

# West Oxfordshire Sailing Club PROGRAMME 2024



[www.wosc.org.uk](http://www.wosc.org.uk)

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## A Welcome from the Commodore, Lucia Winrow



Welcome to West Oxfordshire Sailing Club (WOSC). WOSC is a friendly, family orientated sailing club that welcomes beginners and advanced sailors, as well as the sailing we have open water swimming that accommodates hard core all year round swimmers to the summer dippers. The club runs social events throughout the year from quiz night, the bonfire party and the fantastically flavoursome Christmas lunch.

### Things you should know...

The club is run by volunteers who contribute their time and skills to continually improve the club. They mend broken club boats, run the sailing school, maintain the grounds and boat parks, as well as the clubhouse. It would be fabulous if you could also help out: offering time to attend a maintenance day or help clear the weeds from the swimming lake. If you have a skill or are qualified in something do let us know. Make sure you are receiving the 'What's on at WOSC' weekly email, to keep you informed of information and events.

### Crew and Helms

The main aim of the club is to promote the sport of sailing. Crewing for an experienced helm is

a great way for new sailors to improve their skills. There are currently crews looking for a helm to race with and there are helms that need crews! WOSC is a very friendly environment so please don't be reluctant to come sailing. You are guaranteed to have a good time and rapidly improve your sailing knowledge. If you would like to join a WhatsApp group that has been set up to match sailors. Please get in touch. [commodore@wosc.org.uk](mailto:commodore@wosc.org.uk)

### Club Duties

You will notice that everyone is asked to undertake a club duty and this could be sailing duty or galley duty. This is a mandatory part of being a member of the club and is closely monitored behind the scenes to ensure that members turn up to duty, and do not avoid doing them by continuously swapping. Please take your time to browse through this handbook, especially the final few pages giving you useful information and contact details of people, it will help you make the most of your time with the club.

### Finally

Enjoy the club, talk to people, even if it is just a hello, and come along to the social events. Most of the big racing events have a disco or live music in the evening and we would love to see you on the dance floor. Have a safe and enjoyable season.

Lucia Winrow  
Commodore



# General Race Information

START TIMES UNLESS STATED OTHERWISE			HANDICAP FLEET DIVISION	
Morning Races	12:00	From 27 October Sunday Racing 11:30 & 13:30	Fast	Wayfarer 1105 and faster boats
Afternoon Race 1	14:00			
Afternoon Race 2	15:30			
Evening Races	April, August & September 19:00 May - July 19:15		Slow	Slower than Wayfarer 1105

RACE NAME	NUMBER	RACE TYPE
Transom	3 out of 4	Single Handed and Crewed
Spring	3 out of 4	Fast and Slow
Warm Up	3 out of 4	General Handicap
Easter Egg Races	2 out of 3	General Handicap
Evening 1	7 out of 12	Single start, single finish from which a result for G/H, Fast and Slow will be taken*
Blenheim	2 out of 3	General Handicap
Pursuit	4 out of 6	90 minute race
General Handicap 1	4 out of 6	General Handicap
Solo Fleet Racing	4 out of 6	Class Racing
Summer	5 out of 8	Single Handed and Crewed (single start)
Juniors	5 out of 9	General Handicap
Team Racing	Lots	Teams of 2 sailed in Fireflies 12pm start
WOSC Regatta (Sat)	2 out of 3	General Handicap
WOSC Regatta (Sun)	2 out of 3	General Handicap
WOSC Regatta (Overall)	5 out of 6	General Handicap
Evening 2	7 out of 12	Single start, single finish from which a result for G/H, S/H and Crewed will be taken**
Midsummer Night Race	1 boat/team	General Handicap team race 4 hrs duration Start at 20:00 finish at 24:00
Junior Regatta	TBD	General Handicap start 11:00 (crews to be under 18 on the day)
8 Hour Race	1 out of 1	General Handicap team race 8 hrs duration Start at 11:00 2 boats/team
Midsummer 1	4 out of 7	Fast and Slow (single start)
Midsummer 2	4 out of 7	Single Handed and Crewed
General Handicap 2	3 out of 5	General Handicap
Sprint Series 1,2, 3 & 4	TBD	Series of sprint races approx 10 mins
Autumn 1	3 out of 5	Single Handed and Crewed (single start)
Autumn 2	3 out of 5	Fast and Slow
Friendly	3 out of 5	General Handicap
Hardwick Hardship	1 out of 1	General Handicap race 4 hrs duration. Start at 11:30
D.Minty	2 out of 3	General Handicap
Frostbite 1	5 out of 9	General Handicap Start at 11:30
Frostbite 2	5 out of 9	General Handicap Start at 13:30
Boxing Day Race	1 out of 1	General Handicap Start at 12:00
Winter 1	5 out of 8	General Handicap Start at 11:30
Winter 2	5 out of 8	General Handicap Start at 13:30
Start Racing at WOSC	TBD	2-4 short races per session briefing 9.30 1st race 10am

The "Margaret Young Memorial Cup" for the person who has represented WOSC and achieved the best results at Open Meetings

\* Single Start , separate results for Fast, Slow and Evening Paddle (G/H)

\*\* Single Start , separate results for S/H, Crewed and Evening Paddle (G/H)

# Programme of Events

## March 2024

DATE		RACE 1	RACE 2	RACE 3	WED
Sat 2nd		Boat Maintenance Day			
Sun 3rd		Transom (1)	Spring (1)	Warm Up (1)	
Sat 9th		Powerboat 2 course (session 1 of 2)			
Sun 10th		Powerboat 2 course (session 2 of 2)			
Sun 10th		Transom (2)	Spring (2)	Warm Up (2)	
Sat 16th		Boat Maintenance Day			
Sun 17th		Transom (3)	Spring (3)	Warm Up (3)	
Sat 23rd		Powerboat 2 course (session 1 of 2)			
Sun 24th		Powerboat 2 course (session 2 of 2)			
Sun 24th	BST starts	Transom (4)	Spring (4)	Warm Up (4)	
Sun 31st		Easter Egg Race (1)	Easter Egg Race (2)	Easter Egg Race (3)	

## April 2024

DATE		RACE 1	RACE 2	RACE 3	WED
Wed 3rd					Evening 1 (1)
Sat 6th		RYA instructors pre-season meet & incident training 10:00-13:00			
Sun 14th		RYA Pre-Season training briefing for adults and juniors 10:00-11:00			
Sun 7th		Blenheim (1)	Blenheim (2)	Blenheim (3)	
Wed 10th					Evening 1 (2)
Sat 13th		Powerboat refresher courses x 3 of 2 hours			
Sun 14th		Pursuit (1)	Pursuit (2)		
Wed 17th					Evening 1 (3)
Sat 20th		Wayfarer/Wanderer Open Day 1			
Sun 21st		Wayfarer/Wanderer Open Day 2			
		Sprint Series 1			
Wed 24th					Evening 1 (4)
Sat 27th		Recreational sailing 13:00-17:00			
		Powerboat 2 course (session 1 of 2)			
		Powerboat 2 course (session 2 of 2)			
Sun 28th		Start Racing At WOSC			
		Summer (1)	Summer (2)	Gen Handicap 1 (1)	
		Junior (1)		Solo (1)	

