

Lanzarote

ANDY LAWRENCE



Thanks for the interest in the Lanzarote courses.

Please check out the info below and follow the instructions to book up.

(Our terms and conditions of booking are here: www.robbarber.com/coaching_holidays-terms.html.)

Warm regards,

Rob

HERE'S THE LOW DOWN...

Does escaping the cool waters of England for a week or two of bodyboarding and chilling out in tropical temperatures sound like a good idea to you?

Well now's your chance with Rob Barber's Bodyboarding Holiday's, Lanzarote.

The course caters for groups of riders of mixed ability, surfari-ing around the island scoring the best conditions each day. We use the best coaches in the game to help teach you to bodyboard or improve your current riding ability whilst enjoying the incredible climate, meeting like minded bodyboarders and generally chilling out.

It's a totally laid back trip with the emphasis being on having fun, increasing your skill level and enjoying the warm water surf. You can bodyboard as much or as little as you want.

HOLIDAY INFO

Tour: Lanzarote

Duration: One week course

Dates: 18-25 February 2010

Price: £439

Ability: Complete beginner to shredder.

Even though Lanzarote is only a three and a half hour flight away, it is a world apart from Britain. Being only a short way off the African coast has its advantages; hot and dry weather conditions being one, prevailing offshore wind and constant swells from the North Atlantic being notable others. Add them together and you get the perfect surf and adventure destination.

OUR AIM

Our aim is for you to get away from the cool waters of Britain, soak up the sun, really develop your bodyboarding skills and confidence and at all other times, relax and make new friends while enjoying the awesome scenery on the tour.

The trip offers a great tune up during a long cold winter, or a great introduction to the sport. We started our Coaching Holiday's in 2001 and our tours are still the best value for money by far. The quality



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and the experience of the coaches can't be matched. All the coaches are British Surfing Associated qualified, insured, experienced lifeguards some with 20 years surfing experience and 15 years world wide travelling experience.

WEATHER

The Canary Islands usually benefit from good year round surf conditions. Water temperature is a comfortable 18°C-20°C, air temperature 18°C-30°C during the day and 12°C-17°C at night. After your short flight you will be met at the airport by a member of the team, our base in the tourist resort of Puerto Del Carmen is ideally placed for access to any of the coasts to take advantage of the best daily conditions.

ACCOMMODATION

You'll share self catering apartments with all the comforts that you could need (an email with pictures etc of your accom can be supplied on request). During the duration of your stay with us in Lanzarote you can be coached to the level of your bodyboarding ability, we cater for novice to competing ripper, using a ratio of no more than ten pupils to each coach with a top level range of coaches and often much smaller ratio's.

We surf, eat and hang out with you, making sure your stay is safe. You'll improve your bodyboarding skills, make lifelong friends and have plenty of fun. With such pleasant conditions out there, warm water and good weather, what else would you want to do in winter?!

BOOKING AND PAYMENT

The cost of the trip is £420 for a week. Payment can be made in full immediately or by a £100 deposit immediately with the balance paid 30 days prior to your departure (depending on your chosen departure date). Call us with your card details (card payment incurs an additional 2% charge) or post a cheque for £420 made payable to 'M Searle Bodyboarding Holidays Trustee A/c' We will let you know when we receive this (Please call us if you would like to arrange instalment payments). Postal address (for cheques): Rob Barber, Orca Publications, Berry Road Studios, Berry Road, NEWQUAY, TR7 1AT ENGLAND

The cost of the trip includes:

- Airport meeting in Lanzarote
- Self catering apartment accommodation
- 6 days coaching tuition (minimum)
- Video analysis
- Surf guiding
- Airport departure

ITINERARY The week's (flexible) itinerary will (conditions permitting!) be as follows:

(those that are staying longer than a week will have a slightly different itinerary):

Thur - Arrivals day, pick ups and settle into apartments. Welcome meeting in the evening.

Fri - Surfari and Bodyboarding tuition *

Sat - Surfari and Bodyboarding tuition

Sun - Surfari and Bodyboarding tuition

Mon - Surfari and Bodyboarding tuition

Tue - Surfari and Bodyboarding tuition

Wed - Surfari and Bodyboarding tuition

Thur - Crew change day, Airport departures.* Each evening when bodyboarding footage has been shot (daily when conditions are suitable!) video footage is reviewed.

THE DAY THAT YOU TRAVEL

On the day that you travel please keep your mobile phone on (except when flying of course) so that we can stay in touch in case of delays, changes etc. If you could drop me a text (07974729639) from the airport to say that you are on time/delayed/early, that would be a great help.

Rob or one of the other coaches will meet you at the airport. We'll be stood just outside the sliding doors that you go through after collecting your luggage (due to delays etc there is a very slim chance that we may be five minutes away, please wait within the terminal at the large statue of lava rock that is facing you as you walk through the sliding doors from the baggage reclaim area). From



there we will head back to your apartment to chill out and get your bearings. Each day from then on will take the form of an all day surfari. Cruising to the break that has the best conditions each day, and bodyboarding as much or as little as you like! After each day we'll check out the video footage from the sessions. At the end of the week you'll return to the airport in good time to catch your flight home.

COURSE ENROLMENT FORM YOUR DETAILS

Full Name:
 Home Address:

 Age Date:.....
 Telephone numbers - Land: Mobile:

PERSONAL INSURANCE COVER

Personal Insurance cover telephone contact details

 Personal Insurance company name and cover policy number
 NEXT OF KIN Name and contact numbers (and address) of parent / guardian / partner (please specify)
 next of kin:..... Land:.....
 Mobile:..... Address:.....

