



Adult & Dinghy Sailing Registration Form 2026

Your Contact Details:

Name		Email	
Telephone		Mobile	
Address			

Off water contact in case of emergency:

Name		Tel	
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Medical Information:

In the interests of your safety do you have any medical conditions or physical impairments that the session leader should be aware of? If you answer yes, please provide further details.	Yes / No
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General Information:

Can you swim 25 meters?	Yes / No
Do you have any previous boating experience or qualifications?	Yes/No
If sailing a club boat, have you paid for a £50 season pass via the HRSC Office? BACS payments can be made via the following details: Helford River Sailing Club Lloyds Bank Sort Code: 30-94-07 Account Number: 00090120. Please quote your surname and/or adult/dinghy when paying	Yes / No

Notes:

A racing dinghy shall carry a rope for towing purposes (this shall be additional safety equipment item; using an existing rope e.g. a genoa sheet is not acceptable)
We can only organize racing with the help of volunteers, so please get involved, if everyone who races even just crews a rescue boat once a series then it would make providing cover so much easier. This is sorted on a rota system called Duty Man, please speak to your Captain to sign up as required.
A copy of the rules can be obtained via the website www.helfordriversc.co.uk or the relevant club captain.

Risk Statement:

It must be recognised that sailing is by nature an unpredictable sport and therefore inherently involves an element of risk. By taking part in adult & dinghy sailing sessions, you agree and acknowledge that:

You are aware of the inherent element of risk involved in the sport and you accept responsibility for exposing yourself to such inherent risk whilst taking part in adult & dinghy sailing sessions.

You must comply at all times with the instructions of the session leader particularly with regard to instructions for boarding and leaving the dinghy, using the equipment on the dinghy and handling sails, wearing of buoyancy aids, and the wearing of suitable clothing in particular footwear for the conditions.

You accept responsibility for any injury, damage or loss to the extent caused by your own negligence.

You will not participate in the adult sailing & dinghy sessions if your ability to participate is impaired by alcohol, drugs or if you are otherwise unfit to participate.

You will inform the session leader if there have been any changes to the information provided on this form.

You understand that Adult Sailing Sessions are intended to give participants a chance to experience dinghy sailing. You will be under the guidance of a member of the club who has been assessed by Captain Adult Sailing/Captain Dinghies as competent and sufficiently experienced to instruct and teach you. These members may not be qualified instructors.

Signed Date

Special Category Data:

I confirm that I have given the Captain Adult Sailing or Captain of Dinghies the medical information listed on this form (if any) for the purposes of my participation in adult & dinghy sailing sessions. I understand that this information will only be used for that purpose and will only be retained for as long as necessary to comply with HRSC legal obligations.

Signed Date