# Programme of Events

## May 2024

DATE	RACE 1	RACE 2	RACE 3	WED
Wed 1st				Evening 1(5)
Sat 4th	RYA Sailing School Adult Level 1 (session 1 of 2)			
	RYA Sailing School Youth Stage 1 (session 1 of 2)			
	RYA Sailing School Youth Stage 2 (session 1 of 2)			
	RYA Sailing School Youth Stage 3 (session 1 of 2)			
Sun 5th	RYA Sailing School Adult Level 1 (session 2 of 2)			
	Summer (3)	Summer (4)	Gen Handicap 1 (2)	
	Junior (2)		Solo (2)	
Wed 8th				Evening 1(6)
Sat 11th	RYA Sailing School Adult Level 2 (session 1 of 2)			
	RYA Sailing School Youth Stage 1 (session 2 of 2)			
	RYA Sailing School Youth Stage 2 (session 2 of 2)			
Sun 12th	RYA Sailing School Youth Stage 3 (session 2)			
	RYA Sailing School Level 2 (session 2 of 2)			
	Summer (5)	Summer (6)	Gen Handicap 1 (3)	
	Junior (3)		Solo (3)	
Wed 15th				Evening 1(7)
Sat 18th	Powerboat refresher courses x 3 of 2 hours			
	Recreational Sailing 13:00-17:00			
	Start Racing At WOSC			
Sun 19th	Summer (7)	Summer (8)	Gen Handicap 1 (4)	
	Junior (4)		Solo (4)	
Wed 22nd				Evening 1(8)
Sat 25th	Albacore Open ?			
Sun 26th	Team Racing	Team Racing	Team Racing	
Mon 27th	WOSC FAMILY FUN OPEN DAY			
Wed 29th				Evening 1(9)



# Programme of Events

## June 2024

DATE		RACE 1	RACE 2	RACE 3	WED
Sun 2nd		Pursuit (3)	Pursuit (4)		
Wed 5th					Evening 1(10)
Sat 8th		WOSC Regatta			
Sun 9th		WOSC Regatta			
Wed 12th					Evening 1(11)
Sat 15th		Recreational Sailing 13:00-17:00			
Sun 16th		Midsummer 1 (1)	Midsummer 2 (1)	Gen Handicap 1 (5)	
		Junior (5)		Solo (5)	
Wed 19th					Evening 1(12)
Thu 20th		Summer Solstice Swim			
Sat 22nd		Recreational Sailing 13:00-17:00			
Sat 22nd		Midsummer Night Race			
Sun 23rd		Start Racing at WOSC			
		Midsummer 1 (2)	Midsummer 2 (2)	Gen Handicap 1 (6)	
		Junior (6)		Solo (6)	
Wed 26th					Evening 2 (1)
Sat 29th		Solo Open Meeting			
Sun 30th		Midsummer 1 (3)	Midsummer 2 (3)	Gen Handicap 2 (1)	
		Junior (7)			

## July 2024

DATE		RACE 1	RACE 2	RACE 3	WED
Wed 3rd					Evening 2 (2)
Sat 6th		Recreational Sailing 13:00-17:00			
Sun 7th		Midsummer 1 (4)	Midsummer 2 (4)	Gen Handicap 2 (2)	
		Junior (8)			
Wed 10th					Evening 2 (3)
Sat 13th		RYA Sailing School Adult Level 1 (session 1 of 2)			
		RYA Sailing School Youth Stage 1 (session 1 of 2)			
		RYA Sailing School Youth Stage 2 (session 1 of 2)			
		RYA Sailing School Youth Stage 3 (session 1 of 2)			
Sun 14th		RYA Sailing School Adult Level 1 (session 2 of 2)			
		Pursuit (5)	Pursuit (6)		
Wed 17th					Evening 2 (4)
Sat 20th		RYA Sailing School Adult Level 2 (session 1 of 2)			
		RYA Sailing School Youth Stage 1 (session 2 of 2)			
		RYA Sailing School Youth Stage 2 (session 2 of 2)			
		RYA Sailing School Youth Stage 3 (session 2)			
Sun 21st		RYA Sailing School Level 2 (session 2 of 2)			
			Sprint Series 2		

# Programme of Events

## July 2024 (continued)

DATE		RACE 1	RACE 2	RACE 3	WED
Wed 24th					Evening 2 (5)
Sat 27th		Recreational Sailing 13:00-17:00			
Sun 28th		Start Racing at WOSC			
		Midsummer 1 (5)	Midsummer 2 (5)	Gen Handicap 2 (3)	
		Junior (9)			
Wed 31st					Evening 2 (6)

## August 2024

DATE		RACE 1	RACE 2	RACE 3	WED
Sun 4th		Midsummer 1 (6)	Midsummer 2 (6)	Gen Handicap 2 (4)	
Mon 5th		Start of Junior Sailing Week			
Wed 7th					Evening 2 (7)
Fri 9th		End of Junior Sailing Week			
Sat 10th		Junior Regatta			
Sun 11th		Midsummer 1 (7)	Midsummer 2 (7)	Gen Handicap 2 (5)	
Wed 14th					Evening 2 (8)
Sat 17th		Topper Open			
Sun 18th		Start Racing at WOSC			
Sun 18th		Autumn 1 (1)	Autumn 2 (1)	Friendly (1)	
Wed 21st					Evening 2 (9)
Sun 25th		8 Hour Race			
Wed 28th					Evening 2 (10)
Sat 31st		Recreational Sailing 13:00-17:00			

## September 2024

DATE		RACE 1	RACE 2	RACE 3	WED
Sun 1st		Winter Swim Challenge Begins (ends 1st Apr 2025)			
Sun 1st		Autumn 1 (2)	Autumn 2 (2)	Friendly (2)	
Wed 4th					Evening 2 (11)
Sat 7th		RYA Sailing School Adult Level 3 (better sailing) (session 1 of 2)			
		RYA Sailing School Youth Level 4 (session 1 of 2)			
Sun 8th		Sprint Series 3			
Wed 11th					Evening 2 (12)
Sat 14th		RYA Sailing School Adult Level 3 (better sailing) (session 2 of 2)			
		RYA Sailing School Youth Level 4 (session 1 of 2)			
Sun 15th		Autumn 1 (3)	Autumn 2 (3)	Friendly (3)	
Sun 22nd		Start Racing at WOSC			
		Autumn 1 (4)	Autumn 2 (4)	Friendly (4)	
Sun 29th		Hardwick Hardship			



