

# PYC Adult Sailor

## ID, emergency contact and application Form

### Sailor Details

Name	
Mobile Number	
Email Address	
Ailment or Disability Note <i>(please state if there's anything we'd need to know when sail training or in case of emergency)</i>	

### Emergency Contact Details

Name:	
Contact Address:	
Home number:	
Mobile number:	
Notes	

I am able to swim 25 metres unaided and am confident in the water.

I declare that to the best of my knowledge I am fit to participate in the course.

I accept the risks of participating in the sailing programmes (see the 'PYC Sailing Risk Assessment' for a list of known risks and their mitigations)

Signed..... Date.....

Completed forms will be stored in the PYC Flags cupboard and used in case of need to contact the trainee or their emergency contact.

Please note that the Penarth Yacht Club is not an RYA training centre and does not carry out sail training.