



# RS Tera Open Meeting

Sunday 11<sup>th</sup> June 2017

## Entry Form

Entry deadline is 6th June or whenever the maximum entry has been reached.

Sail Number :	Rig : Sport / Pro ?
Boat's Name :	
Helm's Name : M / F	
Date of Birth :	
Sailing Club :	
Home Address:	Post Code:
Home Telephone :	
Name of Parent/Guardian :	
Parent/Guardian Mobile No. :	
Email : <b>PLEASE PRINT !</b>	

Please note that any communications from FPSC prior to the event will be via email so it is important to include this and important that we can read it !

**Entry Fee – £15 per boat - includes lunch and hot dogs at the prize giving !**

Cheques payable to "Frensham Pond Sailing Club" please.

## Let's Do Lunch !

Please circle choices for the **HELM** only :

Main Course	Desert	Drink
Jacket Potato with Cheese	Fruit	Water
Jacket Potato with Beans	Chocolate Bar	Juice
Pasta Bake		

Support crew will also be able to buy lunch on the day. Please help us to plan by indicating how many others are likely to be eating in addition to the Helm :

Adults :

Children :

**And please don't forget to sign the form on page two !**

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Please post this form with your cheque to :  
**FPSC RS Tera Open Entries, c/o 7 Hollycombe Close, Liphook, GU30 7HR**

**Medical Conditions :**

If you have any medical conditions that FPSC should be aware of then please provide information on a separate sheet of paper and enclose this in an envelope clearly marked “**Confidential Medical Information**” and with the **helm’s name**.

Please include details of any medications being taken; details of any medication that you carry; and state when and how you take your medication.

**The use of photography/video**

FPSC recognises the need to protect the safety and welfare of young people taking part in sailing. It will not arrange for photographs or videos of young people to be taken without the consent of their parents/carers.

Images will be used solely for which they are intended, i.e. for coaching/training, recognising achievement or promoting club events by publishing photographs in club newsletters, websites, newspapers etc.. No personal information will be included without your explicit consent. If you become aware that images are being used inappropriately you should inform a club official immediately.

**Declaration :**

- I confirm that I am insured against third party liabilities of at least £1,000,000 and understand that FPSC does not accept responsibility for checking insurance.
- I am a member of the Class Association and the boat has (where appropriate) a valid measurement certificate.
- I agree to be bound by the Sailing Instructions for the event and the Racing Rules of Sailing.
- I agree that photographs may be taken of the event and used by FPSC under their copyright.
- I understand and accept as my responsibility the dangers associated with Sailing.
- I have read and fully understand the information entitled “Blue-Green Algae – The Facts” printed below and in the event of any loss, damage, personal injury or death arising from contact with the water I understand that Frensham Pond Sailing Club will not be liable for costs or damages because I have voluntarily accepted the risk associated with water containing blue/green algae which may be evident in Frensham Great Pond.

**Please confirm your acceptance of all the above by signing below :**

<b>Helm’s Name (Print)</b>	<b>Signed</b>
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**Declaration by Parent or Guardian for Helms Under 18:**

I confirm that the helm is competent to take part in the event. He/she will be in my care and I shall remain in or about FPSC and contactable on the mobile phone number provided above throughout the event.

<b>Parent’s Name (Print)</b>	<b>Signed</b>
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## **Blue-Green Algae - The Facts**

### **What are Blue-Green Algae?**

Blue-green algae – the one most fresh water sailors are concerned about – may discolour the water so that it appears green, blue-green or greenish-brown. During calm warm weather the algae can rise to the surface to form scum – this may be like blue-green paint or jelly and may form flocs. Wind will make the scum accumulate on lee shores and sometimes the algae releases toxins into the water. Thus because it is found in high concentrations in the shallow water there is a greater risk of contact with toxins. (N.B. They do not always release these toxins and it is possible to tell from the concentration of algae whether they are producing toxins or not).

Some marine algae look like sewage but are perfectly harmless, although a trifle smelly! (This occurs when the algae break down as the algae die and then forms creamy-brown foam).

Natural foams do occur. An extract from seaweed 'alginate' is also used to stabilise heads on pints of beer. It can also stabilise foam produced by waves on cliffs and rocky headlands.

### **Is Blue-Green Algae dangerous?**

Yes possibly, if contact is made with the algae toxins and affected water is drunk. It is deadly to animals if they drink algae infested shores or eat the scum but has not been fatal in humans. The following problems can occur:

- Skin contact – rashes and eye irritation.
- Swallowed – vomiting, diarrhoea, fever and joint and muscle pain.

### **How does it affect Sailors?**

When launching and recovering boats and capsizing in shallow water.

The only way to avoid contact with the algae is to wear tight fitting clothing, avoid capsize in the shallow. Wash boat and clothing off with running water after sailing and wash clothes immediately after contact. If capsize righting drills have to be carried it is safer in deeper water where the concentrations of the algae are much smaller.

### **Is it safe to sail despite the warnings?**

Concentrations of algae vary from day to day, hour to hour and minute to minute. In particularly hot summers the Health Authorities may deem it so severe, that they close that area of water. Otherwise take sensible precautions. Invariably a notice to the effect that 'blue-green algae is present and they take no responsibility should you enter the water' is about the only guidance the local Environmental Health will offer! (Land owners have a duty of care to display notices if instructed by the Local Authorities).

### **Can the algae be destroyed?**

Algae feeds off the nutrients leached into the water through farm fields (nitrogen and phosphorous). The only way to destroy it is to filter all the water and bottom of the affected water through copper. Highly expensive and not 100% guaranteed. Or by placing barley straw in the water – again not proven to be 100% successful. It is filtered out drinking water with sand filters.