



Family & Sailing Innovation Day On Saturday 8th August 2009

Venue: Northampton Sailing Club

Directions can be found at: <http://www.northamptonwatersports.com>

The Midlands Marine Alliance, BMF Central Region & the Transport iNET are hosting this event to offer the opportunity for all and their families to get on the water and experience first hand Sailing, Windsurfing and Bell Boating (You don't need to have youngsters to have a go!)

- 09:30 Families arrive for the morning sessions, Introduction & Welcome
- 10:00 Session 1 – **Sailing or Windsurfing or Bell Boating** sessions
 - **Remedial Massage & Beauty therapies** will be available in the Club House for those not taking part on the water
(Note: Massage & Beauty therapies will be able to be booked in the day on a first come first serviced basis)
- 12:30 Lunch for all morning and afternoon participants in the Clubhouse
* **Treasure Hunt** will be running over lunch
- 13:30 Session 2 – Activities as per Session 1 above
- 16:30 All available to enjoy either having a drink in the Club house bar overlooking to water or depart home tired

You are able to extend your day to include a number of additional activities that are available at Brixworth Country Park next door to the sailing club where you can Hire Bicycles to for rides round the Reservoir where the Watersports are taking place. Visit the visitor centre and hands on activities and displays available including a sensory garden, grassy meadows walks.



RSVP: Wednesday 29th July 2009 enclosing payment to:

**British Marine Federation Central Region,
Unit 1, The Boatyard, High Street, Weedon, Northants, NN7 4QD**

PLEASE NOTE PLACES ARE LIMITED AND ARE ON A FIRST COME FIRST SERVED BASIS

Due to the nature of this event involving activities, there are a few more details needed that we would normally request. Please complete the following sections and enclose payment with this booking form.

TO BE COMPLETED FOR ALL GUESTS (Please copy page for additional guests):

Name: _____ **Company:** _____

Company Address: _____

_____ **Post Code:** _____

Guest Name: _____ **Guest Name:** _____

Please tick which time you would like to attend:

09:30am - 12:30pm _____ *Please Tick*

AND / OR

12:30 – 4:30pm _____ *Please Tick*

Please Circle which activities you would like to partake in:

Sailing

Windsurfing

Bell Boating

None

Cost per person taking part in water based activities = £10 per person

(Lunch is included for all attendees, shore based treatments are complimentary)

Total people attending = _____

Total people taking part in the watersport activities = _____ x £10 each = £ _____

Please make cheques payable to “BMF Central Region” and returned with this following booking form.

**FOR ALL THOSE TAKING PART IN THE WATERSPORT ACTIVITIES YOU ARE
REQUIRED TO COMPLETE THE FOLLOWING PAGE OF DETAILS FOR THE SAILING
SCHOOL**

TO BE COMPLETED BY ALL THOSE TAKING PART IN THE WATER BASED ACTIVITIES

(Please copy page for each individual taking part)

Participant (First Name)_____ (Last Name) _____

Age _____ years (Age limit for children taking part is 8 years old, 10 years for the windsurfing)

Male /Female

Address _____

_____ Postcode _____

Next of Kin _____ Tel _____ Relationship _____

Medical Conditions: YES / NO

Allergies / Asthma / Epilepsy / Heart Conditions / Impetigo / Other _____

Please continue on back of form if needed.

Declaration

- ◆ I am fit for the activity, and I have informed you of any medical conditions I / my child have / has.
- ◆ I am confident in water and can swim 25 metres
- ◆ From time to time authorised parties may carry out photography. I agree that NWC & BMF Central Region may use such images in promotional, advertising or publicity material in any format what so ever.

SIGNED _____ **PRINT NAME** _____ **Date** _____