



All Aboard – Joining Instructions

Welcome

Welcome to All Aboard! Watersports. We hope you will enjoy your time here with our friendly and experienced team.

If you have any questions, please ask the instructor in charge or phone the centre in advance. We are always happy to help.

These notes are to help you with what to bring and wear for your session.

What to Do if delayed – Phone 0117 9290801



If you are going to be late, please do not worry. If you can phone us to let us know you will be late, we would be grateful.

We will involve you into the session and try to catch up the information you missed when possible.

Medications and Conditions

If you have any medical conditions, please let the Instructor in charge know so we can discreetly make appropriate adaptations. This information will be kept confidential.



If you take medication and need it close, please give it to the instructor so they can take it on the water with them (e.g. Inhaler).

If you feel unwell, too hot or cold, or in pain; please tell the instructor. We will get you to the shore and help you get comfortable.

Food and Drink

We do not provide lunch. If you are at all-Aboard! All day you will need to bring a packed lunch and some drinks with you.



We do have a small kitchen on site where you can help yourself to hot and cold drinks. We ask for a small donation for the drinks. We have a fridge and microwave you can use.

If you are on an adult course you are welcome to go off site for lunch if you wish. There are pubs and a small shop nearby. Unfortunately this option is not available to anyone under the age of 16.

Hygiene

When you come off the water, we ask you to wash your hands or use our hand sanitizers. Especially before eating or eating.



You can read more on water quality at:

<http://www.bristol.gov.uk/page/environment/harbour-and-rivers-water-quality>

Clothing

Please wear old clothes which can get wet. We advise you to bring a change of clothes plus a towel with you. We have showers you can use.

Please do not wear Jeans or cotton clothing for any activity on the water. This is because they get very heavy and cold when wet. Man-made fibre type clothing is best if you have it.



Shoes must be worn at all times. Please wear shoes that can get wet.

We recommend wet suit boots (with a thick sole) or old trainers. Please do not bring open toed footwear.

We have wetsuits you can use. Please bring swimwear to wear underneath the wetsuit.



We have a limited supply of waterproofs available for your use. We suggest you to bring your own waterproofs if the weather is cold, wet or windy.



We will also provide you with a Personal Flotation Device (Buoyancy aid) and helmet (if appropriate).

Other items to bring

Please also bring suncream and sunhat if the weather is warm.

Please bring a hat and gloves if the weather is cold.

Showers and Toilets

There are showers and toilets available (Including full disabled access facilities).



If you need the toilet during the session, please do not be embarrassed to let the instructor know – we are all human – 😊

Questions during the session

We all learn differently and at different rates. If you do not understand something, please ask questions or ask the instructor to re-explain the information.



Feel free to speak to any of the instructors on site at any time if you need more information about something.

Feedback

We hope you have an enjoyable session with us. We are always trying to improve so please fill in one of our feedback forms at the end of the session.

Should you have any issues during your session then please let us know as soon as possible so we can sort things out.

We look forward to meeting and working with you.