

# SPORTS AREA

## MEMBERSHIP MANUAL 2025

Welcome to the Subscription Program of the Club Nàutic l'Escala!

In this guide, you will find information and frequently asked questions about the Club's fleet subscription services. At the end of the document, you will find links to documents and videos.

### How to access the fleet subscription service?

1. **Minimum level and autonomy:** You must be able to prepare your boat, leave the port, follow the guided activity and return to port without assistance.
2. **Ho to certify my level?** If you have not achieved the minimum level with us, you must participate in a Guided Tour or take a level test to certify it. The test fee will be deducted from the registration fee.
3. **Payment:** You must have paid the registration fee and the monthly membership fee (between the 1st and 5th of each month). Invoices will be available on the Club Nàutic L'Escala app.
4. **Federative License:** You must have a federative license or equivalent insurance.
5. **Contract:** You must sign the contract for the use of the boats.
6. **Deposit:** Commitment to a deposit of 100€ (200€ for Plus Memberships).

### Types of memberships

- **Rowing Membership:** For kayak, stand-up-paddle and sea rowing.
- **Basic fleet membership:** For dinghy Sailing, Catamarans, kayak, stand-up-paddle and sea rowing.
- **Plus fleet membership:** Includes cruising boats, J70 monotypes, foil boats, dinghy Sailing, catamarans, kayak, stand-up-paddle and sea rowing.
- **Family Membership:** For families (up to 4 people) in the fleet membership modality.
- **Extension to the family membership:** Allows the use of cruising boats or adding an additional member to the initial 4 (minimum of 8 months)
- **Racing Team membership:** For support in sports projects or official competitions and regatta teams (annual commitment).

### Membership changes

- You can change your membership anytime, excepte for the Racing team membership. You must notify us before the 20th of the previous month. Please note that a minimum of 8 months of membership is required.

### Incorporation of new users to the family membership

- You can add new users from the same family unit by paying the registration fee, the corresponding membership fee, and the sports membership fee.

### Available activities

- **Guided tours:** Directed sessions for all modalities, free for members with prior reservation.
  - The cruising modality is limited to 2 free outings a month. If an active member does not participate in one of the monthly outings, they can make it up in the

following months. If the instructor determines that 75% of the activity could not be completed properly due to weather conditions, members will be able to make up the session.

- **Rental:** Free use of equipment associated with the membership (except for cruising). The rental duration is a maximum of 2h per day/modality, except for J70, which is 3h.
- **Technical courses:** Free access to 3 advanced courses scheduled per user.
- **Extracurricular Activities:** Free access to the Extracurricular program (September to June)
- **Meetings and Regattas:** Participation in activities of the Club's sports sections.

### Guests

- You can bring guests crew members for the boat rental service, with an additional cost. Each subscription includes 3 free invitations per year for different users (except in July and August).

### Reservations

- **App:** Reserve activities and equipment by logging in with your user account.
- **Website:** Reserve activities through the Activity Reservation section, using the code that will be provided to you.
- **Regattas and Meetings:** Reserve through the Club's Agenda.

### Rules to follow

- Report to the sports office before using the boats to familiarize yourself with the safety area and the assigned boat.
- Do not reserve a spot for activities above your skill level.
- Do not reserve activities or equipment that you will not use. Cancellations must be made 7 days in advance.
- Be punctual with the return of the boat and respect the assigned navigation area.
- Report any issues before going out on the water and after the activity to the office. Once the subscriber puts the boat in the water, it is considered to be in perfect condition.
- After finishing the activity, properly rinse the boat, store all equipment in its designated place, and leave the boat properly secured, with the cover on and well fastened.
- If you use the school's water clothing, rinse it properly and hang it in its place.

In the event of detecting non-compliance with the maintenance of the facility or equipment, or with the punctual or repeated failure to follow the rules, the Club may liquidate the deposit established according to the signed service agreement

### Activity Hours

- **Winter (November to March):** Tuesday to Saturday from 10:00 AM to 5:00 PM, Sunday from 10:00 AM to 3:00 PM.
- **Spring and Autumn (April, May, June, September, and October):** Monday to Saturday from 10:00 AM to 7:00 PM, Sunday from 10:00 AM to 3:00 PM.
- **Summer (July and August):** Monday to Sunday from 9:00 AM to 8:00 PM.

- **Reservations outside regular hours:** If you have the advanced level, consult the club offices for conditions and hours.

## Parking

- Subscribers can access the Club's parking. Check annual rates at the offices.

## Personal Equipment

- It is mandatory to equip yourself properly (life jacket, appropriate clothing, and shoes). We provide life jackets, wetsuits, and water clothing for you to use.

## Navigation area

- The navigation area is limited based on wind intensity and your level of sailing.
- **Rental service will not be available starting at 20 knots of wind.**
- The safety zone will be notified by the office at the time of assigning the boat. It is mandatory for users to respect the designated navigation area.



ZONE 1: Dark green (under 11 knots)

ZONE 2: Light green (between 12 and 18 knots)

ZONE 3: Yellow (more than 18 knots)

### Sail in Blue!

The Club Nàutic l'Escala borders the Montgrí Natural Park, the Medes Islands, and the Baix Ter.

As a user of the Club, you are committed to preserving the natural environment that surrounds us, maintaining the facilities in good condition, and promoting respect for the environment that we all love

- Do not throw anything into the sea! Keep it on the boat and dispose of it in the appropriate container when you return to port.
- Help us recycle! Use the ecological islands, where you will find containers for each type of waste.
- Use reusable bottles! There is a water fountain available to refill them whenever you need.
- Use water responsibly. Turn off the hose when you are done using it.

## Cancellations

You must request them by email before the 20<sup>th</sup> of the previous month for them to be effective. Remember that the temporary cancellation has a maximum duration of 4 months.

## Reference documents

- [Get to know the Activity center of the Club](#)
- [Sport section of the Club](#)
- [Book your activity.](#)

- [Advantages for sports members](#)
- [Regatta and event calendar](#)
- [Annual calendar and contents of the guided tours](#)
- [Download the App](#)
- [How to book activities with the App](#)
- [How to book equipment with the App](#)
- [How to tie a boat down correctly](#)
- [How to prepare your boat for sailing](#)
- [Formative videos of sailing, rowing and cruise sailing](#)

Management.

L'Escala December 10 of 2024