

GUEST GUIDE



SITE MAP



IN CASE OF EMERGENCY

15

Medical
Services

17

Police
Gendarmerie

18

Fire Brigade

112

All
Emergencies

CONTACT

I2N Reception Office: 02 97 30 30 30

Local Gendarmerie : 02 97 50 07 39

Local Medical Practice : 02 97 50 07 43



accueil@envsn.sports.gouv.fr



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56 510 Saint-Pierre-Quiberon



www.envsn.sports.gouv.fr

RECEPTION



Reception Hours

Reception is open Monday to Friday 8:30 a.m – 5:30 p.m



Access Code

Your access codes were sent to you by email a few days before your arrival. If you cannot find them, please contact Reception



Contact

Reception: during opening hours

Emergency on-call (emergencies only): **+33 (0)6 72 71 45 48**

LIFE ON SITE



House Rules

The house rules are displayed in each building and are also available on our website



Pedestrian Site

Please park your vehicle in the Visitor Parking area. Driving within the site's internal roads is restricted to unloading sailing equipment or heavy logistic



Incidents

Any incident or malfunction must be reported to Reception



Group Leaders

The group leader is responsible for:

- Reporting any changes to participant numbers or the programme.
- Ensuring that the facilities are respected and house rules are followed.
- Reporting any incidents to Reception

ACCOMODATION



Towels

Towels are not provided in the Régate building. They can be rented from Reception for €5



Luggage Storage

Luggage storage is available after you have checked out of your room. Please ask Reception for details

RESTAURANT



Advance reservation is required to access the restaurant

Meal Times

Weekday Breakfast: 7:30–8:30 a.m

Weekend Breakfast: 7:45–9:00 a.m

Lunch: 12:00–1:00 p.m

Dinner: 7:00–8:00 p.



Packed Lunches

Packed lunches can be collected from the restaurant from 9:00 a.m

DEPARTURE

Before leaving, please:

- • Vacate your room by 9:00 a.m.
- • Strip your bed.
- • Leave the bed linen in the room.
- • Switch off the lights.
- • Close the windows.
- • Return any borrowed equipment.
- • Return your room key to Reception (or place it in the mailbox outside opening hours)

Lost key: 10 €.

SERVICES



Wi-Fi

Wi-Fi is available throughout the site after registration (name and email address)

The connection must be renewed every 24 hours



Gym

Access is restricted to adults (18+) and must be booked through Reception

Participants attending training courses may borrow an access badge



Espaces communs

During your stay, you can enjoy:

- Cafeteria (TV, table football, etc.)
- Basketball court
- Pétanque court
- Sports equipment available to borrow from Reception (balls, Mölkky®, etc.)

HOUSE RULES

→ Please respect quiet hours between 10:00 p.m. and 7:00 a.m.

→ Pets are allowed outdoors only and must be kept on a leash.

→ **Bringing alcoholic beverages onto the site is prohibited.**

→ Alcohol consumption is limited to drinks purchased and served in the restaurant or cafeteria, and is permitted only for adults.

→ Each participant must have valid insurance.

→ The I2N beach is reserved for water sports activities.

Swimming is not recommended.

→ Overnight stays in camper vans are not permitted. An exception is made for trainees staying in the designated camper van area.