



Lagoon Watersports

Members Pack 2017
www.lagoon.co.uk
01273 42 48 42

Lagoon Beach Club



Beach Club - WindSUP

- SUP hire
- Windsurf hire on Lagoon
- Kayak hire
- Weekly SUP clinics
- Weekly improvers windsurfing clinic

Beach Club - Wake

- All the benefits of the Beach Club SUP plus
- Book Ride sessions
- Weekly wakeboard clinics

Beach Club - PRO

- All the benefits on the Beach Club Wake plus
- Windsurf hire on PRO kit on the sea
- Weekly sea windsurfing



What is Lagoon Beach Club?

After you have completed a basic introduction to your chosen sports Lagoon Beach Club enables you to enjoy an active beach life.

Lagoon Beach Club provides everything you need to have a great time on and by the water. Beach Club members can ride the wakeboard cable, hire windsurfers, sail boats, SUP, and kayaks.

There is no need to buy any watersports equipment, everything is provided, even the wetsuits.

Activities available

- Windsurfing
- SUP Yoga
- Dinghy Sailing
- Wakeboarding
- Open top kayaking
- SUPing

Think of us as a watersports gym. Once you have taken a basic introduction you can just get out on the water and enjoy yourself.

What is provided?

Just about everything you need to enjoy yourself on the water. The idea is you can enjoy all these great sports without the expense of buying, storing and insuring equipment and taking the time to maintain it.

- All equipment hire, including wetsuits
- Qualified instructors to advise & help
- Use of Lagoon Clubhouse
- Free Instructor lead club coaching sessions
- Discount on courses.

We take away the hassle

Our aim is to get you out on the water, whatever your ability, and enjoying yourself. We offer a range of activities so there is something to do whatever the conditions.

- Just turn up and get out on the water! (Booking required for some sessions)
- Experienced staff on hand to help you.
- All equipment supplied, including wetsuits

Meet other people and try new things

- Weekly windsurf, SUP, wakeboard and sailing clinics
- Chill out in the ION chill out area and enjoy our Cafe and BBQ's
- Guest passes for your friends

Great Value

Watersports equipment is expensive to buy. It can be easily damaged, costly and time consuming to maintain. It can be hard to transport and difficult to store. We take away the hassle and reduce the cost of watersports

We are here to help...

Please don't hesitate to contact us with any questions. If you can't find a ride session, want to get on the sea more, improve your skills or any other questions please contact us.

Call : 01273 42 48 42 Opt 2

Email : info@lagoonwatersports.co.uk

"I could not recommend you guys highly enough"

Welcome



Welcome! Thank you for joining our Club. We hope you have a great time on the water.

Something to do whatever your experience

- Weekly training clinics
- Discounted prices on courses.
- Qualified instructors on hand to advise and help.

Hassle Free

- Just turn up and get out on the water!
- All equipment is fully maintained stored and insured for you.
- Regular updates on the conditions by web, text and Tweets.
- All equipment supplied, including wetsuits.

Social

- Regular windsurf, SUP, wakeboard, fitness clubs.
- Relax in the ION chill out area, enjoy our Cafe & BBQ's.
- Guest passes for your friends.

Club Sessions

Our club sessions are a fun combination of training, competition and a great chance to socialise. They are free to Beach Club Members.

Staying in touch

We tend to send out an email about once a fortnight from April - October. If you are not getting this please check we have your email address correct and check your junk filters

You can also find our most things that are happening on our web site
www.lagoon.co.uk/beach-club/latest-news

All the latest news is posted to our Facebook page.
[Facebook](#)

You can view this if you are not a Facebook user at
www.lagoon.co.uk/beach-club/latest-news

Booking Wakeboarding

If your membership includes it, you may book wakeboarding sessions within your membership.

You may book up to 2 wakeboard ride slots per day (except Sundays which is one slot per day)
You may only book up to 4 wakeboard ride sessions in advance.

[Book Wakeboarding](#)

Managing your account online where you can

- Update all your contact details

- Book members events, club sessions, events and wakeboarding

- Request cancellations of any members sessions (eg wakeboarding)

Your user name is : Your Email address

Your password : If you do not have it click the option to have a hint sent to you or a new one created.

[Log in to account](#)

"had such a great time today"

Club Sessions

SUPing

SUP Yoga - Tuesday 18:30 - 19:30 (June - September)
Race Training, Surfing and Touring Club - Wednesday 18:30 - 20:00
Social SUP Paddle - 18:30 - 20:00 Thursday and Sunday 11:00 - 12:30
Women's SUP Club - Sundays 10:00 - 12:00

Clinic times and days may vary please check dates and times online

Wakeboarding

Womens Wakeboard club - Tuesdays 18:00 - 19:00 (20:00 if demand)
Thursday Training Wakeboard Club - 18:00 20:00

Please book clinics in advance

Windsurfing

Improvers Windsurf Club - Wednesday 18:30 - 20:00 and Sunday 10:00 - 11:00
Sea Clinic - Sunday 11:30 - 13:30

Beach Club

Course Discounts

At Lagoon Watersports one of the best things we see is people learning, progressing and developing a real love for watersports. Our Club has been set up to teach, encourage and support those learning a new sport whilst keeping the cost accessible.

We want more members to be able to improve their ability faster and the best way is proper training. We would also love you to experience more of the great activities we offer. Why just windsurf, wakeboard or SUP when you can do them all?

Adult Beach Club Members get the following great discounts on the courses below. Book online and your discount will be applied.

