

GLENRIDDING SAILING CENTRE LTD

RYA SAILING SCHOOL SAFETY BRIEFING & RISK ACKNOWLEDGMENT

This is an important document. Please read it before signing.

Welcome to the Sailing School. We will be achieving two principal objectives during your course. Firstly, improving your sailing skills, and secondly showing you how to enjoy the fun of sailing.

- You have been issued with a buoyancy aid which is appropriate to you as an individual. Please wear this at all times, correctly fastened, whilst on or near the water and until you are safely backed on shore.
- Staff will take you off the water if they believe you are endangering yourself or others.
- Listen carefully to any advice/instruction given you by your instructor. In particular, remain in the area of operation indicated by staff and at all times be in sight of the Clubhouse.
- Although we maintain a safety boat to assist anyone that we see in difficulty it is not possible to continuously monitor all craft on the lake. Also this assistance obviously is not available to anyone who is out of sight of the Club House.
- If for any reason you get into difficulty, stay with your craft. If you have remained in sight we will be watching your progress and will assist you as necessary.
- In the event that weather conditions deteriorate, staff may decide to recall sailing tuition. In these circumstances, please do as staff request without question.

I am 18 years old or older. I wish to participate in water based activities on Ullswater using equipment supplied by Glenridding Sailing Centre Ltd. ("The Company"). I agree that I will undertake the Activities in accordance with the written Safety Briefing notes given to me with this document together with any other oral instructions or advice given to me before commencing the Activities.

I understand the Activities will take place in a potentially dangerous environment. I accept that there is a risk of injury whilst undertaking the Activities, even when well supervised. In the unlikely event of an accident, or loss or damage to my personal effects, I acknowledge that the Company will not be liable for any direct or indirect loss, damage or injury arising from or in connection with the Activities (except for death or personal injury caused by the Company's negligence) and I waive all and any claims against the Company in this respect.

I certify that to the best of my knowledge, all medical information has been declared I do not have a medical condition which might have an effect of making it more likely that I be involved in an incident which could result in injury to myself or others.

Glenridding Sailing Centre Ltd is a Registered Company, No 3509783
Registered Offices: Clint Mill Cornmarket Penrith CA11 7HW