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| David Taylor | Director |
| Brian Hogg | Operations Manager |
| Scott Kershaw | Support Manager |
| Andy White | Training Manager |
| Claire Mansbridge | Secretary |
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**TEAM ENDEAVOUR RACING – SEASON CERTIFICATION AND MEDICAL 7/8 MARCH 2020**

**INTRODUCTION**

1. In order to race, all crew are expected to attend this training day at Marchwood Yacht Club (MYC), Southampton. Training will take place over 2 days, during which you will undertake a basic medical examination, race instruction, safety instruction and CPA examination. This will be an opportunity for all crew, shore support, photographers and the management team to get together.

**ADMINISTRATION**

1. **Location:** Maritime Avenue  
    Marchwood  
    Southampton  
    Hampshire  
    SO40 4AD

**Date**: 7/8 Mar 20

**Time:**  1000 – 1500hrs each day

1. **Accommodation:** Accommodationcan be provided for those travelling long distances. Please advise the Director, David Taylor of your requirements by emailing [enquiries@teamendeavourracing.co.uk](mailto:enquiries@teamendeavourracing.co.uk) or phone 07825175407
2. **Meals:** No meals or refreshments are provided; however, refreshments should be available at the MYC clubhouse.
3. **Documentation:** Please bring **2 passport size photographs** and details of all medication you are taking. You will also need to bring your **RYA PB2 Licence**. For those who have not completed the TER training declaration, this will be done on the day. Attached is a pre assessment theory and CPA documentation. Please do not let these put you off the training day.

**TRAINING PROGRAMME**

6.All timings except arrival time are approximate and subject to change due to weather and conditions:

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| 7 Mar 20 | 1000hrs | Please report to Marchwood Yacht Club (map below) where you will be met by one of the Team Endeavour Racing staff. |
|  | 1015hrs | Introduction briefing |
|  | 1030hrs | Medical, administration, presentations |
|  | 1230 hrs | Lunch |
|  | 1300 hrs | Presentations and examination |
|  | 1500hrs | Finish |
|  |  |  |
| 8 Mar 20 | 1000hrs | Arrive |
|  | 1015hrs | Safety brief |
|  | 1030hrs | Boat preparation |
|  | 1130hrs | Capsize drills |
|  | 1230hrs | Lunch |
|  | 1300hrs | Boat Handling |
|  | 1430hrs | Washdown and debrief |
|  | 1500hrs | Finish |

1. During each day, all photographers will be briefed on the season. This will be the opportunity to discuss equipment, experience and each other’s expectations. For those who do not have their RYA PB2 qualification and intend to race, arrangements will be made to complete this training.

**KIT LIST**

1. No matter what the forecast, we recommend you come prepared for all weather. Expect to get wet, so please bring the following:

* Hard wearing trousers, which could be lightweight cotton trousers or jogging bottoms. These should be preferably quick dry and avoid jeans.
* Water/ wind proof jacket.
* Layers of upper body t-shirts, technical long sleeve tops and/or fleecy jumpers. (It is better to wear more layers, than just one warm jumper layer.)
* Non-marking, soft-soled flat shoes to wear on board; sailing boots, deck shoes, trainers or sailing boots, with warm socks. (not black soled shoes).
* Sleeping bag, pillow, wash kit and towel.
* Wet suit if you have it

1. There are changing rooms and showers available in the clubhouse. Safety helmets and lifejackets will be provided.

**TRAVEL**

1. All travel to and from all training is at your own expense. If the recovery event is on your IRP, your unit may support travel and food via JPA

**Points of Contact:** Director - David Taylor 07825175407

Operations Manager – Brian Hogg 07341853199

Support Manager – Scott Kershaw 07904757893

**Please email your intention to attend.** This forms part of your sports recovery, maximum attendance is expected for those who intend to race for the season, as the costs of your licence, training and participation are substantial.

***David R Taylor***

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Director

Team Endeavour Racing UK Ltd