

## Welcome Notes

The following information should help you prepare for your visit, however if you have any questions or queries prior to your arrival please do not hesitate to contact us on 0300 300 3112 or via email [info@plasmenai.co.uk](mailto:info@plasmenai.co.uk).

**COURSES/ACTIVITIES:** Generally our courses run from 09.15-17.00 with one hour for lunch. Some courses and activity times vary so please double-check the course information on our website for any variations. Please ensure you arrive 15 minutes prior to your course start time for registration.

All our cruising courses start at 20.00 either on Sunday night for week courses or Friday night for weekend courses.

All participants over 18 years are required to complete and sign an Acknowledgement of Risk form on arrival, or download one here and hand it in to reception on arrival.

All under 18's are required to have a parent/guardian complete and sign a Parental Consent form, this can be downloaded from the course information at [www.PlasMenai.co.uk](http://www.PlasMenai.co.uk) or can be completed on arrival, without this form participants will not be permitted to take part.

**KIT & EQUIPMENT:** Plas Menai will provide you with all necessary kit and equipment relevant to your course. Depending upon your course, items may include; wetsuits, waterproofs, buoyancy aids, helmets, spray decks & harnesses. For cruising and advanced powerboat courses you will be given a life jacket and coastal/offshore waterproofs.

**WHAT TO BRING WITH YOU:** Outlined below is a general list of what to bring with you. A few courses require some additional items. Please check your specific course information for more details.

Plenty of warm clothing, thermal base layers, fleeces, tracksuits

A change of footwear for on the water (old trainers, wetsuit boots, wetsuit shoes – Please note: Crocs and similar are not suitable)

Swimwear and a towel

Hats and gloves

Sunblock and sunglasses

Flask/drinks bottle

50p for lockers (refundable)

Personal toiletries and medication

**CAR PARKING:** Car parking is available on site and is free, however please note cars are parked at owners own risk.

**WI-FI:** The Centre has free Wi-Fi and internet access. To access the WIFI you will need to login using an email address.



## IF YOU ARE STAYING AT THE CENTRE – RESIDENTIAL PACKAGE BOOKINGS

If you have booked the residential package you will be booked into one of our en-suite bedrooms in the main Centre complex.

**Arrival:** Your room will be available from 15.00 on the day before your course starts.

**Departure:** You must check out of your room by 09.30 on the morning of your departure.

**Late Arrivals:** Reception is open until 21.00. If you will be arriving after this time, please ring ahead and you will be given the access code to the back door entrance. On arrival please go to the bar to check in.

**Towels:** Towels are not provided in our accommodation, so please ensure you bring sufficient towels with you.

The meals included in your package are;

### Week Courses

Breakfast (Monday-Friday)

Packed Lunch (Monday-Friday) – Please pick up your packed lunch at breakfast

Evening Meal – (Sunday-Thursday – evening meals are served between 17.30-19.00)

### Weekend Courses

Breakfast (Saturday-Sunday)

Packed Lunch ((Saturday-Sunday) – Please pick up your packed lunch at breakfast

Evening Meal – (Saturday only – evening meals are served between 17.30-19.00)

### Day Courses

Breakfast

Packed Lunch

**USE OF LEISURE FACILITIES:** If you are staying at the Centre you may use the swimming pool during public sessions free of charge. Please show the attendant your key when you enter. You may also use our small fitness suite, but must complete a disclaimer form in Reception prior to use.

## NON-RESIDENTIAL BOOKINGS

If you have not added a residential package to your booking, no accommodation, food or drink is included in your booking. In this case, please ensure you bring a packed lunch with you or you may purchase a packed lunch from the Coast Cafe.

We look forward to welcoming you to the National Outdoor Centre and wish you a pleasant and enjoyable visit.