# Programme of Events

## October 2024

DATE		RACE 1	RACE 2	RACE 3	WED
Sun 6th		Autumn 1 (5)	Autumn 2 (5)	Friendly 5	
Sat 12th		Eric Twiname Team Racing			
Sun 13th		Eric Twiname Team Racing			
Sun 13th		D. Minty (1)	D. Minty (2)	D. Minty (3)	
Sat 19th		Firefly Open			
Sun 20th		Firefly Open			
Sun 20th		Sprint Series 4			
Sun 27th	BST ends	Frostbite 1 (1)	Frostbite 2 (1)		

## November 2024

DATE		RACE 1	RACE 2	RACE 3	WED
Fri 1st		Halloween Dip			
Sun 3rd		Frostbite 1 (2)	Frostbite 2 (2)		
Sat 9th		Lightning Rum and Mince Pie Open Meeting			
Sun 10th		Frostbite 1 (3)	Frostbite 2 (3)		
Sun 17th		Frostbite 1 (4)	Frostbite 2 (4)		
Sun 24th		Frostbite 1 (5)	Frostbite 2 (5)		

## December 2024

DATE		RACE 1	RACE 2	RACE 3	WED
Sun 1st		Frostbite 1 (6)	Frostbite 2 (6)		
Sun 8th		Frostbite 1 (7)	Frostbite 2 (7)		
Sun 15th		Frostbite 1 (8)	Frostbite 2 (8)		
Thur 26th		Boxing Day Race			
		Boxing Day Dip			
Sun 29th		Frostbite 1 (9)	Frostbite 2 (9)		

## January 2025

DATE		RACE 1	RACE 2	RACE 3	WED
Wed 1st		New Year's Day Dip			
Sun 5th		Winter 1 (1)	Winter 2 (1)		
Sun 12th		Winter 1 (2)	Winter 2 (2)		
Sun 19th		Winter 1 (3)	Winter 2 (3)		
Sun 26th		Winter 1 (4)	Winter 2 (4)		

## February 2025

DATE		RACE 1	RACE 2	RACE 3	WED
Sun 2nd		Winter 1 (5)	Winter 2 (5)		
Sun 9th		Winter 1 (6)	Winter 2 (6)		
Sun 16th		Winter 1 (7)	Winter 2 (7)		
Sun 23rd		Winter 1 (8)	Winter 2 (8)		

# WOSC Race Programme 2024

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## General Handicap Series

Single start for all competitors. Race length approximately 45–60 minutes.

## Singlehanded Series

Series for singlehanded boats, including two-handed boats sailing singlehanded with handicap adjustment. Singlehanded start before crewed fleet.

## Crewed Series

Series for two or three-handed, or more (where allowed by class rules). Start after singlehanded fleet.

## Fast Handicap Series

Series for all boats with a Portsmouth Number 1105 and faster (may change in March). Start before the slow fleet, includes Wayfarer and faster boats.

## Slow Handicap Series

Series for boats with a Portsmouth Number above 1105 (may change in March). Start after the fast fleet, all boats slower than the Wayfarer.

## Wednesday Evening Series 1 & 2

Wednesdays from April to September inclusive

**Start time:** April, Aug & Sept 19:00, May–July 19:15

**Race type:** Evening 1, Fast and Slow Handicap, one start. Evening 2, Singlehanded and Crewed, one start. Both are combined for the General Handicap Evening Paddle Prizes.

A popular series in the summer months, well attended and hotly contested. Bar open after racing.

## Easter Egg Races

**Date:** Sunday 31 March

**Easter egg hunt at 11:00**

**Start time:** 12:00

**Race type:** General Handicap

A three race series with two races to count. Easter Egg prizes awarded at the discretion of the Race Officer.

## Blenheim Series

**Date:** Sunday 7 April

**Start time:** 12:00

**3 races, General Handicap, 2 to count.**

**Normal Sunday facilities**

One-off series for the Blenheim Trophy.

## Starting Racing at WOSC

**Dates:** Sunday 28 April, 19 May, 23 June, 28 July, 18 August and 22 September

**Number of races:** 6, 4 to count

This fun and informal monthly race series aims to give new sailors of all ages the opportunity to build their confidence and develop their sailing & boat handling skills. Throughout the race series you will receive coaching and advice from experienced members to help you improve your skills and technique.

Every four weeks or so during late spring and summer, we will meet at **9:30 on Sunday morning for a quick briefing** on the race course and some basic rules. Club boats will be available for those wishing to take part. We aim to run two or three short races, with the first starting at 10:00. We should be finished around 11:00 after a short debrief. This will give participants enough time to join in the 12:00 club race, should they wish to.

We hope to see as many of you as possible, make sure you come dressed for the weather and be sure to bring your sense of humour!

**Contact:** Alex Nairac: [sailingsecretary@wosc.org.uk](mailto:sailingsecretary@wosc.org.uk) or Andrew Robson: [sailingschool@wosc.org.uk](mailto:sailingschool@wosc.org.uk) if you have any questions.

## Sprint Series 1, 2, 3 & 4

**Dates:** Sunday 21 April, 21 July, 8 Sept, 13 Oct

**Start time:** 1 & 4 start at 14:00; 2 & 3 start at 12:00

**8 races per day**

**Normal Sunday facilities**

Approximately 4 races in the morning and 4 races in the afternoon, each lasting just 10 minutes. Hone your skills on the start line and defend your position, there will be no time to play catch-up.

# WOSC Race Programme 2024

## Pursuit Series

**Dates:** Sunday 14 April, 2 June, 16 July

**Start time:** 12:00 and 14:30, 2 races per day

**Normal Sunday facilities**

A change from normal racing, where instead of one start, boats set off at different start times as calculated from the published yardstick number, so that boats sailed to the handicap would all finish together. Start time tables are provided; slowest boat starts first and sails for 90 minutes.

## Solo Fleet Racing

**Dates:** Sunday 28 April, 5, 12, 19 May, 16 and 23 June

**Start time:** 15:30

**Normal Sunday facilities**

Solo fleet racing will allow the growing fleet of Solos to enjoy some boat-on-boat action without the maths, so all you Solo owners – put the dates in your diary so you don't miss a start.