Beach Club SUP – 45% discount on

- Improvers SUP Course
- SUP surfing and touring
- Wakeboard taster
- Winsurf taster
- Windsurf improvers

Beach Club Wake – 65% discount on

As above plus

- SUP Taster
- Improvers Wakeboarding
- Intro to Rails and Sliders
- Air tricks

Beach Club PRO – 75% discount on

As above plus

- Intermediate Non Planning

Discount cannot be transferred to friends and can be only used once per course by a current Club Member. Discount applies to couples, but not one month members.

Other courses 10% discount.

Kids get a flat discount on all courses of 10%.

Opening Times

Office: April - end August 8am - 7pm. Rest of year 9am - 5pm (Phones and Email only in Jan and Feb)

Activities : April - October, plus Saturdays in November.

Hire times : Last hire is about an hour - 90 minutes before close

April : Weekends plus Wed - Fri (12 - 1900)

May - end of September : Mon - Fri (1000 - approx 1 hour before dark) Weekend. (10am -1900)

October : Wed - Sunday (1000 - approx 1 hour before dark)

November : Saturdays (1000 - approx 1 hour before dark)

Within these times the Wakeboarding is open

Weekdays : 1300 to close

Saturdays : 0900 - close

Sundays : 1430pm - close

Pre booking is essential for wakeboarding

Winter opening : 1st November-31st March. We are open some weekends at our discretion. We reserve the right to not open for any reason. We advise NOT to join the club just for winter opening. There is no safety cover during the winter months.

Sea Safety Cover

April from 2nd weekend : Weekends from 1000 – 1800

May : Wed - Fri 1700 – 1900pm, Weekends from 1000 – 1800

June : Wed - Fri 1300 – 2000, Weekends from 1000 – 1800

July : Mon - Fri 1300 – 2000 , Weekends 1000 – 1800

Aug : Mon - Fri 1300 – 2000 (1915 in mid Aug) Weekends 1000 – 1800

Sept : Wed, Thurs, Fri 1300 – 1800, Weekends from 1000 – 1800

Oct : Weekends from 1000 – 1800

You may hire on the sea unsupervised outside of these safety cover times subject to personal watersports experience and health and safety requirements.

Unsupervised Hire

“Being down the lagoon is like being on a Neilson holiday (without the weather)! And everyone loves those! :)”

Benefits

Activities include		Non Members rates
Beach Club		
Hove Lagoon Club House	Use of Club House & Lagoon	£10 per day
SUP Social Paddle Club	Thursday eve and Sunday to end Sept	£25 per session
SUP Race Training	Wednesday evenings	£40 per session
SUP Yoga	Tuesday eve June - September	£17.50 - £50
Windsurf Improvers Clinic	Wed eve and Sunday	£15 per session

Beach Club WindSUP

All benefits of Beach Club plus

SUP	Hire	£15 - £20 per hour
Off site SUP hire	£20 per day	N/A
Kayaking	Hire	£15 per hour
Discount on selected courses	10% - 75%	N/A
Hove Lagoon Club House	Use of Club House & Lagoon	£10 per day
Windsurfing on Hove Lagoon	Hire	£25 per hour
Safety cover on the sea for SUPing	At specific times	N/A

Beach Club WAKE

All benefits of Beach Club SUP plus

Wakeboard Riding	Ride Sessions	£29 per session
Thurs Wakeboard Training Clinic	Thurs evenings - mid Sept	£40 per session

Beach Club PRO

All benefits of Beach Club Wake plus

Windsurfing on the sea	Hire	N/A
Sea windsurf clinic	Weekly club - end Sep	£40 per session
Dinghy sailing at Hove Lagoon	Hire	£25 per hour

Pre requirements to hire equipment

We need to know you will be safe and will not pose a risk to other users. We have minimum ability requirements for each activity.

Activity	Pre requirement
SUP Hove Lagoon	SUP Taster
SUP Sea	SUP Improvers
Kayaking	None
Cable Wakeboarding	Improvers Course
Windsurf on Hove Lagoon	RYA level 1
Windsurf on Sea	RYA Intermediate

"Thanks for a great evening, Wake, Windsurf & a SUP, excellent stuff."

Important Stuff

What do I need to do before I use the facilities ?

You need to have a short induction. This can be done at the time of joining or on your first visit.

Security: Please keep valuables to a minimum. We cannot take responsibility for any valuables left anywhere in the centre.

Changing rooms

- No wetsuits should be left overnight.
- No personal items to be left overnight.
- Club wetsuits should be washed and put back in the wetsuit store.

Do I have to put the equipment away after my hire session?

Yes - all equipment should be washed and returned to the correct place in the stores for the next member to use.

What if I break some equipment?

Please report all damages to the office and do not put the damaged equipment away. You will not be charged for accidental damage to equipment.

Wakeboarding

We want you to get as much out of your membership as possible however we need to be realistic about how much wakeboarding you are likely to get within your membership.

Many members get over 60 sessions a year. We have set this scheme up to provide you with about 30 - 40 sessions a season. It is unrealistic to expect to be able to wakeboard every weekend or every day within our membership scheme.

We have designed some very simple rules to help make sharing the availability fair for all.

You may book up to 2 wakeboard ride slots per day, except Sunday which is 1 session per day. You may only book up to 4 wakeboard ride sessions in advance. Additional slots can be booked at a cost of £10

per session.

To help people that are not able to commit in advance on Saturdays and Sunday we hold back 4 - 8 places, which are released on the day usually between 8am and 10am.

