

# WATERSPORTS

## Adult Courses and Activities

We hope you are looking forward to the upcoming attendance at The Wirral Watersports Centre.

Here are a few essential details to help you prepare for the course:

The course will take place over two days, starting at 09:30 and concluding at 16:30 on both days.

### Wirral Watersports Centre will provide:

- Buoyancy aid (50N for swimmers – 100N for non-swimmers)
- Helmet when necessary
- Wetsuit
- Spray jacket and salopettes (if chilly)

### If the forecast is sunny and hot, please bring.

- Sun hat/cap
- Windproof coat
- Sunglasses
- Personal waterproof sunblock
- Extra drinks bottle

### If the forecast is chilly, please bring.

- Base layers/thermals and socks for under wetsuit
- Synthetic fleece or jumper for over wetsuit and under their spray jacket
- Waterproof windproof winter coat (with hood)
- Warm dry change of clothes for after

### Please ensure you also bring the following with you.

- Notebook and pen for personal notes.
- Tight fitting old trainers, or water shoes/wet boots, wellies for powerboat
- Packed lunch, refillable drinks container, snack
- Glasses retainer string/strap if worn.
- Personal first aid requirements (inhaler)

### enquiries

email: [wirralwatersportscentre@wirral.gov.uk](mailto:wirralwatersportscentre@wirral.gov.uk) Tel: 0151 929 7707

### bookings

email: [bookingsandinformation@wirral.gov.uk](mailto:bookingsandinformation@wirral.gov.uk) Tel: 0151 606 2010