## The WOSC Regatta

**Date:** 8–9 June

**First start:** 12:00

**Number of races:** 6, 5 to count or 2 out of 3 each day

**Race type:** General Handicap

**Prize:** Saturday, Sunday and overall

**Prize:** for first junior

**Food:** galley service for lunch

**Camping:** yes

**Visiting boats:** yes

A two-day race series that is a great opportunity for members to complete a series over one weekend. Novice sailors, juniors and switch of regular helms and crews are encouraged. Visiting boats from other clubs welcome.

## The Midsummer Night Race

**Date:** Saturday 22 June

**Start time:** 20:00 – 24:00

**Race type:** General Handicap

Join a team and sail around the lake in the dark to the delight of the participants and observers. Bring your own food to keep the spirits up.

**Rules:** 1 boat with a minimum of 2 helms for a single handed boat and 2 helms and 2 crews for a crewed boat with a change of helm/crew every 2 laps  
**Food:** BBQ lit for members to cook their own food.

**Camping:** yes

**Visiting teams:** yes

## 8 Hour Race

**Family Event**

**Date:** Sunday 25 August **Start time:** 11:00

**Race type:** General Handicap team event

**Rules:** minimum team size 6, to race one single handed boat and one crewed boat for 8 hours changing crews every two laps

**Prizes on day,** prize for junior team

**Food:** please bring your own food, a BBQ will be available for everyone to cook their own food

**Camping:** for competitors only

**Visiting teams:** yes by invitation

This is another team race with crew changes every 2 laps so fun for competitors and spectators alike. This is a fun race for all levels from novice to regular racers and the aim is to get as many people sailing during the day as possible. The bar will also be open. In the evening there will be music to keep us entertained and an evening surprise!! Planned around 8pm. So why not miss the bank holiday traffic and just spend the weekend at WOSC.

# WOSC Race Programme 2024

## Junior Team Racing

**Dates:** 10am-2pm Saturdays

**Contact:** James Ball - Youth Development Officer

Juniors will learn excellent boat handling skills in the club Fireflies, experienced junior helms can sail with inexperienced junior crews. The training is expertly organised and delivered by James Ball. The club enters one or two teams into the Eric Twiname Youth Team Racing Championships at Oxford Sailing Club 12–13 October.

## Hardwick Hardship

**Date:** Sunday 29 September

**Start time:** 11:30

**Race type:** General Handicap

The Hardwick can be as hard as you want to make it, the rules don't say you have to have a strong bladder, so by all means pull in for a pee! For the hardcore battling for 4 hours non-stop can be tough in light winds and when it is blowing 'old boots'.

## Derek Minty Series 1, 2 & 3

**Date:** Sunday 20 October Start time: 12:00

**Number of races:** 3, 2 to count

**Race type:** General Handicap

A one day special.





## Social/Bar

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In addition to the sailing programme West Oxfordshire Sailing Club organises a variety of social events. Most of these events are open to members and their invited friends who may be non-members. We are always looking for new ideas and volunteers to help run events. Most of the events are run by members willing to help and give their time to ensure the events are fun for all who attend. Volunteering to help is a great way of getting to know new people and feeling much more part of the club. Below is a list of events we are hoping to offer in 2024 once conditions allow. Please look at the social calendar and upcoming events list for fuller details.

### **Easter Egg Hunt & Races**

**Date:** Sunday 31 March

**Children's Easter egg hunt starts at 11.00 from the Clubhouse**

*Family Event*

**Race starts at 12.00**

**Race is General Handicap**

**Number of races: 3, 2 to count**

Easter egg prizes awarded at the discretion of the Race officer.

### **Midsummer Night Race**

**Date:** Saturday 22 June

**Start time:** 20.00

**Finish time:** 00.00

Team race with crew changes every 2 laps. See events for race details. There is overnight camping available and BBQ is available for people to bring and cook your own. A great social evening for teams and spectators alike, one to remember.

### **WOSC Eight Hour Race**

**Date:** Sunday 25 August

**Start time:** 11.00

**Open Event: Visiting teams welcome**

See events for race details. Team event with crew changes every 2 laps, so fun for competitors and spectators alike. This is a fun race for all levels from novice to regular racers and the aim is to get as many people sailing during the day as possible. The bar will be open.

### **Halloween Bonfire Night**

**Date:** Saturday 2 November

**Start time:** 18.30

*Family Event*

Avoid the trick-or-treaters and join us for a traditional bonfire and party games. Fancy dress prizes, sweet treats and a big bonfire. A fun night for all the family to enjoy. Competitions for the best carved pumpkin and far more. After the bonfire we will have the WOSC Halloween Disco so why not stay on the dance floor and scare the children!

### **Quiz and Curry Night**

**Date:** Saturday 16 November

**Bar open from 19:00, quiz starts 19:30**

**Curry at 20:00**

**Booking and payment required online as this is very popular with limited places. Booking opens in October.**

### **The Glittering Diamond Jubilee**

**Date** TBC

To celebrate 60 years of the club. This fabulous black tie event will include dinner and dancing.

### **AGM Wine & Cheese**

**Date:** Friday 22 November

**Start time:** 19:30

**In the club house**

## Christmas Lunch

Date: Sunday 15 December

Start time: 12:45

Booking and payment required online as this is very popular with limited places

A great warm up for the festive season. All are welcome for an excellent Christmas lunch cooked by a team who take mass catering to a new level.

## Boxing Day Race

Date: Tuesday 26 December

Start time: 12:00

Race type: General Handicap

Prize: The Commodore's Whisky

Prize for first junior

Why not arrange to meet up with friends and family and admire new Christmas sailing gear and Christmas jumpers. Bring a plate of food to add to a post-race buffet.



## Wayfarer and Wanderer Open and Evening Social

Wayfarer Fleet Captain: Les Burton

Contact: [les@leslieburton.co.uk](mailto:les@leslieburton.co.uk)

Wanderer Fleet Captain: Michael Lewington

Contact: [membership@wosc.org.uk](mailto:membership@wosc.org.uk)

[www.wosc.org.uk/wayfarer\\_open](http://www.wosc.org.uk/wayfarer_open)

Date: 20 – 21 April

First start: 12:00 on Saturday

Evening Food to be ordered and paid for on the day

**Camping: Yes**, this needs to be booked with the sailing club in advance. No requirement to have Wayfarer class membership to compete. WOSC has a large fleet of Wayfarers among the membership and three club boats, so with visitors, this is a very popular open meeting. Make sure you invite Wayfarer and Wanderer sailors from other clubs to attend. This is also a good opportunity for members to experience an open meeting by booking a club boat or offering to crew.

## THE MARGARET YOUNG MEMORIAL TROPHY

Margaret Young had been a longstanding member since she first joined with her husband Keith and daughter Caroline in 1980. She sadly passed away on 24 November 2022 and as a memorial to her time at the club, her daughter Caroline HOLLIER is purchasing a new trophy to honour her memory. This trophy will be awarded to the best placed club sailor, who has represented WOSC on the open circuit over the sailing year. So let's all get out there and represent WOSC.



