

## Adult Student Advisory Sheet

*The advice given is designed to provide you with as much information so that you can make an informed decision of what to bring with you on the day, so that you can enjoy your time with us to the maximum.*

- Students should bring the following with them:
  - Clothes that can get wet and are appropriate to the weather and spare clothing to change into after the activity. We strongly advise that you do not wear denim or clothing made of heavy cotton as they can become very uncomfortable when wet and take along time to dry.
  - A plastic bag to put wet kit in at the end of the session. (Sounds daft but it's the one thing I always forget)
  - Towel
  - Old trainers or sailing shoes, they will get wet and all students have to wear footwear on the water.
  - A windproof / waterproof cagoule & trousers and a wetsuit are useful, but not essential as the centre will be able to provide some of this equipment. Please see the table below to see what each centre is able to provide.

Centres	Buoyancy Aids	Wetsuits	Waterproof Jackets	Water proof Trousers
<b>Oulton Broad</b>	✓	✓	✓	
<b>Alton Water</b>	✓	✓		
<b>Deben</b>	✓		✓	✓
<b>Neptune</b>	✓		✓	

- When the weather is cooler, it is advisable to bring a warm hat; it is always slightly cooler on the water than on land. Top tip: If you do not have water proof gloves, washing up gloves over the top of ordinary gloves works wonders, but may do nothing for the style conscious!
- In the hotter months, please bring sun cream, a hat and sunglasses as the reflection from the water will increase the effect of the sun. The pink lobster look is never good!!
- Please bring any refreshments required during the activity and a packed lunch if it is an all day programme. (Alton Water does have a Café on site but it is not always open.). All of our centres have coffee / tea making facilities.
- We advise all students not to wear jewellery during the activity, particularly hoop or dangling earrings. This is because jewellery can catch on the moving parts of a boat. It with this in mind that we also advise against wearing rings, or that your ring/s are covered in tape.
- Please let us know if you are not water confident so that we can provide all of the support you need during the activity.
- Watches are not advisable, even if waterproof.
- Please make us aware of any medical conditions, physical impairments or serious allergies so that we can be proactive in dealing with your personal needs.
- Can we also ask you to make us aware of any medication that you will be taking on the water e.g. epi pens, inhalers, angina medication or similar, so that we can help you self administer should the need arise.
- Cuts or open wounds should be covered with a waterproof plaster before going on the water.
- On booking you will have received a Weils Disease Sheet, but if you have not received a copy or are not sure what it is, please ask us for another copy. Weil's disease is a water borne virus emanating from Rats urine and can lead to serious complications. Whilst the chances of catching the virus from the water on which we operate is minimal, please read the information sheet.



- If you do develop a serious flu type virus within 3 weeks of the course, you must visit the doctor and take the Weil's disease sheet with you, so the doctor can be fully informed of the possible causes of your illness. Having said all of this, in my 25 years as a water user in Suffolk, I have never known someone to contract Weil's disease from any of the local estuaries.
- SWSA / SCC does not take any responsibility for valuables that are left unattended whilst you are at one of our venues.

*If you are unsure of what to bring or have concerns over any thing related to the activities you have booked, do not hesitate to contact us for further assistance.*

Stuart Harrington–Rutterford  
Water Sports Manager