MEDICAL CONDITIONS If you suffer from any medical condition that may affect your safety, or the safety of other water users, please give details in the space below AND bring it to the attention of your instructor. All medical information will be treated in confidence and will not be disclosed to anyone other than bodyboarding school staff dealing with you. Conditions which should be disclosed include: heart problems; epilepsy; allergies; medication being taken and any condition likely to be made worse by participating in a surfing/bodyboarding course.

TRANSPORT I understand that transport to and from the beach has not been included within the price of the package holiday, payment has been received for beach and in water coaching sessions, video analysis and accommodation. At the proprietors expense the group will be hiring vehicles. Although vehicle insurance's will be taken out, no indemnity will be accepted for clients own road risks.

BELONGINGS I understand that Rob Barber's Bodyboarding Holidays and their staff, whilst taking all reasonable care, cannot be held responsible for any loss of, or damage to, their clients personal belongings or valuables.

SWIMMING ABILITY I am able to swim 50 metres in open water.

TERMS AND CONDITIONS I have read and agree to the terms and conditions. (www.robbarber.com/coaching_holidays-terms.html)

DATES

Dates of chosen coaching holiday, from: till:

Signed:

NB: Parent or guardian to sign if the student is under 18 years of age.



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Where did you hear about the holidays?.....

Do you mind being added to our mailing list so that you are made aware of upcoming coaching events, trips and offers? (please circle) Yes please. No Thanks.

FLIGHTS You need to book your own flight. We use Dellen or Lesley at Wickers World Travel (01637 875255). If you call them just mention 'Rob Barber's Lanzarote trip February'. Feel free to book your flight independently if you choose though and make sure that when you are hunting for the best deal your supplier is ABTA or ATOL bonded.

When your flight is booked (the earlier the better!), I need you to fill in the following info and return to me.

Name of Airline.....

OUTBOUND

Departure date.....

Where are you flying from?.....

Departure time.....

Flight number.....

Arrival time.....

INBOUND

Name of Airline.....

Departure date.....

Departure time.....

Flight number.....

Arrival time.....

BAGGAGE AND EQUIPMENT

PLEASE CHECK YOUR BAGGAGE SIZE, NUMBER AND WEIGHT ALLOWANCE WITH YOUR AIRLINE.

ESSENTIALS

One clothing bag — suitcase or backpack One summer weight (3/2mm) wetsuit or if you prefer a 'shorty' wetsuit will be fine. A couple of pairs of well fitting boardshorts/ bikini/swimming costume. A Lycra rash vest. One or two bodyboards in a bag with a leash. (Pack in a protective, padded board bag. Write fragile and Top Load Only on it in permanent marker, If you're travelling with a wetsuit, wrap it around your board inside your board bag, then wrap towels around as well for added protection, if you can lock the zips with a travel padlock then do so). One pair of swim fins (plus spares if you have them). A pair of flipper slippers or fin socks. Wax. Travellers cheques/Euro's/Debit/credit card. Tickets/ Travel itinerary. Make sure that you pack any medication needed during the coaching week. Make sure that you advise Rob and his coaching staff of any medical complaints/conditions prior to the trip. (Bedding is supplied, sleeping bags are not required.) (No jabs are required for the Canary Islands.)

Optional (but recommended):

TOILETRIES AND FIRST AID

First aid kit containing: Scissors, bandages, plasters, antiseptic, sting cream, burn cream, steri-strips, Betadine, pain killers, Compeed pads for fin rubs (available from the chemist). Sun protection — cream, hat, after sun etc. Toiletries — including Vaseline for wetsuit rubs and talcum powder for sweat rash. Place shampoo etc. in a separate sealed carrier in case of leakage. Ear plugs / Blue Tac (if required). Bottle or flask to carry water at all times.

DOCUMENTATION

Passport Guide Book/destination info — photocopies are easier to carry.

HEALTH AND SAFETY

Health & safety Online medical advice for travellers can be found at www.doh.gov.uk. Otherwise, for medical advice regarding your journey, please contact your GP or the Department of Health, Health Literature Help Line on freephone 0800 555777. The Foreign and Commonwealth Office (FCO) issues up to date information on safety issues for many countries world-wide. Contact the FCO Travel Advice line on 020 7238 4503/4504, BBC Ceefax or www.fco.gov.uk/travel.



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RANDOMS

Travelling entertainment — iPod, books, copy of ThreeSixty(!) etc. Travel bag, locks and luggage labels. Swiss Army knife — Ensure all sharp objects are put in your main luggage bag that is to be placed in the hull. Alarm clock. Camera, film/memory card and journal. Mobile phone: change answer phone message on your mobile to say that you're away so to send text messages if possible. Also ring up your service provider and make sure that your phone will work abroad (if you require it). Pack a couple of bin bags. Often not available in foreign countries, they're handy for transporting wet gear around or protecting your dry kit from the rain.

FINALLY!

CHECKLIST The next thing to do is choose the week/s that you want to spend with us, print out this email, then:

- Arrange your booking by calling or emailing Rob (to check availability),
- Check out Flight prices (booking early means cheaper flights!)
- Read our terms and conditions of booking: http://www.robbarber.com/coaching_holidays-terms.html
- Pay your deposit or the whole amount in order to reserve your place.

When you have the relevant info you should then forward:

- Completed enrolment form.
- Completed flight details form.

A final enrolment form will be sent out to you before departure which also needs signing.

PLEASE POST TO:

Rob Barber, Orca Publications, Berry Road Studios, Berry road, Newquay, Cornwall, TR7 1AT.

Email: Rob@orcasurf.co.uk Mobile: 07974729639. Feel free to contact me with any questions.

Catch up with you soon!

Regards

Rob
ROB BARBER, Manager
ROB BARBER'S Surf and Bodyboarding Coaching Ltd.



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