## Solo Open

Saturday 29 June

Contact: Mark Peters: [solofleet@wosc.org.uk](mailto:solofleet@wosc.org.uk)  
[www.wosc.org.uk/solo\\_open](http://www.wosc.org.uk/solo_open)

Part of the Thames Valley Series hosted by West Oxfordshire SC. WOSC has a large regular Solo fleet sailing in WOSC club races.

## Firefly Open

Saturday 19 – 20 October

Contact: James Ball: [fireflyfleet@wosc.org.uk](mailto:fireflyfleet@wosc.org.uk)

Hosted by West Oxfordshire SC, home to one of the largest Firefly fleets in the country, this promises to be a great event. Racing for one of the legendary silver Firefly trophies.

## Lightning Rum and Mince Pie Open

Saturday 9 November

Contact: Caroline Hollier:

[lightning@wosc.org.uk](mailto:lightning@wosc.org.uk)

[www.wosc.org.uk/lightning\\_open](http://www.wosc.org.uk/lightning_open)

WOSC hosts the Lightning 368 Open.

The Lightning was designed by Mark Giles, an honorary member.





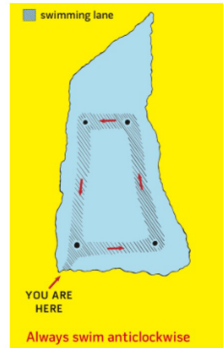
Alongside the great sailing opportunities at WOSC members also have the opportunity to use the top lake for open water swimming and we are super lucky at to have a great community of members who swim regularly.

Your swimming representatives are Emma Gibbard and Stanley Ulijaszek. If you, have any ideas, queries, questions, concerns or if you wish for something to be put to the committee, please do feel free to contact them via email or WhatsApp.

Email: Emma – egibbard8@gmail.com Stanley – Stanley.ulijaszek@anthro.ox.ac.uk

## WOSC OPEN WATER SWIMMING RULES

1. Competent swimmers only. Each with a tow float and hi visibility swim hat. Any junior (U18) swimmers must have close 1:1 supervision by a competent adult buddy swimmer or rescue craft on the water with them at all times.
2. Two person minimum at each swim session. Swimmers not more than 4m apart from nearest buddy with a responsible person available to initiate an emergency action plan.
3. Rescue craft to be available to respond to swimmers in distress at all times when swimmers are in the water. The swimming safety kayak is on a combination padlock, (code 60380). Please ensure this is unlocked when you arrive to swim and then re-locked and secured when you have finished.
4. Only paddle powered craft in the top swimming lake. These are to be kept out of the swim lane, unless being used for coaching or rescue purposes.
5. Swimmers to stay in identified safe swim track around the lake.
6. Visual checks should be made of the lake before entering the water to ensure that weeds are not encroaching on swimming area.
7. Entry into the water is at a set location only, please see marked signage at the lakeside.
8. Members who wish to swim in the top lake should acknowledge contents of the OWS risk assessment.



Please ensure that the club rules are followed regarding guests and that they are signed in either at the clubhouse or online.

## SOCIAL EVENTS

### Easter Swim

**Sunday 31 March 2024 – 10am.**

Come along with the family for a watery easter egg hunt and then the kids cans join in with the Children's Easter Egg hunt starting at 11am at the club house. You could even stay on a watch the racing starting 12:00.

### Summer Solstice Swim

**Thursday 20 June 2024 – 7pm**

Come have a swim to celebrate the start of hopefully warmer weather and the longer days. Please feel free to bring food to share.

# Swimming

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## Winter Swim Challenge

**1 September 2024 to 1 April 2025**

This year will see the start of our very first winter swim challenge. Details are being finalised and it is anticipated that the information will be sent out at the beginning of August via the website and WhatsApp group for all members who might like to take part.

## Halloween Dip

**2 November 2024 - 4pm**

Come along and have a dusk dip and maybe a cheeky apple bob. Prize for best dressed tow float (tow floats must be illuminated). Why not stay on and get warm by the bonfire starting at 18:30. There are prizes for the best fancy dressed and carved pumpkin later on. See events for further information on the evening.

## Boxing Day Dip

**26<sup>th</sup> December 2024 – 11am**

A great way to celebrate. Bring warm layers and food to share (we are sure there will be plenty).

## New Year's Day Dip

**1 January 2025 – 11am**

Always a great turnout, let's get 2025 off to a good start. Bring warm layers and food to share.

## SWIM NEWS

The New Year's Day Dip was well attended and has become very popular. Thank you Stanley for starting this wonderful tradition and we hope to see you all there in 2025.

We do have an active West ox sail club swim WhatsApp group which is great for keeping in touch with other members who swim. Please do let us know if you would like to be added to the group and this can be arranged.

## SUMMER WORKING PARTIES

A working party isn't just for the winter!!! In the summer, we know that the weed in the top lake can sometimes be problematic so to pre-empt this we are looking at getting some dates into your diaries for summer working parties. With the anticipation

that the maximum weed growth to be in July/ August time, the following dates are set aside. If on these dates, the weed is not an issue, we are sure that there will be other duties that will need to be done and you could always finish off with a swim.

**Saturday 20 July 2024 – 10am**

**Saturday 17 August 2024 – 10am**

**Saturday 31 August 2024 – 10am**

If these dates change, it will be on the website and also we will notify the WhatsApp group.

Please note that we encourage all members whether they swim or sail to attend working parties and they are in addition to your official duty as a sailing club member.



