



Bewl Valley Sailing Club

Course Information

Thank you for booking onto a course at Bewl Valley Sailing Club. We hope you enjoy your time on the water with us, here is some information to help you get the most out of your sailing experience.

Course Times: Most of our courses run between 09:30 - 16:30 during the day and 18:00 - 20:30 in the evenings. However some courses may vary, if you are unsure please check the course prospectus or contact the office.

How to find us: The entrance to Bewl Water is 1 mile south of Lamberhurst on the A21 (well signposted). Once you have gone through the main gate turn right and follow the signs to the sailing club, there is accessible parking behind the club house. If the main gate is manned, inform them you are attending a course at the sailing club.

We recommend you bring:

- **Clothing:** You will need to bring appropriate clothing depending on the time of year and weather conditions. Please remember it is colder out on the water than it is on the shore.
 - Soft soled shoes/old trainers that you don't mind getting wet
 - Spare clothes to change into when dry
 - Towel and swimwear
 - Waterproofs
 - Hat
 - Wet/Dry suit (if you have one)
 - Warm clothing - Fleeeces, t-shirts, lots of layers
 - Trousers and Shorts - Not jeans
 - Sun cream
 - Sunglasses

We will provide you with buoyancy aids and waterproofs if required.

- **Lunch:** The galley is open during weekend courses and some weekday sessions during the summer, serving hot and cold food and drinks. Or bring a packed lunch if you prefer. If you are unsure weather the galley will be open or not please contact the office.

Further Information:

- **Lockers:** There are some small lockers available for wallets, phones, keys etc... The lockers require 10pence pieces. Clothing can be left in the changing rooms.
 - **Under 16's:** We supervise under 16's throughout the day so parents and guardians do not need to be on site. It is a requirement that parents and guardians sign under 16's in and out of the courses at the beginning and end of each day.
 - **Medical:** Please ensure before you start your course you have filled out an up to date medical and consent form. If you have any inhalers or other medical equipment you need to take on the water please inform your instructor prior to the start of the course.
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We look forward to seeing you on the first day of your course, if you have any queries at any time before, during or after please don't hesitate to get in touch with us.