

BOOKING CONDITIONS AND JOINING INFORMATION (EVENTS)

EVENT FEES INCLUDE:

- Provision of lifejackets, buoyancy aids and other appropriate safety equipment
- Instruction by experienced, qualified staff
- Provision of vessels /fuel

EVENT FEES DO NOT INCLUDE:

- Footwear and towels
- Waterproof clothing (unless by arrangement)
- Food/refreshments (unless by arrangement)

PHYSICAL FITNESS

You should be confident in water. We don't expect you to swim the Channel, but you will get more out of your course with a reasonable level of general fitness. You must advise your instructor of any illness or medical disability. If you suffer from asthma, diabetes, epilepsy, giddy spells, angina, or other heart conditions or have a history of back problems, you should check with your doctor before taking part in TBT activities and be in a position to produce a note from your doctor if required.

AGE RANGE

18+ or accompanied children. Unaccompanied children by arrangement.

WHAT TO BRING:

You are likely to get wet and we recommend you bring clothing appropriate to the conditions. Fleece pullovers are excellent and thermal underwear can also be a really good investment.

Other items you will need:

- Towel and change of clothes
- Waterproof jacket/leggings if raining
- Trainers or specialist footwear (that can get wet)
- A hat and gloves (in cold weather)
- Suntan lotion
- Sun glasses

PAYMENT

- All bookings must be accompanied by the appropriate payment.
- Group event numbers must be confirmed and appropriate payment made at time of booking.

- Course/event fees are non-refundable unless the event is cancelled by Tiger Bay Training
- Crossed cheques/postal orders should be made payable to "Tiger Bay Training" and sent to: Harbour Master's Office, Penarth Marina. Vale of Glamorgan. CF64 1TQ.
- Alternatively, payment can be made by debit card either in person or by telephone.

ARRIVAL

Your event organiser will meet your group at the TBT Office in Penarth Marina (see adjoining directions). Morning sessions begin at 0930, afternoons at 1400 and evenings at 1800.

SAFETY

In addition to enjoyment and learning new skills, safety is of paramount importance on all courses. **Clearly, watersports are hazardous by their nature and participants must accept that there are risks and the inevitable bumps and scrapes which happen during the thrills and spills of fast moving activities.** To manage the risks so far as we are able Tiger Bay Training has a 'safe system of work'

- We only have qualified experienced staff
- We provide a range of quality personal protective and safety equipment for participants' comfort and safety
- We provide up-to-date equipment for your event
- We teach to national governing body recommendations and guidelines, in small groups
- We have robust management and safety systems which have been inspected by approved bodies such as the RYA
- We reserve the right to modify or cancel an activity if we feel that there are unmanageable risks.