Velocity

LANCASTER CITY COUNCIL
Promoting City, Coast & Countryside

Velocity Festival - Have a go at sailing, kayaking or join our family bike ride.

All of the events at the Velocity festival are free but you must book a place if you'd like to try the sailing, kayaking or join the family bike ride.
To book your session, please complete the form below (last 3 pages of this document) and hand it in to Salt Ayre Sports Centre. Alternatively, you can call us with the information we need and we can fill it out for you.
Our booking line is 01524 842493 and is open Monday to Friday 9am to 4pm. There may be spaces available on the day for the sailing and kayaking.

Booking notes for events

Try sailing

(1 hour sessions - 30 minutes kitting out / briefing, 30 minutes on water)

Meet at Morecambe and Heysham Yacht Clubhouse, Back Calton Street, LA4 5AS (behind hotels near Morecambe Town Hall gardens).

Free sessions available on:

Saturday 23 June - 12.15pm, **12.45pm**, **1.15pm**, **1.45pm**, **2.15pm**, **2.45pm**

Sunday 24 June - 1pm, **1.30pm**, **2pm**, **2.30pm**, **3pm**, **3.30pm**

- Age 10 and over (ages 10 to 16 must be accompanied to the event by a responsible adult).
- All equipment including over-suits and buoyancy aids will be provided.
- Please bring soft plimsolls/trainers, shorts/tee shirt and be prepared to get wet.
- Please arrive in good time, so that you get the most out of your sailing session.
- For more specific information or for an informal chat about these sessions call 01524 418206 or email secretary@mhyc.co.uk

Try kayaking

(1 hour sessions - 30 minutes kitting out / briefing, 30 minutes on water)

Morecambe and Heysham Yacht Club Race Office, opposite Morecambe Town Hall (white building on stilts). Free sessions available on

Saturday 23 June - 12.30pm, 12.45pm, 1pm, 1.15pm, 1.30pm, 1.45pm 2pm, 2.15pm, 2.30pm, 2.45pm, 3pm, 3.15pm

Sunday 24 June - 1pm, 1.15pm, 1.30pm, 1.45pm, 2pm, 2.15pm, 2.30pm, 2.45pm, 3pm, 3.15pm, 3.30pm, 3.45pm

- Age 10 and over (ages 10 to 16 must be accompanied to the event by a responsible adult).
- All equipment including will be provided including buoyancy aids.
- Please bring clothes to completely cover your body, trainers or wet boots, waterproof jacket and overtrousers.
- Please also bring a change of clothes, a change of shoes and a towel
- Please arrive in good time, so that you get the most out of your kayaking session.
- The Morecambe and Heysham Race Office is the white building on stilts opposite Morecambe Town Hall

Guided Cycle Ride (Saturday and Sunday)

Meet at centre reception, Salt Ayre Sports Centre, Salt Ayre Lane, Lancaster LA1 5JS on either on the Saturday (Crook of Lune and Caton ride) or Sunday (Glasson Dock ride). Each ride starts at **12.15pm**

- Age 8 and above
- Please bring your own bikes and helmets
- The route is about 12 miles there and back
- Return back to Salt Ayre approximately 4pm
- There will be a lunch stop and snack stops along the route. You can purchase lunch at a local café or bring your own. Please bring snacks and drinking water.

Velocity

LANCASTER CITY COUNCIL
Promoting City, Coast & Countryside

Velocity Festival 2012 Activity Booking Form

Please complete this form and return to Salt Ayre Sports Centre, Salt Ayre Lane, Lancaster LA1 5JS. Alternatively, call our booking line with the information required on this form. You can call us on 01524 842493 (Monday to Friday, 9am to 4pm). Before calling, please ensure you have read and understand the declaration at the end of this form.

Participant Details

First Name:	**Surname:**
Address:	
Email:	
Tel (home):	**Tel (mobile):**
Date of birth:	**Age:**
Male □ Female □	

Additional participants (complete if required)

First Name:	Surname:
Address:	
Email:	
Tel (home):	Tel (mobile):
Date of birth:	Age:
Male □ Female □	

First Name:	Surname:
Address:	
Email:	
Tel (home):	Tel (mobile):
Date of birth:	Age:
Male □ Female □	

Please download an extra form if you have more friends or family that wish to join.

Activity Request

Which activity and session time do you wish to join? We can tell you over the phone if places are still available for the sessions - just call us to find out more.

Saturday 23 June

Activity	Location	Time (please circle which time you want)	
Try sailing (age 10+) 1 hour sessions	Morecambe and Heysham Yacht Clubhouse, Back Calton Street, near Morecambe Town Hall gardens	12.15pm 12.45pm 1.15pm	1.45pm 2.15pm 2.45pm
Try kayaking (age 10+) 1 hour sessions	Morecambe and Heysham Yacht Club Race Office, opposite Morecambe Town Hall (white building on stilts)	12.30pm 12.45pm 1.00pm 1.15pm 1.30pm 1.45pm	2.00pm 2.15pm 2.30pm 2.45pm 3.00pm 3.15pm
Guided cycle rides (age 8+)	Salt Ayre Sports Centre reception	12.15pm-4pm	

Sunday 24 June

Activity	Location	Time (please circle which time you want)	
Try sailing (age 10+) 1 hour sessions	Morecambe and Heysham Yacht Clubhouse, Back Calton Street, near Morecambe Town Hall	1.00pm 1.30pm 2.00pm	2.30pm 3.00pm 3.30pm
Try kayaking (age 10+) 1 hour sessions	Morecambe and Heysham Yacht Club Race Office, opposite Morecambe Town Hall (white building on stilts)	1.00pm 1.15pm 1.30pm 1.45pm 2.00pm 2.15pm	2.30pm 2.45pm 3.00pm 3.15pm 3.30pm 3.45pm
Guided cycle rides (age 8+)	Salt Ayre Sports Centre reception	12.15pm-4pm	

Emergency Contacts

1: Name:	Tel:

Disability

Do you consider yourself/your child(ren) to have a disability? □ Yes □ No

If yes – What is the nature of the impairment?

□ Physical impairment □ Visual impairment □ Learning difficulty
□ Hearing impairment □ Other, please specify:

Declaration – Please read and sign the following declarations:

1. In the event of an illness, I give permission for medical treatment to be administered where considered necessary by a nominated first aider, or by a suitably qualified medical practitioner. If I cannot be contacted and my child should require emergency hospital treatment, I authorise a qualified medical practitioner to provide emergency treatment.

2. Kayaking, sailing and cycling are adventurous activities and there are risks of injury, capsizing or crash. I understand that Lancaster City Council and its partners in the Velocity Festival (Lancaster and District Canoe Club and Morecambe and Heysham Yacht Club) whilst taking all reasonable care can accept no responsibility for any loss, damage to property or personal injury during the taster sessions.

Signature of participant / group leader / parent:	
Print Name:	
Date:	

Thanks for completing the form. Enjoy your Velocity Festival.