Guide to cable availability

Saturday - Approximately 40 - 72 places

Sunday - Due to local laws we cannot open until 2.30pm - Approximately 30 - 44 places

Weekday evenings from 5pm - 16-24 slots per night
peak season, less will be available as nights draw in
Weekdays - Varies depending on time of year

At certain times of the year you can almost guarantee most sessions will be booked up. Popular times include:

September and October after work sessions as it gets dark early
Weekends, weekday evenings

If you want to wakeboard at a specific time, particularly a popular time (eg autumn evenings) you will need to plan ahead and use the rules to suit you.

Cancellations

If you don't show up for a session it is a wasted space for another member. It is important to cancel any sessions you cannot attend with as much notice as possible. Cancellations must be made by 10am on the day of your booked session

No shows

If you do not show up for your session, the first time this happens we will turn a blind eye to it. After that you will not be able to use the cable until you pay £15 for the missed session.

Ride session calendar

We are publishing a calendar of ride sessions for the entire season, right up until the end of November.



Kids Beach Club

Kids Beach Club works in exactly the same way as the adult club. We run the following kids / youth clubs

Kids OnBoard Sailing Club - Friday 4.30pm - 6pm

Kids T15 Windsurf Club 12 noon - 1.30pm

Clinic times and days may vary please check dates and times online

Please book clinics in advance



I can't find a ride session

Contact us. If you don't we can't help. We can frequently find a way to get you wakeboarding. But please note priority will always be given to those people that have ridden the least.

After session

- Report to safety person
- Collect card
- Return kit to the store
- Return card to the office

SUP & Windsurfing

What do I do when I want to hire equipment on Hove Lagoon?

- Check hire times/class times
- Check in at the office and let us know the equipment you want.
- We will advise if it is suitable - and off you go.

What do I do to hire equipment on the SEA from Hove Lagoon?

- Check hire times and our sea sailing advice on online or by calling.

Before going on the sea

- Sign in at the office
 - Obtain an appropriately coloured card from the office
- | | | |
|-------------|---|-------------------|
| Bronze Card | - | Less experienced |
| Silver Card | - | Experienced |
| Gold Card | - | Unsupervised hire |

- Check the conditions are suitable by asking a member of staff
- Select equipment and take to beach
- Give card to safety person and check the conditions with them

Will the safety boat come and rescue me if I get in to difficulty?

We need members to take responsibility for their own safety. Please DO NOT rely on the safety boat as your only alternative means of returning to the beach in case you get into difficulties. We recommend you

- Carry a safety pack.
- Sign out
- Tell someone when you are expected back.

Can I hire on the sea in offshore winds?

Hove Lagoon : We will hire on the sea in winds up to force 4 (11 knots) but not in force 4 or above.

Hire when there is no safety cover

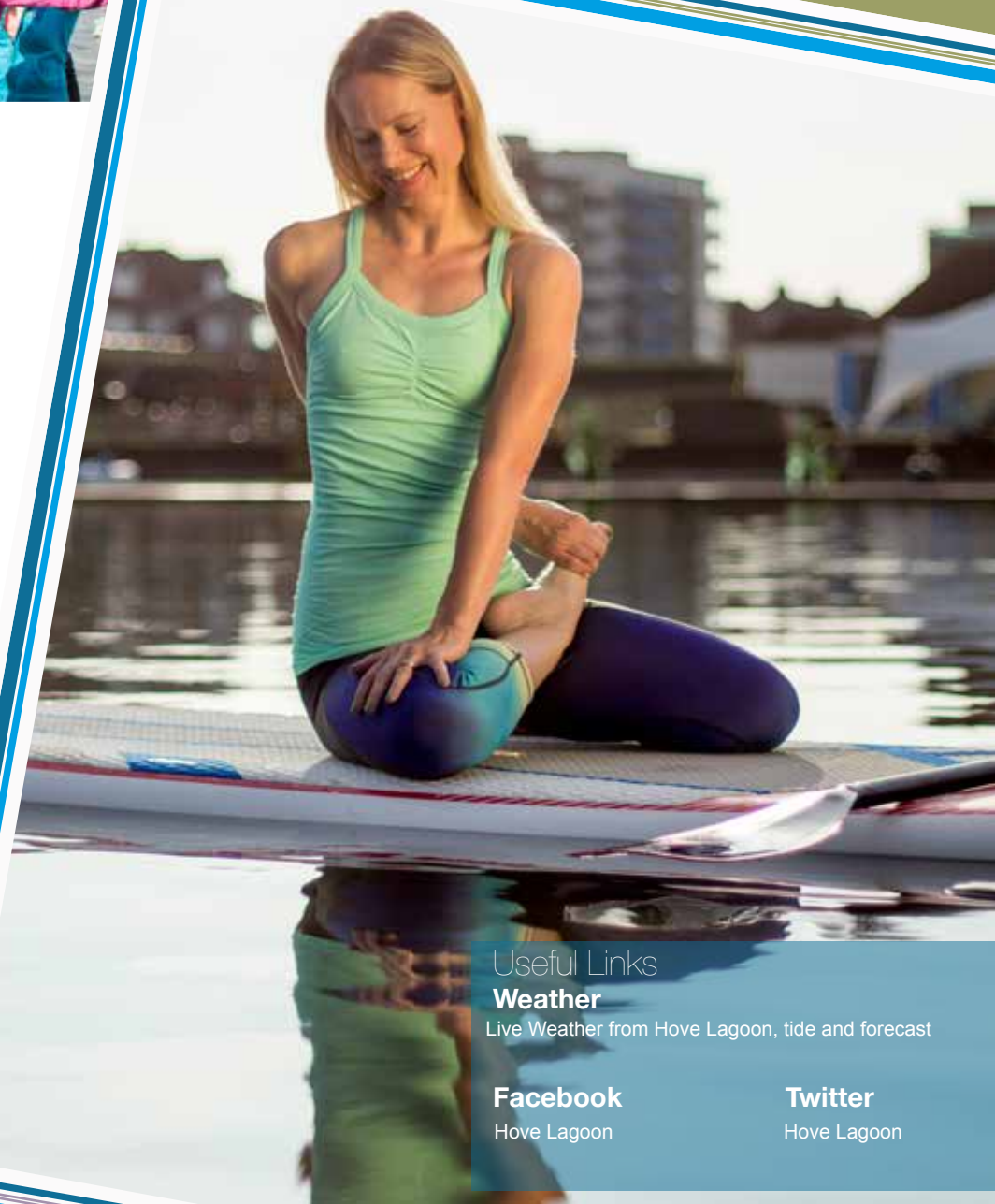
Join our unsupervised hire club. There are basic ability and health and safety requirements. Please see link below.

