medical information that our staff should be aware of (e.g. epilepsy, asthma, diabetes,).					
Emergency Contact. (If participant is under 16 this must be completed by the legal Parent / Guardian).					
Name:		Relationship to child if participant is under 16	Tel (1):		Tel(2):
If under 16 please detail your child's arrangements for returning home					
Will be collected by			Will make own way home		

Please be aware:

THIS REGISTRATION/CONSENT FORM MUST BE RETURNED TO THE CENTRE BEFORE THE ACTIVITY TAKES PLACE.

JUNIORS: NO CHILD WILL BE PERMITTED TO TAKE PART WITHOUT A SIGNED REGISTRATION CONSENT FORM.

PARTIES: IT IS THE RESPONSIBILITY OF THE PARTY ORGANISOR TO ENSURE THAT A SIGNED REGISTRATION/ CONSENT FORM IS COMPLETED FOR EACH CHILD TAKING PART.

Declarations:

I undertake to inform a member of staff of any changes in the information provided on this form. I understand that in the event of any injury or illness all reasonable steps will be taken to contact me, and to deal with the injury / illness appropriately.

JUNIORS: by returning this completed form I agree to my child taking part in the activity.

Consent Statement:

I accept that watersports and adventure activities are hazardous by their nature and that there is a possible risk of injury.

The artificial cave is not suitable for anyone with back, neck or heart problems, pregnant, pace maker, claustrophobia, epilepsy or with a stature deemed unsuitable by our staff. To help us make an informed decision about whether the cave is suitable for you please inform us if you have any other medical conditions not listed or any reasons why you should not take part in the physical activity.

I accept that climbing and absailing are activities with a danger of personal injury.

You are signing to confirm you are aware of and accept the risks of taking part in Watersports and adventure activities including caving, climbing and absailing and have declared any contra-indications.

JUNIORS: I give consent for my child to take part in the above activity / activities and, having received and read the information provided, agree to their participation. I acknowledge the need for obedience and responsible behaviour on their part.

Data Protection /Privacy Statement

The information you provide on this form will be held electronically in accordance with the General Data Protection Regulations (GDPR) 2018.

If you would like to receive promotional information from Leeds City Council please tick this box

If you give consent for your child to be photographed during the course/session please tick this box

Cancellation/Re-programming/Change of Activity

Under exceptional circumstances, Leeds City Council reserve the right to change all or some of the above at short notice.

This should be signed by all participants or by the parent / guardian if the participant is under 16.

Print Name	Relationship to child (under 16's only)
Signature	Date

For office Use only:			
Date form received:	Staff Initials:	Fee paid: £	Receipt No:

Please return this form to Leeds Sailing and Activity Centre via sailingcentre@leeds.gov.uk or Cemetery Road, Yeadon, Leeds, LS19 7UP.

THIS REGISTRATION/CONSENT FORM MUST BE RETURNED TO THE CENTRE BEFORE THE ACTIVITY TAKES PLACE.

