



# Experiences

*Brought to you by Children's Sailing Trust*

## Trevassack Lake

### Activity Joining Instructions

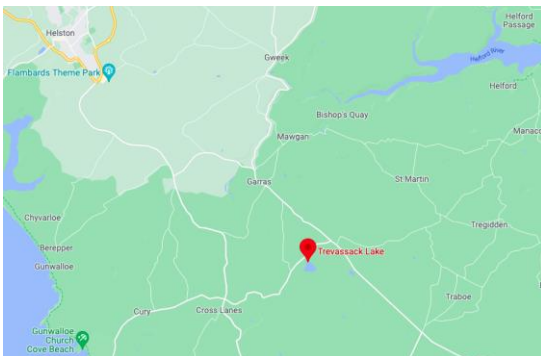
#### About Us

Children's Sailing Trust (CST), formerly known as Helford River Children's Sailing Trust (HRCST), was founded in 1997 by John Green with an aim to make sailing accessible for all local primary school children.

CST Trading Ltd is the activity provider for the Children's Sailing Trust. CST Trading Ltd is a wholly owned subsidiary of Children's Sailing Trust (charity no. 1165396). All profits from CST Trading Ltd are used to support the charitable work of Children's Sailing Trust.

CST operate at two locations: the Helford River and Trevassack Lake. For further information on watersports and activities visit: [www.cstexperiences.co.uk](http://www.cstexperiences.co.uk) and for more details on the charity and fundraising opportunities: [www.childrenssailingtrust.org.uk](http://www.childrenssailingtrust.org.uk)

#### Where to find us: Trevassack Lake



Trevassack Lake is situated on the Lizard Peninsula, between Garras and Goonhilly, about 5 miles south of Helston.

**Trevassack Lake**  
**Helston**  
**TR12 6LH**

**What3words:** ///pirates.multiples.goofy

#### Upon Arrival

Please sign at the Watersports Hub. There you will be introduced to your instructor or directed to the course meeting point. We recommend arriving 15 minutes before the course start time.

#### Course Timings

Please see the website and/or the confirmation email regarding the specific course/session times.

#### Supervision

All U16s remain the responsibility of their parent/guardian until they are signed in/out of the activity session with the CST Activity member on duty at the meeting point. A parent/guardian **must** be present promptly at these times so as not to cause delay to CST operations. Where the parent/guardian is planned to not be present at sign out, we require written permission from the parent/guardian, outlining the details i.e. nominate another adult for signing out, or to allow the child to sign out without an adult present.

## Late Arrivals, Pick Up or Unattendance

If you need to report an absence or delay please contact us as soon possible by contacting the CST office on 01326 702326 as it can affect operational decisions.

*Please note - if you are late or unable to make the session start time we may not be able to take you on the session. Any missed timings may affect the course outcome.*

## Changing Facilities & Toilets

We have 4 changing rooms, 2 'Changing Places' facilities, 1 accessible wet-room with toilet and 2 further toilets for use by activity students.

## What to bring

We provide all the specialised outdoor apparel - buoyancy aids, lifejackets, wetsuits and helmets free of charge to those on courses. They are also available to hire.

As a minimum, please bring to all CST activity sessions...

- Any medication that might be needed
- Filled water bottle

Other items that can be useful depending on the conditions and time of year:

- Hat (woolly or sun)
- Suncream
- Windproof top – cagoule/waterproof jacket
- Wetsuit (if you have your own)

### Water-Based Activities

(Dinghy, Wet 'n Wild, Birthday Parties, Tasters etc)

- Footwear – wetsuit shoes or boots, or shoes that won't come off in the water e.g. old trainers. Please note flips flops, crocs or bare feet are **not** permitted.
- Towel
- Full change of dry clothes

### Powerboat & Floating Classroom Activities

- Waterproof trousers & top
- Footwear (non-slip footwear, you shouldn't get wet but being around water it is always possible). Please note flips flops, crocs or bare feet are **not** permitted.
- Spare change of clothes
- Towel

If you have any questions on what to bring please contact the CST office.

