

# Casual Yachting – Flying Formula

## Pre-course Information

**Dates:** When booked    **Times:** 1800 – 2130 ish  
**Duration:** 1 Day

Flying Formula is based at Town Quay Marina (SO14 2AQ) near the Red Jet terminal in the centre of town. This is on the bus route but there is also parking on site. If you wish to park please go into a parking bay with a blue painted line in front. It is possible to then sign the car in for free parking at the Marina office where we will meet. We will meet from 1800 in the Marina office getting onto the boat at 1810. If you are delayed please call the Jubilee Sports Centre on 02380592119 and they will pass the message on. Or email

[Sportandwellbeing@soton.ac.uk](mailto:Sportandwellbeing@soton.ac.uk)

The cost of these sessions are intended to be a contribution towards the running costs of the vessel and not as a charter fee. The boat will be skippered by University staff, but may not always be commercial skippers. Staff will be assessed on qualification and competency and signed off by the Sport and Wellbeing Management. If you wish to charter the vessels please contact Sport and Wellbeing.

**Weather:** We will go out in most weather but if conditions are over 25 knots we will reschedule the trip. If it is raining we will also consider if the trip will go ahead but it is possible to sit below in the boat.

### **Safety:**

Crew are asked to please complete a medical form to inform the staff of any physical or mental impairment that may

## Where we will go:

The sessions that are on offer for staff are pleasure trips for staff of the University of Southampton, their family and friends. These trips are not seen as a charter but rather an opportunity for staff to get onto water and experience the Solent are.

We are able to go anywhere within the Solent area and will look at the tide and wind conditions. A normal location that we



## What to wear:

Please wear something comfortable, something that could get a little wet and is not your best clothes. Please wear soft shoes such as deck shoes or no marking trainers. Staff will ask you to remove your shoes if they will mark the boat. You may wish to bring a waterproof jacket to keep the wind and rain off.

**We DO provide:** Life jackets

**We DON'T provide:** Waterproofs, gloves, hats, towels, change of clothes, thermals, jumpers, sun cream, bottled water, food, toiletries (shower gel etc.)

**Facilities:** There are toilet and shower facilities at the

affect their ability on board.

The boat is category 2 coded which means that all persons will have to wear a lifejacket at all times. There is also a 10 person life raft on board with all relevant safety equipment fitted to the vessel. Skippers will be briefed on how to operate the vessel in an emergency.

***Please complete the attached medical form and give this to the skipper on the day of the trip.***



would sail to would be the edge of the Solent near Calshot Spit allowing time for us to get back to the marina for departure.

**Contact Details:**

Jubilee Sports Centre  
Reception 02380 592119

Staff at the Jubilee Sports centre will hold a list of those on board Flying Formula in case of emergency.

marina. There is also limited parking on the quay.

**Meals:** Please bring a snack with you if you wish to eat something. We have plastic plates and plastic glasses on board.

***If we have to cancel a course due to lack of numbers, please ensure that you either transfer onto another course or apply for a refund within the current academic year.***

**Find the boat:** While you are out why not allow someone to follow you by giving them a link to an AIS finder:

[www.marinetraffic.com](http://www.marinetraffic.com)

Using the MMSI number: MYMS7 or looking in the Southampton Area for Yacht Flying Formula

**Course Cancellations/Transfers**

We retain the right to cancel a date and transfer your booking or offer you a refund if the weather is unsuitable on the basis of health and safety. As part of this decision we will be looking at wind, temperature and sea state. Where possible we will give you 24 hours' notice when a clear and accurate weather forecast comes through.

On the rare occurrence of staff sickness we will endeavour to cover the staff shortage and continue to run the course. This would also be grounds for a refund or date transfer.

### **The bookee cancelling the booking**

7 days before the course: We are happy to offer a full refund or transfer your booking to another date upon request.

48 hours before the course: We will give a 50% refund or a full refund upon the presentation of a current doctor's note. **No transfers are available at this point.**

24 hours before the course: We are not able to offer a refund **or transfer.**

### **Parking**

You may park on town quay:

- Car Park 1 at all times, area before the little roundabout on the quay
- 11 dedicated marina spaces in Car Park 2 at all times after roundabout
- The remainder of Car Park 2 **during evenings and weekends**
- The slipway gravel road at all times
- Your visitors and contractors may continue to park on the quay free of charge when they are visiting and working on your vessel. To do so you need to provide us with their **vehicle registrations** or they should **come in the office and sign in**. Their details will be on the system for the period they are on your boat.



## CONFIDENTIAL MEDICAL QUESTIONNAIRE

UNIVERSITY OF  
**Southampton**

COURSE..... DATES.....

NAME.....

ADDRESS .....

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CONTACT TEL.NO.....

NAME AND ADDRESS OF DOCTOR .....

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DR. TEL. NO .....

NHS NO. ....

**NEXT OF KIN** (Not someone else on the course):

NAME/RELATIONSHIP.....

CONTACT DETAILS.....

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**HAVE YOU SUFFERED FROM ANY OF THE FOLLOWING:**

Asthma or bronchitis .....YES / NO

Heart Condition ..... YES / NO

Epilepsy, fits, fainting or blackouts .....YES / NO

Severe headaches .....YES / NO

Diabetes ..... YES / NO

Allergies to any known drugs ..... YES / NO

Any other allergies, e.g. material, food, medicine .....YES / NO

Other illness or disability .....YES / NO

If the answer to any of these questions is **YES**, please give details below **and inform your instructor**.

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Have you received vaccination against Tetanus in the last five years?  
YES / NO

Are you receiving medical or surgical treatment of any kind from either your doctor or hospital? YES / NO

Have you been given specific medical advice to follow in emergencies?  
YES / NO

If the answer to any of these questions is **YES**, please give the details below (including dosage of any medicine/tablets) **and inform your instructor**.

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