

Trainee Application Form

PLEASE COMPLETE CLEARLY

**Solo
National
Class Association**

Title.....ForenameSurname.....

Address.....

.....

.....Post Code.....

Home Phone.....

Mobile.....

Email.....

Club.....

Age (if under 16)

Date of Course.....

Venue.....Membership Number.....

Please describe your sailing level and experience. We would like to know:-

- Would you describe yourself as Basic, Intermediate or Advanced (please ring)
- How long you have been sailing in all.....
- How long in Solos.....
- Your age (helpful but not essential).....
- Make of Solo.....
- Your Solo boat Number (helpful but not essential).....
- Make of Sail.....
- Mast make and Section name.....
- Any notable successes you have had in club, open meeting or championships.....
.....
.....
- Is there any particular aspect of Solo racing that you would like explained?.....
.....
.....
- Is there any particular aspect of Solo racing that you would like practiced on the day?.....
.....
.....

Health & Safety Form

PLEASE COMPLETE CLEARLY

This form is mandatory for all training purposes, please complete, sign and return to address below.

Emergency Contact

Title.....Forename.....
Surname.....
Relationship.....
Address.....
.....
Post Code.....
Home Phone.....
Mobile.....
Date of Course.....
Venue.....

National Solo
Class Association

What are the things that a coach/shore crew or anyone else who may be in a position to help you, has to watch out for which might be health or life threatening to you, either on shore or on the water.

Any illness or medication that the coaches/Doctor should need to know about in case of emergency.....
.....
.....

I agree that this information will be shared on a need to know basis only.

Signed.....
Print Name.....
Date.....

If the sailor is under 16 years old, additional signature of Parent/Guardian

Signed.....
Print Name.....
Date.....

Contact Number(s) at this event.....

Please Email Coaching@solosailing.org.uk
Or Send Form To:
Simon Jones
Coaching Coordinator
18, Cornfield Gardens
Plymouth
Devon
PL7 5LB