## Health & Water Confidence Declaration & Medication

All activity participants are required to provide a completed 'CST Health & Water-Confidence Declaration' form prior to the start of the activity or course. Each declaration is valid for the year it is signed, provide that there are no changes to the details submitted. Any medication, including inhalers, that may be required during the session should be handed to the Instructor when you arrive. Please note that it is the responsibility of each participant to retrieve such items at the end of each session. No liability will be accepted for items not collected.

You can find the 'Health and Water Confidence Declaration' form as a link from your booking confirmation. Please contact us if you have any trouble accessing this.

## Valuables

As a general rule please keep valuables to a minimum. U16s are not permitted to bring mobile phones on site, unless specific permission has been sought from Reception by the parent/guardian. Valuable items can be secured in the lockers located in the changing room corridor with keys available from Reception.

CST can take no responsibility for the safety of valuables.

### **Viewing an Activity**

Whilst we encourage family members to come along and watch the activities taking place, we respectfully ask that anyone doing so does not impede the group whilst the CST activity is being delivered. We've found the presence of family members can distract the group from their learning or from listening to important safety advice, particularly younger children. A particularly comfortable place to view activities at the Lake is from the lakeside balcony with a refreshing drink and snack!

### **Inclement Weather**

We keep a very close eye on weather conditions and where we feel the conditions are too challenging or could affect safety, there are several options we explore before cancelling a session. We do not typically cancel or reschedule youth sessions, as there is always something fun we can do to develop confidence on the water and progress learning. In other cases, depending on the weather and the course, we will review the course content with safety and learning in mind.

Sometimes in inclement weather...there is no better place to be than in or on the water! But please rest assured that the safety of all involved is always our priority.

### **Refreshments**

We have a delicious café on site serving hot/cold drinks, snacks and meals. These can be consumed in our indoor café seating area, on the lakeside balcony or for takeaway.

Users of Trevassack Lake are welcome to bring their own refreshments, with the picnic benches around the site available for use. We respectfully ask that all rubbish is cleared up after use.

### **Need to Know**

Some CST & local guidelines:

- Parking is available in our car park, with two dedicated accessible parking spaces.
- Photography is restricted to the Senior Team only. Please talk to Reception or a Senior Activity Instructor if you wish to take any media of a CST session. This is for the protection of all our participants.
- The CST '*Safeguarding & Child Protection Policy*' can be found on our website and is displayed in the Reception area (if you require further information please contact Reception or the Designated Safeguarding Officer)
- All attendees of CST courses and activities are asked to adhere to the '*CST Code of Conduct*'
- Dogs – assistance dogs and well behaved dogs on leads are welcome on site in the designated areas. Please do not allow dogs to enter the water and ensure all dog mess is cleaned up swiftly (using the dedicated dog bins)

### **Safeguarding Children and Vulnerable Adults**

The Designated Safeguarding Officer and Centre Welfare Officer is Jakie Jewell, CEO. You can contact Jakie at any time with any safeguarding questions or concerns: [jakie@childrenssailingtrust.org.uk](mailto:jakie@childrenssailingtrust.org.uk)

You can find more information on the CST Safeguarding Policy and reporting procedures in the CST Safeguarding Policy, found on our 'Activity Documents page' (details below).

### **Children's Sailing Trust Activity Documents**

Please find copies of the activity documents and policies on our website -  
<https://childrenssailingtrust.org.uk/activity-policies-documents/>

**Cancellation and Refund Policy**

You can find all information relating to refunds and cancellations within the Activity Terms & Conditions:  
<https://childrenssailingtrust.org.uk/activity-booking-tcs/>

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We look forward to welcoming you to your chosen CST activity. If at any point you or your child have any concerns, please don't hesitate to let us know and a member of staff will endeavour to resolve your concerns quickly and sympathetically.

Happy Adventures!

The CST Activity Team

[hello@cstexperiences.co.uk](mailto:hello@cstexperiences.co.uk) | 01326 702326

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