# Learn to sail in 2024 – WOSC Sailing School

## **RYA** AFFILIATED

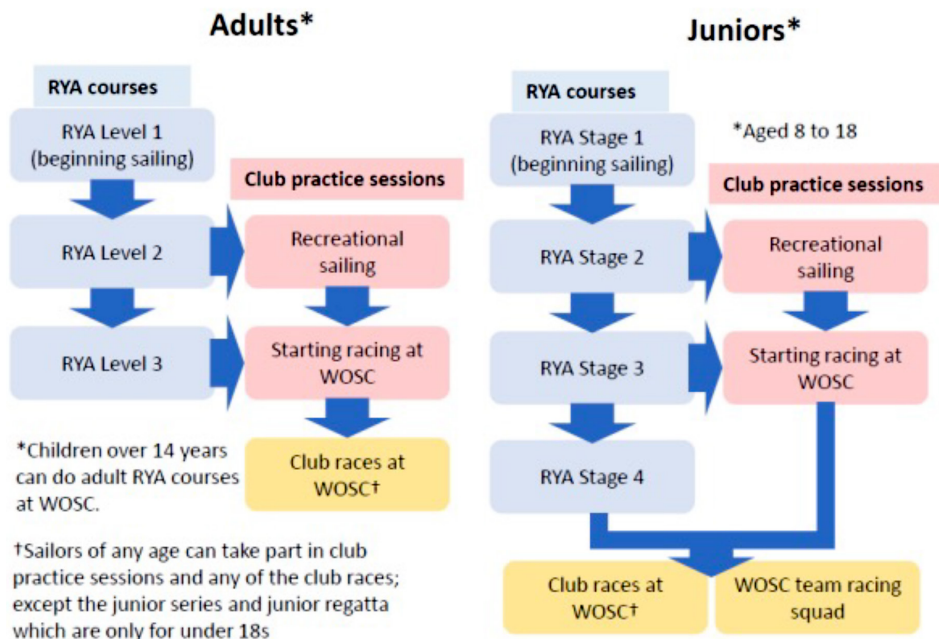
Make 2024 the year you learn to sail and enjoy WOSC to the max. We are introducing some changes to help you, including more flexibility around the RYA Sailing School courses and new Recreational Sailing sessions as well as continuing with the Starting racing at WOSC sessions, the Club races and the WOSC team racing squad for juniors. We've even made a diagram to show how all this fits together! See below for more details.

### New! WOSC Recreational Sailing sessions

Members are always asking how they can practice their sailing with the reassurance of powerboat

cover. For 2024, WOSC is introducing Recreational Sailing sessions on Saturday afternoons throughout the summer with powerboat support. These sessions are not run by the sailing school, no instruction is provided and you don't need to register. It's just an opportunity for you to practice your sailing, have fun and maybe do some family sailing in the summer. However, because of other events, it's not every Saturday afternoon in the summer, and details of when these sessions are happening will be on the WOSC calendar. The committee are supporting this initiative by making club boats free to hire in these sessions – you'll still need to remember sign boats out before going on the water and your sailing safety is your responsibility. Hire charges for boats at other times are as normal.

Help wanted! To ensure that the sessions can go ahead, we're looking for volunteers who either



have Powerboat 2 (PB2) qualification or who are interested in gaining PB2 to sign up to a powerboat rota. This will count as one of your club duties. Look out for an email to sign up for powerboat duties and for PB2 training to support these new sessions.

## Sailing School 2024

There are some changes happening to the Sailing School for 2024. These are aimed at providing the same amount of training for juniors and adults but in a more flexible way for students and instructors. See the WOSC calendar for course dates.

- **RYA Youth Level 1, 2, and 3 courses:** Each course will be run as two whole consecutive Saturdays (see timetable). Students will need to register for each course and will need to complete both Saturdays and will be issued with a certificate on successful completion.
- **RYA Adult Level 1 and 2 courses:** Previously you had to sign up to do both of these courses together. However, for 2024 you'll be able to sign up to Level 1 or 2 separately. As previously, these courses will each run over a weekend with full days on Saturday and Sunday.
- **New for 2024:** A Youth Stage 4 course and an Adult Level 3 course will be run in September. These 'better sailing' courses will consolidate your practice over the summer and get you ready for racing in the winter.
- **Junior Sailing week:** This will run as normal, on five afternoons in the summer holidays. See the calendar on the website for details.
- **Powerboat 2:** Become a qualified powerboat driver at WOSC; it's free to do the course but

you need to sign up to the powerboat rota to support club racing and/or recreational sailing sessions.

- **Powerboat refresher:** The controls in the powerboats have been changed and we have a new dock, so everyone with a PB2 certificate should do a refresher course; these take a couple of hours – see the calendar for dates.

## Instructor opportunities

As always, we're very keen to hear from instructors who would like to volunteer to teach sailing at WOSC – if you can help, please contact [training@wosc.org.uk](mailto:training@wosc.org.uk). Also there are opportunities to train as an Instructor, supported by the WOSC committee, if you're interested please contact [training@wosc.org.uk](mailto:training@wosc.org.uk).



# Membership of WOSC

The membership year runs from 1st March to the end of February and is limited to 350 memberships.

New members joining part way through the season are given a discount on membership fees.

The Club is run totally voluntarily by its Committee and its Members for the benefit of all

Members. There are no paid posts within the club. The Club expects Members:

- a) to abide by the Club Rules;
- b) to assist with running the Club Racing (Sundays throughout the year and some Saturdays and Wednesday evenings during the Summer) when selected, on a rota basis, by the Sailing Secretary (Club Rule 22). For most club members, you should expect to do a minimum of 1 or 2 duties per year although it will occur more frequently for regular racing members. Other duties can be substituted as on page 21.

- Enjoy the availability to sail 365 days a year.
- Use of the club facilities to change and shower.
- Sail the club boats: Wayfarer, Firefly, Laser, H12, Topper (hire charge applies for recreational sailing, there is no charge for use of club boats for club racing).
- For children, sail the club Optimists (free).
- Adult & Junior sail training free to members' children aged 8–18.
- Saturday afternoon adult & junior sailing for children over 8 years (May, June, July, Aug, Sept).
- August Junior sailing week (numbers limited, booking required).
- Junior Team race training incl. matches and competitions.
- General handicap racing on Wednesday evenings (summer only) and Sundays.
- Special racing events on selected weekends.
- Weekend sailing courses.
- Dinghy storage (annual fee applies).
- Swim in the swimming area and open water swimming lake.
- Social events (Quiz nights, Halloween, Bonfire night and more...).
- Barbecue on the club facilities.
- Picnic and relax on the grass area.
- Above all – enjoy a convivial and friendly atmosphere.

Type of Membership	Cost per year
Family Membership - members of one immediate family comprising one or two adults living as a couple and their dependent children, children being under the age of 18 or in full time education at the start of the membership year; (An immediate family does not include grandchildren, biological relatives, and those related through marriage, such as a brother-in-law, friends or work colleagues.)	£165
Adult Member - one adult member over the age of 24 and not in full time education as at the start of the membership year 1 March	£115
Student or Under 24 members- Student members are persons over the age of 18 and in full time education and Under 24 members are persons' not in full time education but under the age of 24 at the start of the membership year 1 March.	£50
New Member Joining Fee (Does not apply to Country and Junior Members)	£40
Junior Member - Minimum age 16 years	£50
Country Member - at the discretion of the General Committee and must live more than 100 miles from WOSC. Contact the Membership Secretary for details	£25
Senior Member - Aged 65 and over who have held a membership of the club for at least 15 years and no longer keeps a boat or sailboard at the club. Eligible members must apply to the Committee through the Membership Secretary	£60
Boat Berth (per boat, or 2 kayaks/ canoes).	£18
Adult Guest fee	£2
Locker fee	£5

## USEFUL INFORMATION



**Are there any restrictions** when I can use the Club and how do I get into the Club outside of normal opening times?

**NO** – As a member you will be provided with one free swipe card which allows unlimited access through the front gate and the Clubhouse. Family members may purchase a second swipe card.

