

# WATERSPORTS

## **Multi Activity and RYA Youth Sailing & Windsurfing**

### **Wirral Watersports Centre will provide:**

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

### **Please ensure all young people have the following with them:**

- Bag containing swim wear, shampoo/shower gel, and towel.
- Tight fitting old trainers or water shoes/wet boots (mandatory)
- Packed lunch, refillable drinks container, snack
- Glasses retainer string/strap if worn.
- Personal first aid (inhaler\*)

### **If the forecast is sunny and hot**

- Sun hat/cap
- Personal waterproof sunblock
- Extra drinks bottle

### **If the forecast is chilly**

- Base layers/thermals and socks for under wetsuit
- Synthetic fleece or jumper for over wetsuit and under their spray jacket
- Warm dry change of clothes for after

### **Safeguarding**

All centre employees have enhanced DBS and first aid training.

Young people will be provided with separate changing rooms

The provision of medication and application of suncream is the responsibility of the youth.

Please advise and highlight to our Watersports Team on the day of any non-swimmers or any young person with relevant needs or considerations.

### **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

