

Group leaders

Thank you for your booking with Buzz Active. Below you will find what is needed by all participants before arrival to the centre.

- A completed booking form with any medical information listed on it. (if it's a group booking/school booking a separate sheet must be filled in with the students names, contact information and any medical conditions listed on it) A 20% deposit will be required to confirm your booking.*(not to worry if you're a school)

All participants must be confident in the water we recommend that they should be able to swim 25m unaided.

All the items listed below are essential for all courses/ activities upon arrival to the centre:

- A pair of old trainers which will get wet.
- A towel
- Swimming costume/shorts to wear underneath the wetsuit.
- A pair of sport shorts to wear over the wetsuits.
- A course log book if you have one. (can be purchased at the centre)

The items listed below are needed if you are doing an RYA course or all day activity day.

- Some lunch (there are shops locally)
- Sun cream
- If you require literature this can be purchased through Spray or you can purchase directly from www.rya.org.uk (Participants of full courses will be provided a log book as part of the course)

Please note that East Sussex County Council, Buzz Active its authorised staff and volunteers are not responsible for your personal belongings and all items are left at the risk of the owner. Buzz Active can provide limited secure storage, however if its not needed don't bring it with you.

How to find us

A map of how to find us can be found on the website www.buzzactive.org.uk

We would like to take this opportunity to thank you for booking with Buzz Active, Have fun!