Unsupervised Hire

Members eligible for unsupervised hire may hire SUP's and take them away to other venues for a fee of £20 per day. To arrange please call us.

Restrictions on going on the sea?

The decision on whether you may sail on the sea rests with the Duty Manager based on your experience, chosen activity, tide, wind strength, sea state, time of day and our ability to assist you if you get in to trouble.



Useful Links

Weather

Live Weather from Hove Lagoon, tide and forecast

Facebook

Hove Lagoon

Twitter

Hove Lagoon

Conditions of membership

Opening times for Hove Lagoon

We are open from April - end of October, plus Saturdays in November. Exact dates vary from year to year, 2017 hours are below.

April : Weekends plus Wed - Fri (12 - 1900)

May - end of September : Mon - Fri (1000 - approx 1 hour before dark) Weekend. (10am -1900)

October : Wed - Sunday (1000 - approx 1 hour before dark)

November : Saturdays (1000 - approx 1 hour before dark)

Within these times the Wakeboarding is open

Weekdays : 1300 to close

Saturdays : 0900 - close

Sundays : 1430pm - close

Sea Safety Cover times

April from 2nd weekend : Weekends from 1000 – 1800

May : Wed - Fri 1700 – 1900pm, Weekends from 1000 – 1800

June : Wed - Fri 1300 – 2000, Weekends from 1000 – 1800

July : Mon - Fri 1300 – 2000 , Weekends 1000 – 1800

Aug : Mon - Fri 1300 – 2000 (1915 in mid Aug) Weekends 1000 – 1800

Sept : Wed, Thurs, Fri 1300 – 1800, Weekends from 1000 – 1800

Oct : Weekends from 1000 – 1800

Winter opening : 1st November-31st March. We are open some weekends at our discretion. We reserve the right to not open for any reason. We advise NOT to join the club just for winter opening. There is no safety cover during the winter months.

Operational conditions

I understand that Lagoon Watersports and its representatives, whilst taking all reasonable care, can accept no responsibility for any loss of, or damage to property, or for any personal injury during or out of the activity, unless they are deemed to be negligent.

I am suitably fit to undertake the activities the Club offers and will tell the instructor of any medical conditions, i.e. asthma, heart condition, epilepsy and any injuries that might be aggravated by the activities.

Users of the facilities and equipment of Lagoon Watersports Centre must report to the office immediately upon arrival and before using any facilities.

Users should seek advice from a Duty Manager before using any Club equipment or facilities or going out on the sea. Failure to adhere to this advice may affect your insurance for taking part in watersports at Lagoon Watersports.

Users that ignore the advice of Lagoon Watersports regarding use of our equipment and facilities will find themselves liable for all damage caused to Lagoon Watersports equipment and all costs incurred in rescuing and repairing/replacing the equipment.

Users must check their equipment or equipment hired to them by Lagoon Watersports to ensure that it is in good condition. Any defects or breakages must be reported to Lagoon Watersports immediately and replacement equip-

ment found before going out on the water.

Users should check the weather forecast to satisfy themselves that they are capable to go out on the water in the prevailing conditions.

Lagoon Watersports reserves the right to restrict the hire of equipment on the sea or lagoon at the Duty Managers discretion for any reason.

Users must wear an appropriate and suitable buoyancy aid at all times. (The only exception to this requirement is members over the age of 18 who are engaged in windsurfing and who have progressed to RYA level 2 ability and are wearing a harness and those on SUP fitness classes and SUP hire that have signed the additional disclaimer)

Non swimmers must be water confident and wear a life jacket.

Users must wear appropriate footwear for activities on Hove Lagoon. Hove Lagoon depth varies between approx 2 foot and 4 foot and injury may be caused by jumping into the Lagoon or falling off and not bearing in mind the shallow water.

Users should at all times show care and consideration to other users of the Lagoon and the sea and observe all requirements of other relevant bodies (including the local Council and the Coastguard)

Users understand and accept when hiring equipment on Hove Lagoon, they will not be supervised and will be responsible for themselves.

Lagoon Watersports staff will monitor hire on Hove Lagoon but they cannot be responsible for supervising and watching individual hires.