**Security – Security of the premises and Clubhouse is paramount, you must close the gate behind you** to keep the club safe and secure and freely available for members to use. The gate into WOSC should be closed and locked behind you at all times. You should not allow anyone to follow you in without checking they are a member. Similarly, the Clubhouse door should be shut at all times.

On leaving the Club premises it is paramount that you ensure the Clubhouse is totally secure, garage door, patio door and main door and the main gate is closed and the electric lock engaged.

**Safety** – Outside of normal sailing and scheduled events and activities the Club does not have a patrol boat on the water to render assistance. You are therefore sailing at your own risk.

**Do I have to do Club duties and what do they entail?**

**YES** – The Club is run by the members and everyone must take part in Club duties. There are two types of duties – Race and Galley. Duties

are undertaken by Adults and Families but only 1 adult member of a family is on the roster.

**Race Duty** – This is rostered on Wednesday Evenings (April to September inclusive) some Saturdays for special events such as open meetings and Sundays all year round. This includes Officer of the Day (OOD) who sets the racing course, Patrol Boat driver (if qualified) and Assistant Officer of the Day (AOD). Typically on Wednesday evening for the single race you are required to be at the Club from 6.30pm and usually finished by 8.45pm. April to September Sundays from 11:15 to 16:45 for the three races and in the winter, two races from 10:45 to 15:30.

**Galley Duty** – Sunday and occasional Saturdays. Many non-sailors opt for galley duty which involves providing lunch (ready to eat around 13:00, 12:30 in winter) and afternoon tea (around 15:00, not required in winter). There are periods in the year when lunch is not provided on a Sunday. You decide what you will provide (guidance available), buy the ingredients, prepare, cook and serve charging normally £4.00 for lunch. The income should cover the costs with a small surplus. You will not be out of pocket.

**What if I can't do my duty?**

Duties are published well in advance on the website and in the Newsletter. If you are not available on your assigned date you are required to telephone other members to arrange a swap. Contact phone numbers are published on the duty roster. If you change duties you must inform Caroline Hollier for Race Duty ([caroline.key@adrianhollier.co.uk](mailto:caroline.key@adrianhollier.co.uk)) or Stig Topp-Jorgenson for Galley Duty ([galley@wosc.org.uk](mailto:galley@wosc.org.uk)).

**Can I bring my own dinghy to the Club?**

**YES** – Use of boats on Club premises is limited to canoes, kayaks, paddle boards, rowing boats

## USEFUL INFORMATION

and single hulled sailing dinghies less than 5.0 metres in length or having a Portsmouth Number (PN) greater than 940, PN being defined by the RYA. Only boats with a PN of 940 or greater are eligible to race.

### How do I locate a berth for my dinghy(s), kayaks or canoes?

Once you have paid your berth fee to locate a berth you should contact the Harbourmaster at [harbourmaster@wosc.org.uk](mailto:harbourmaster@wosc.org.uk). Berths are large enough for the storage of one sailing dinghy, for the storage of canoes and kayaks a rack is provided on the bund.

### Do I need to pay for a berth for my kayaks or canoes?

**YES** – If you do not store your kayak or canoe with your dinghy you must purchase a berth. If you have multiple kayaks or canoes you may need to purchase more than one berth.

### Do I need dinghy/kayak/canoe/rowing boat insurance?

**YES** – Every member **who uses or keeps** one of the above on the Club's property must be covered by insurance against third party liability to an amount as shown on a current application (£1 million) or renewal form to cover any one accident. All members on initial application and on renewal shall be required to sign to say that such insurance is in place.

### Are Club boats insured?

**YES** – The General Committee ensures that all boats owned by the Club and made available for use by members or participants in RYA sailing courses organized at the Club are covered by equivalent insurance.

### How do I hire a Club dinghy?

Boats can **only** be hired by **club members** and must **not be sailed in wind above force 4**, except at the discretion of a Committee member. The fees are used for the maintenance of the boats.

Boats are maintained at a level suitable for club racing boats should not be used as swimming/diving platforms.

Boats shall be beached using the launching trolley, and sails must not be left hoisted whilst the boat is not being sailed. Cover must be replaced and the boat tied down.

To hire a Club Topper, Firefly, Wayfarer, H12, Laser you must first book the boat and pay the hire fee at the clubhouse or online through the website. Club Optimists are for use by children only are free to use. The Boat Hire Book is located in the main corridor on the shelf next to the visitors book. Record your hire of a boat in the Boat Hire Book and place your hire fee in one of the small brown envelopes provided. Pay the hire fee and importantly write the details of your name,

Scale of Charges	Half Day (Before 1.30pm)	Full Day
Wayfarer	£5	£10
Firefly	£5	£10
Laser	£5	£10
H12	£5	£10
Topper	£2.50	£5
Oppies	No Charge	No Charge – still need to be booked-out and only for use by Juniors

**Club boats used for club racing – No Charge – still need to be booked-out**



## USEFUL INFORMATION

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membership number and fee on the envelope. Once complete, place the envelope through the brass letter box in the bar store door located behind the bar. See table below.

Please consult a member of the General Committee if you want to use a Club boat for the first time.

**Please do not beach or drag club boats on the shore, this damages the hull.** Do use the launching trailers to take boats out of the water or ask others to assist you in lifting a boat. Do drop or furl the sails when not in use, do not leave the sails flapping. Do roll sails to avoid creasing them (ask for help if you don't know how to store sails).

### **Please look after our boats!**

**Optimists:** There are many Club Optimists and the sails, masts, rudder and dagger boards can be found in the garage. They are not dinghy specific so please use any. The Optimists are located in the compound to the left of the Club. A small trolley is provided to move it to the water. After use, return the dinghy to the compound and lock the gate.

**Toppers:** There are many Club Toppers and the sails, masts, rudder and dagger boards can be found in the garage. They are not dinghy specific so please use any. The Toppers are located on the rack to the left (away from the car park) of the Clubhouse. The Toppers can be launched from where they are stored.

**Hartley H12:** The H12 is the new generation of training boat, it is very stable, has a deep, roomy, comfortable cockpit, high boom, good head clearance and visibility, self-draining, easy reefed, easy to right—comes up with very little water. There are two H12s which are stored next to the Fireflies, all equipment is stored in the boats.

