

RYA **PUSH THE BOAT OUT**

FREE Windsurfing Taster Session - 14 May 2017

Frequently Asked Questions

What's on Offer?

We're offering free windsurfing taster sessions with all kit and safety boat provided on our beautiful, safe inland loch at Castle Semple, Lochwinnoch.

Who's it for?

The sessions are for anyone aged 10 or over who would like to try the sport. Total beginners are very welcome, as well as those who may have done a little windsurfing before and would like to get some expert advice.

How much will it cost me?

Nothing - the session is completely free of charge!

Where is it?

Castle Semple Visitors Centre, Lochlip Road, Lochwinnoch, Renfrewshire PA12 4BH

When is it?

Sunday 14th May 2017 from 10am to 4pm.

How do I get there?

It's easy to get here - we're just 30 minutes from Glasgow by car or train (hourly train service direct from Glasgow Central to Lochwinnoch then a short walk to the loch). Our full address is: Castle Semple Visitors Centre, Lochwinnoch, Renfrewshire PA12 4BH.

What do I need to bring?

We'll provide buoyancy aids, wetsuits and windsurfers. You will need to bring a pair of old trainers to wear while you're in the water to protect your feet – this is important! Other than that, all you need to bring is a towel and a dry change of clothing for afterwards. If you are currently taking medication that you may need to take at some point during the day, please ensure you bring this with you.

How do I book?

Advanced booking is recommended, although you can also register on the day. You can book by phoning **07739827647** or emailing marcelo@clydewindsurfing.co.uk

Sessions last 1hr. When booking, please choose from the following start times: 10am, 11am, 12.30pm, 1.30pm, 2.30pm. Please also tell us if you're under 18 years of age. If you have additional support needs, please contact us in advance so that we can help you to get the most out of your session.

What will happen on the day?

Please arrive 25mins before your session starts to allow time to register and get changed. Changing rooms are available.

We'll have paper copies of the registration form on the day, but it would help us if you could print it out and fill it in beforehand to save time. Click [here](#) to download it.

For participants under the age of 18, we will need your parent or guardian to be present during the session and to sign our Parental Consent Form. If you're a parent yourself, why not join in and make it family session!

You'll be provided with a buoyancy aid which you must wear at all times when you are on the water. We can also provide you with a wetsuit to keep you warm. Changing rooms are available.

Once registration is complete, the session will begin with one of our friendly RYA-qualified instructors.

The sessions will be well supervised and a safety boat will be on hand at all times to assist. Don't worry if you've never windsurfed before - your instructor will have you up and away in no time! And if there's a particular technique or skill you'd like to learn, we'll be happy to give you some pointers.

Once the session is over, please return your wetsuit and buoyancy aid to the club. Some of the neighbouring clubs will also be providing free taster sessions of their own so why not try out more than one watersport in the same day! There will also be bicycles for hire and we have a cafe overlooking the loch if you fancy a cuppa or a snack.

The lochside is always popular at the weekend so make a day of it and join us on the water!

I still have a query about the event – how can I reach you?

We'll be happy to answer any questions you have! You can contact us by phone on **07739827647** or by emailing marcelo@clydewindsurfing.co.uk

How can I find out more about your Club?

That's easy(!) - you'll find us online at <http://www.clydewindsurfing.co.uk>