Users acknowledge that Lagoon Watersports is under no liability or obligation to them whatsoever in relation to any loss, injury or damage or any other liability (except to the extent that by virtue of any applicable law any such liability cannot be excluded, restricted or limited)

Users accept full responsibility for their own safety and for any loss or damage to any of the facilities or of the equipment which they may have hired from Lagoon Watersports and agree to indemnify and hold harmless Lagoon Watersports from and against all liabilities, losses, damages, costs, charges and expenses in relation thereto.

We cannot take responsibility for any valuables in any circumstances.

We reserve the right to terminate your membership for any reason. In these circumstance a pro rata refund will be made on any membership payment, except if you have wakeboarded more than 25 times (youths 12 times) in which case no refund will be due.

Equipment Damage

Your membership covers you for accidental damage to any watersports equipment that you are hiring from Lagoon Watersports. This policy does not cover you for:

- Mistreatment of equipment
- Leaving the kit unattended.
- Intentional damage
- Damage caused to the equipment that you have been advised not to use by the staff
- Damage caused by ignoring advice by the staff not to go on the water
- We cannot accept liability for damage to your own equipment.

Subject to your type of membership and previous experience Beach Club Members can use the windsurfing, SUP, kayaking, SUP Fit classes and sailing equipment, with the following restrictions :

- You must be of the required ability level
- Sea and wind conditions must be suitable
- On busy days your time may be limited to 2 hours hire.
- Equipment cannot be taken off site. (Except Off site SUP hire)
- We operate a first come first served basis at Hove Lagoon
- We are open and we have equipment available
- For sea activities we are providing safety cover or you are eligible for unsupervised windsurf hire or off site SUP hire .
- You have 5 guest passes per year. The same person can only use a guest pass 3 times.

Unsupervised Hire / Off Site Hire

SUP : You may hire SUP's unsupervised or take them off site (£20 per day) as long as you meet ability and health & safety requirements.

Windsurf : You may hire windsurfers unsupervised if you meet intermediate ability and health and safety requirements. You may not take windsurfers off site.

Subject to your membership type and previous experience you may ride the wakeboard cables subject to the following rules :

- 1) Your membership entitles you to book up to 2 free wakeboard ride slots per day except Sundays which is 1 session.
- 2) You may only book up to 4 wakeboard ride sessions in advance.
- 3) Additional slots can be booked at a cost of £10 per session - these will be charged on arrival not at the time of booking.
- 4) Cancellations must be made by 10am on the day of your booked session - there will be no charge. If you do not show up for your session, the first time this happens we will turn a blind eye to it. After that you will not be able to use the cable until you pay £10 for the missed session.
- 5) You must book your ride sessions online
- 6) You may bring guests to wakeboard at a reduced mates rate fee of £10 per session. Max use three times per person.
- 7) Hire boards cost an extra £5 unless you have included them in your membership. If you have included hire boards in your membership and you later purchase a board there will be no refund.
- 8) There is no wakeboarding until 2pm on Sundays as the model boat club have the use of that part of the Lagoon.
- 9) Wakeboard cable systems can and do go wrong and break. In the event of a technical failure we will prioritise rebooking your sessions but there will be no refunds.

We consider any member taking more than 40 ride sessions to be getting a great deal!

Guide to Cable availability

Saturday : Approximately 55 - 72 places are available

Sunday : Due to local laws we cannot open till 2.30pm - Approx 44 places are available

Weekday evenings from 5pm : 24 slots per night peak season, less will be available as nights draw in

Weekdays : Varies depending on time of year from 24 - 62 per day

On Saturday and Sunday we aim to hold back 4 - 8 places, which will be released on the day usually between 8am and 10am.

Photo & video usage

We frequently take photos and video of customers, both adults and under 18's. We reserve the right to use these in our brochures, social media and in any other promotional material. To opt out please email us.

Members discounts

Members discounts may not be used in conjunction with any other offer.

Members discounts are only available to full year members.

Cancelling membership

Your membership will end after 12 months at which point you can decide if you wish to rejoin. All communication regarding membership administration must be sent to tigger@lagoonwatersports.co.uk

If you are paying by monthly payments these should stop when your membership ends. BUT it is your job to ensure that your bank follows the instructions on the standing order mandate correctly. We strongly advise you to check that the payments have stopped. We will not be liable for a mistake made by your bank and will not return over payments.

By choosing to pay by Standing Order you are accepting that you are liable for the payment of the full annual membership fee. It is not a monthly membership fee, it is a way to enable you to spread the cost of your membership over 12 months.

We will not refund a membership for any reason. eg job relocation.

Illness or injury

In the event of illness or injury making it impossible for the customer to use the facilities, Lagoon Watersports will consider a membership holiday period until the customer is able to use the facilities again. No refunds will be made and full payment for the membership period is still due. The maximum length of any holiday period is 12 months.

Disclaimers for Activities at Lagoon Watersports

Please read and sign our activity disclaimers below. In the case of under 18's a parent or guardian must read and sign on their behalf.

Disclaimer for all activities except wakeboarding and fitness

I understand that Lagoon Watersports and its representatives, whilst taking all reasonable care, can accept no responsibility for any loss of, or damage to property, or for any personal injury during or out of the activity, unless they are deemed to be negligent. If I wish personal accident insurance I will make my own arrangements. I am suitably fit to undertake the activity and will tell the instructor of any medical conditions, i.e. asthma, heart condition, epilepsy and any injuries that might be aggravated by the activities. I confirm that I can swim 50m in light clothing. This Disclaimer is valid for 1 year from the date of signing and extends to all persons within my membership. I accept that it is my responsibility to ensure all additional persons within my membership are aware of this.