**Fireflies:** There are six Fireflies. Sails, masts, rudder and centre boards are in/on the dinghy. The Fireflies are stored on launching trolleys

and located alongside the lake to the left (away from the car park) of the Clubhouse. They can be launched from where they are stored.

**Wayfarers:** There are three Club Wayfarers and the sails, masts, rudder and centre boards are in/on the dinghy. They are located to the left (away from the car park) of the Clubhouse in front of the compound with the safety boats. They are stored on a launching trolley and can be launched from the slipway immediately in front of the Clubhouse. Once launched please return the launching trolley to the berth to leave access to the slipway free.

**Lasers:** There are two Club Lasers and the sails, masts, rudder and dagger boards are kept in the garage. They are located to the left (away from the car park) of the Clubhouse, one in the row alongside the lake and the second close to the container. They are stored on a launching trolley and can be launched from either slipway immediately in front of the Clubhouse.

Please leave the boats and equipment in the state that you would wish to find them. Please de-rig, return the rigs (if appropriate) to the garage, put the boat back and secure the cover (if appropriate).

### **What do I do if a piece of equipment is missing or breaks on a Club boat?**

Alongside the hire Boat Hire Book is a book for boat repairs. Enter the necessary details in the book and then taking a tag from the wall in front of you, attach this to the boat or equipment in need of repair. The boat maintenance crew will ensure it is repaired. **If you do not record the repair no one knows and it cannot be repaired.**

### **Do I need a buoyancy aid?**

**YES** – Buoyancy aids are compulsory for all on paddle boards, windsurfers, canoes, kayaks, rowing boats or dinghies when on either lake.

# USEFUL INFORMATION

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## **May I swim?**

**YES** – You can swim in the designated area in the large lake in front of the tables and swings. Children under 16 swimming must be supervised.

## **Can I swim in the main lake in front of the Clubhouse outside of the designated area?**

**NO** – You can only swim in the designated area.

## **Can I use a boat in the swimming area?**

**NO** – Hard hulled craft, boards, canoes etc. are not allowed in the swimming area. Inflatable boats or inflatable canoes are allowed.

## **Can I swim on the Open Water Course?**

**YES** – The small top lake is for the sole use of open water swimmers and human powered paddle craft. No engine powered, other than for weed cutting, or sailing vessels may use this lake. As with other water sports any member undertaking the activity of open water swimming must understand the risks inherent in this activity and be medically fit and competent to undertake it.

- No solo swimming, minimum of two people who must stay within 4 metres of each other.
- Bright coloured swim hat and swimming drag along (tow) float to be used by all swimmers.
- Only enter the water at the signed slipway.
- Mobile phone and safety kayak to be ready and available at the entry point.
- No swimming when under the influence of alcohol.
- Swimmers only enter the water and swim if it is within their capabilities.

## **Can I bring visitors to the Club?**

**YES** – A member may invite not more than five persons which includes adults and children (“Guests”) at any time to the Club premises. For the purpose of this rule, Family memberships count as one member. Members must sign their guests in by entering the names and addresses

of their guests in the visitor’s book and must pay the fee as stated in the visitor’s book. The member is personally responsible for their guest(s) whilst they are on Club premises. A member may not invite any person who has been refused or expelled from membership without the prior consent of the General Committee

The maximum number of times that any one guest may visit the Club premises in any calendar year is three (3). A member wishing to invite more than five persons to the Club premises (Rule 64) or exceed the maximum numbers of visits per year (Rule 65) must request and receive the prior consent of the General Committee

## **Can I use a BBQ at the Club?**

**YES** – You can use the Club provided fixed BBQ located under the canopy on the decking. Charcoal and lighters are not provided by the Club. You must clean up after use and dispose of the ash. Do not place hot ash in the bins. If you bring a disposable BBQ and use it on the grass area you must ensure it is raised clear of the grass to avoid a grass burn.

## **Can I bring dogs to the Club?**

**YES** – However, no dogs (with the exception of assistance dogs) are allowed in the Clubhouse or on the patio area. All dogs around the Clubhouse, on the grassed area in front of the car park or within the boat parks must be on a lead. If your dog “unburdens” itself please ensure you pick up. You may walk your dog around the lake off the lead once clear of the Clubhouse, car and boat parks.

# Safety and Security at the Club

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It is important to be aware of safety at the club, this not only protects you and your family but other people and their families. It is important to comply with the safety rules of the club to ensure our insurance remains valid.

## **Buoyancy Aids**

Buoyancy aids are compulsory for all activities on the water, and covers both lakes. Activities include sailing, canoes, kayaks, paddle board rowing boats and using inflatables. Please wear one.

## **Barbecues**

There is a fixed BBQ located under the canopy by the club house. Members are encouraged to use this. Please clean the BBQ after you have used it. Do not place hot ash in the bins. If you use a BBQ on the grassed area you must ensure it is raised to avoid burning the grass. During the summer the club may ban BBQ on the grass area due to the fire risk. Please ensure you find out if this is in force.

## **Gate Security**

To keep the club safe and secure, please close the gate behind you every time you use it. You should not let anyone in without checking if they are members .

At the end of the day, the goals are simple: Safety and security.

## **Medical Information**

In the event of a medical emergency, knowledge of the casualty's relevant medical history and current medication might be of significant importance to those providing first responder care as well as to paramedics called to assist and to hospital staff should hospital transfer be necessary.

The club would encourage everyone to complete the outside of the medical information envelopes even if they write "no relevant information" on the form inside, so that the club knows "who to contact in case of emergency". This form is an

invitation to make more information available. It is not compulsory, and if you would rather not complete the form that is entirely up to you.

Completed forms will be held in individual sealed envelopes in a place designated for the secure keeping of confidential information and will be accessible at all times in the event of a medical emergency. Blanks are kept in the storage box (to be kept by the first aid box and defibrillator) in the clubhouse.

At the time of annual renewal of membership, members will be reminded that those who have completed a medical information form should consider whether it needs to be updated. However, it is the responsibility of the member completing this form to keep their information up to date, promptly and without waiting for the annual reminder.

There is no need to record medical events which can be of no significance in an emergency situation.

Examples:

- Atrial fibrillation (irregular heart beat) started on anticoagulants (blood thinners) – relevant
- Benign skin cancer removed - irrelevant

Members are encouraged to provide a copy of a recent hospital discharge or clinic letter, if applicable, if this lists relevant medical problems and current medication. It will give the hospital personal identification number for the individual making it easier for hospital staff to find hospital notes on admission. Hospital letters may be placed in the sealed envelope with this form, and need not be copied onto the form. Medical terminology will be understood by paramedics and by some members of the club, such as those who have medical, nursing, paramedic or pharmaceutical training.



[wosc.org.uk](http://wosc.org.uk)

Photo credits: Alan Lawrence, Stewart Eaton