Additional Disclaimer for SUP hire without a buoyancy aid

I understand that Lagoon Watersports and its representatives, whilst taking all reasonable care, can accept no responsibility for any loss of, or damage to property, or for any personal injury during or out of the activity, unless they are deemed to be negligent. If I wish personal accident insurance I will make my own arrangements. I am suitably fit to undertake the activity and will tell the instructor of any medical conditions, i.e. asthma, heart condition, epilepsy and any injuries that might be aggravated by the activities. I confirm that I can swim 50m in light clothing and that I have completed the Improvers SUP course or have a similar level of experience. We recommend that you wear a buoyancy aid for the activities. I understand if I choose not to wear one that is my own decision and Lagoon Watersports cannot be held liable for any incident that results from my decision not to wear a buoyancy aid. This Disclaimer is valid for 1 year from date of signing and extends to all persons within my membership. I accept that it is my responsibility to ensure all additional person within my membership are aware of this.

Disclaimer for Fitness

I understand that Lagoon Watersports and its representatives, whilst taking all reasonable care, can accept no responsibility for any loss of or damage to property, or for any personal injury during or out of the activity, unless they are deemed to be negligent. If I wish personal accident insurance I will make my own arrangements. I am suitably fit to undertake the activity and will tell the instructor of any medical conditions ie asthma, heart condition, epilepsy and any injuries that might be aggravated by the activities. I confirm that I can swim 50m in light clothing.

We recommend that you wear a buoyancy aid for the activities. I understand if I choose not to that is my own decision and Lagoon Watersports cannot be held liable for any incident that may result from my decision not to wear a buoyancy aid.

About Exercise Programmes: Exercise programmes are designed to improve cardiovascular (heart and lungs) fitness, muscle strength and endurance as well as flexibility. Programmes may include physical activities such as running, stretching, lifting weights and using gym equipment/machines. Each part of the programme will be fully explained to you but please ask questions if you are not clear about anything. Please notify the instructor if you feel you should not do a particular exercise for any reason. This form should be signed and passed to your instructor prior to taking part in the exercise programme.

Exercise programmes contain certain risks such as muscle strains, joint sprains, aches, pains and general discomfort from parts of the body not used to exercise. The programme is designed to minimise these risks, however, if at any time during the exercise programme you feel pain, discomfort or you feel unwell you must stop and inform the instructor immediately.

I hereby confirm that I have read, understood and answered all the questions on the PAR-Q accurately and to the best of my knowledge. I confirm that I wish to participate in this exercise programme and realise that the activities involve an element of risk of injury or even death.

This Disclaimer is valid for 1 year from the date of signing and extends to all persons within my membership. I accept that it is my responsibility to ensure all additional persons within my membership are aware of this.

Parental/Guardian consent form for persons under 18

General use of facilities for under 18's

Lagoon Watersports do not offer childcare facilities. We are an activity centre and we are not appropriately staffed or set up to offer child care outside of the activities. We do not accept responsibility for persons under 18 simply because they have entered our facilities or operating area. Lagoon Watersports accepts responsibility for person's under 18 during the activity they are taking part in. Lagoon Watersports cannot be responsible for children once the activity has been completed or at any other times.

If a person under 18 has two activity sessions booked with a break between them Lagoon Watersports will not accept responsibility for them during this gap. We only accept responsibility for them during the activity.

This Disclaimer is valid for 1 year from the date of signing and applies to all under 18's on your membership. I understand and accept this disclaimer.

Disclaimer for an under 18 to use facilities when a parent or guardian is not present.

We prefer that an adult accompanies under 18's to the centre. This disclaimer enables a person under 18 to use the facilities when a parent/guardian is not present. This option is only available to children at least 12 years old, or as young as 10 when accompanied by a child age 12 + that is taking part in the activities.

Lagoon Watersports do not offer childcare facilities. We are an activity centre and we are not appropriately staffed or set up to offer child care outside of the activities. We do not accept responsibility for persons under 18 simply because they have entered our facilities or operating area. Lagoon Watersports accepts responsibility for person's under 18 during the activity they are taking part in. Lagoon Watersports cannot be responsible for children once the activity has been completed or at any other times.

If a person under 18 has two activity sessions booked with a break between them Lagoon Watersports will not accept responsibility for them during this gap. We only accept responsibility for them during the activity.

I give consent for the children listed above to use Lagoon Watersports facilities when I am not present. This Disclaimer is valid for 1 year from the date of signing. I understand and accept this disclaimer

Consent for unsupervised equipment hire on Hove lagoon

When children under 18 years of age are hiring equipment on Hove Lagoon, they will not be supervised and will be responsible for themselves. Lagoon Watersports staff will monitor hire on Hove Lagoon but they cannot be responsible to supervise and watch individual hires. Hire is only available to children that have reached the required watersports ability. If you wish your child to be supervised we offer courses and Kids Clubs that are instructor lead.

This Disclaimer is valid for 1 year from the date of signing and applies to all under 18's on your membership. I understand and accept this disclaimer.

Do you wish your children to be able to hire on the sea ?

Under -18's are not permitted to engage in watersports or use any of the Club's equipment other than in the lagoon except with written parental consent. Please see our main sea sailing disclaimer

Lagoon Wake Park Rules

- You must sign in and fill out all fields of the sign in sheet. Please let us know of any medical conditions or previous injuries.
- It is a requirement to wear a helmet and an impact vest.
- Please remove any jewellery as these may cause injury.
- The Lagoon is waist deep, do not dive in.

The Wake Park has three cables:

AIR CABLE - Is the middle one. It is good for air tricks and also features two obstacles (Roof Top and Wedge). Air tricks can only be done nearest too the operator and not at the far end. Obstacles may be changed and removed at our discretion.

TECH CABLE - Is furthest out on the dock. It has two obstacles (Step Up Rail and Fun Box) and is NOT suitable for air tricks as the water is shallower. Obstacles may be changed and removed at our discretion.

C3 CABLE - is where we do most of our introductory lessons, it features one obstacle which is great for learning and wake-skating. No air tricks on “C3”. Obstacles may be changed and removed at our discretion.

If you want to use the obstacles you must ask the drivers permission before hand. Please don't be offended if an operator asks you to perform our criteria for using the obstacles.

- Consistant cornering
- Switch corners
- Toe side corners
- Ollie
- Ollie 180s

Please note we offer courses to teach you how to use the obstacles safely. Lagoon Watersports are not responsible or liable for your equipment on the sliders.

Board rental is £5 a session or £50 for the year. If you purchase a board and have included board hire in your membership there will be no refund.

Please respect the operator. If they ask you not to do something it will be in your interest. If you ignore the operator or ride in a dangerous manner we reserve the right to end your session. There will be no refund.

Disclaimer for Wakeboarding

I understand that Lagoon Watersports and its representatives, whilst taking all reasonable care, can accept no responsibility for any loss of, or damage to property, or for any personal injury during or out of the activity, unless they are deemed to be negligent. If I wish personal accident insurance I will make my own arrangements. I am suitably fit to undertake the activity and will tell the instructor of any medical conditions, i.e. asthma, heart condition, epilepsy and any injuries that might be aggravated by the activities. I confirm that I can swim 50m in light clothing. I confirm that I have previous wakeboarding experience or that I am a competent kitesurfer. I accept that the cable operator has the final say in all wakeboarding related matters and I will obey his/her commands. I confirm that I have read and understood the Lagoon Wake Park Rules.

I understand and accept wakeboarding is a high speed activity and high impact forces are common when falling, particularly when using the obstacles and trying air tricks. I understand and accept that an impact with an obstacle or crash from an air trick may cause an injury and I accept that Lagoon Watersports cannot be responsible for this unles they are deemed negilent.

Obstacle usage

I must ask permission of the cable operator before using the obstacles. If I wish to wakeboard on the obstacles I must be able to edge both toe and heelside with control, complete turns at both ends, ride switch under control, ollie a marker buoy and perform an ollie 180. This Disclaimer is valid for 1 year from the date of signing and extends to all persons within my membership. I accept that it is my responsibilty to ensure all additional persons within my membership are aware of this.

Lagoon Watersports
Physical Activity Readiness Questionnaire (PARQ)

Please complete this form and give it to your instructor.

Name:	
Address:	
Home Telephone:	
Mobile:	

The person we should contact in case of emergency:

Name:	
Home Telephone:	
Mobile:	

Please read carefully:
If you select any of the boxes below you must have your doctor’s consent before you take part in any physical activity on the course. You will be required to provide a doctor’s consent letter which you must bring with you on the first day of the course.

Please select the relevant boxes:

Has your doctor ever said that you have a heart condition and recommended only medically supervised activity?	
Do you have chest pain brought on by physical activity?	
Have you developed chest pain in the last month?	
Do you tend to lose consciousness or fall over as a result of dizziness?	
Do you have a bone or joint problem that could be aggravated by the proposed physical activity?	
Has a doctor ever recommended medication for your blood pressure or a heart condition?	
Are you aware, through your own experience or from a doctors advice, of any other physical reason why you should not exercise without medical supervision?	
Are you currently, or have been pregnant in the last six months?	

Signature:		Date:	
Signature or Parent/Guardian: (If under 18)		Date:	

Sea sailing information and disclaimer

I may only hire on the sea when safety cover is available. (Except if I have joined the Unsupervised Hire Club)

Personal ability to hire on the sea

- Kayak – No minimum experience level but conditions must be suitable for ability level.
- Stand Up Paddleboard - Must have completed the “Improvers SUP” course or be of an equivalent level.
- Windsurfers must be of RYA level 2 or FastFwd standard.
- Sailors must be RYA level 2

Important Warning Flags

- I understand that if a red flag is flown or waved whilst I am on the water, this is a signal that I am expected to return to the beach immediately.
- If the Duty Manager decides the conditions are unsuitable for an effective rescue we will not offer safety cover and a red flag is flown. In these conditions unsupervised sailing may be on offer.

Clothing

- I understand I must wear a buoyancy aid. Windsurfers may wear a harness.
- I understand Lagoon Watersports recommends I wear a wetsuit at all times.

Important safety equipment

I understand it can be very difficult for Lagoon Watersports to identify when a hirer is in difficulty and that it is my responsibility to carry a means of attracting attention besides simply waving my arms.

To do this I will take with me :

- a safety pack.
- a means of attracting attention at a distance (eg bright flag, flare, waterproof phone)
- I understand it is my responsibility to attract the attention of the Beach Officer

Process for sea sailing

- Check with the Duty Manager to see if conditions are suitable and what equipment is available.
- Inform someone outside of Lagoon Watersports as to when my return is expected.
- Get my kit ready.
- Report to the Beach Safety Officer before going on the water and SIGN OUT
- ON RETURNING report to the Beach Safety Officer and sign in.
- Let my emergency contact know I have returned safely.

Practical realities of safety cover. What Lagoon Watersports offers and the importance of taking responsibility for ones own safety

To avoid getting in to difficulties at sea it is my responsibility to :

- Actively seek advice from Lagoon Watersports staff on the suitability of the conditions and equipment for my ability. It is my responsibility not to exaggerate my ability and therefore cause the staff of Lagoon Watersports to offer incorrect advice.
- Check the chosen equipment is sea worthy and correctly assembled. If I am uncertain in any way I will ask Lagoon Watersports staff for assistance.
- Check the weather forecast and tide
- Inform someone outside of Lagoon Watersports of when I am expected to return.

To enable Lagoon Watersports to monitor my hire session :

I understand I must :

- Sign out with the Beach Officer
- Stay within the Lagoon Watersports’ hire area

If I find myself drifting downwind or am taken by the current and am unable to return to the beach I launched from after two attempts, I will return to shore and walk back to my starting point. I understand that if I keep drifting down wind it is likely I will require rescuing and drifting out of the hire area makes a rescue harder.

I understand if I leave this area Lagoon Watersports can no longer offer me any safety cover.

- Sign in on my return

What safety cover Lagoon Watersports is providing

I understand there are limits to what I can expect in terms of safety cover due to the practical realities. I understand I have a responsibility for my own safety. If I get into difficulties I will NOT rely on the safety boat as my only alternative means of returning to the beach.

I understand Lagoon Watersports safety cover is not a water taxi service to bring me back to my start point. This type of service is provided at specific times for members as part of Lagoon Watersports Sunday sea training clinics or courses.

Lagoon Watersports will, as long as I sign out and stay within the hire area :

- Record the time I left the beach
- Will watch my hire. If I get into difficulty I will immediately attempt to attract attention by
- Waving my arms
- Attract the attention of a fellow user
- If there is not a very quick response to these options I will use my alternative means of attracting attention (flag, flare, phone - call 01274 42 48 42 option 2)
- If the safety person is aware that I am in difficulty they will decide on the best course of action. This may mean coming to assist me in the safety boat or other craft or letting me drift to shore whilst monitoring my progress, or, if need be call the lifeboat. I understand the action Lagoon Watersports takes will depend on the conditions and their assessment of the situation bearing in mind my personal watersports experience and the speed at which I notify Lagoon Watersports that I am in difficulty.
- Record the time I return back to the beach
- Notify my emergency contact if I fail to return.

Lagoon Watersports Sailing Area

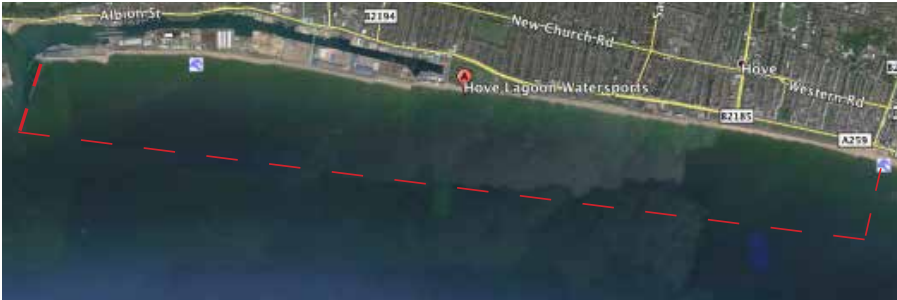
No more than 500m out to sea

The outer limits are to the east between the building with the black balls on the roof and to the west of the groyne on Millionaires row



Lagoon Watersports extended paddling area

Going out of the sailing area members need to take a phone, give ETA & paddle with someone else. Paddlers may paddle no further than the West Pier or to Shoreham arm (see map below). No more than 500m out to sea, unless they have joined the unsupervised hire club.



I confirm that I have read, understood and accept what safety cover Lagoon Watersports are offering and the importance of my role within it, procedures, equipment I need to carry, meands of attracting attention and the operating areas.

This Disclaimer is valid for 1 year from the date of signing and extends to all persons within my membership. I accept that it is my responsibilty to ensure all additional persons within my membership are aware of this.

Consent for under 18”s

I have read, understood, accept and infomed my child of what safety cover Lagoon Watersports are offering and the importance of the childs role within it, procedures, equipment to carry, meands of attracting attention and the operating areas. I grant consent for my child to go on the sea from Lagoon watersports.


Customers paying by Standing Order IMPORTANT

You are entering a contract to spread the cost of one years membership to Lagoon Watersports over 12 payments.

By choosing to pay by Standing Order you are accepting that you are liable for the payment of the full annual membership fee. It is not a monthly membership fee, it is a way to enable you to spread the cost of your membership over 12 months.

- You will need to make 1 payment on the day of joining and then a further 11 payments.
- Once the 11 payments are completed your membership will end. You can then decide whether you wish to rejoin.
- The standing order is set up to end after 11 payments, HOWEVER it is your responsibility to ensure the standing order ends and does not continue. WHY - because we cannot control the standing order once it has been sent to the bank. Only you and your bank can.
- If you leave your standing order payments running you will not receive a credit or any repayment. In the event of an error in cancelling the standing order being made by your bank you will need to contact them.





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Photos / Edward Hart / Glenn Wright (nomadimage.co.uk)
/ James Stuart / Fanatic / North Sails / ION