



DC SAIL

INSPIRING MINDS THROUGH MARITIME EDUCATIONAL EXPERIENCES

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Dear Parents and Sailors:

Welcome to the DC Sail High School Sailing Program!

For those who are unfamiliar with DC Sail, our mission is to promote and sustain affordable, educational, recreational and competitive sailing programs for all ages in a fun and safe environment.

This ten-week course is subsidized by DC Sail, requiring a **\$550 registration**. Need-based scholarships are available. This registration fee includes a six-month DC Sail Basic Membership, which enables team-members to have access to DC Sail's boats and other programs through the off-season months.

Parent involvement is crucial to the success of our high school teams. We will need parental help in the areas of fundraising for new equipment, transportation to away varsity and junior varsity regattas, and support at our home regattas. At the pre-season meeting, we will ask that each team nominates a parent who is willing to be the main contact person on that team.

The number of spots available with our program is limited. Be sure to have completed the online registration and issued full payment. To complete the registration process, sailors are required to present the following hard-copy registration documents to coaching staff at tryouts or on the first day of practice. **Deadline for online registration is Tuesday, September 4, 2018.**

We look forward to working with parents and sailors!

Contact:

Abigail White, Head Coach
awhite@dcsail.org

Daniel Levy, Head Coach
dlevy@dcsail.org

Traci Mead, Director of Business Operations, DC Sail
tmead@dcsail.org



High School Sailing – Fall 2018

Rules & Regulations

Program Participation Checklist

Sailors:

Like any other JV/Varsity team we use practice time to teach and enhance skills. We expect the following out of our DC Sail sailors.

Attitude - demonstrate a positive, cooperative, and sportsmanlike attitude

Boat Skill - demonstrate competence and safety

Attendance – miss no more than 3 practices in the season*

Tardiness - tardy no more than 3 practices in a 3-week period (school dismissal time considered)

Attendance

- Sailors will attend each practice.
- Sailors should arrive on time to each practice.
- A sailor is considered “on time” if he/she is standing on the dock, dressed and ready by 4:00 pm.
- Sailors, and parents, are expected to communicate any anticipated absence and make arrangements for make up practices.

General Policies

- To ensure safety, sailors must follow the instructions of the coaches at all times.
- Good manners and sportsmanship are expected at all times.
- Appropriate language must be used at all times.
- Forms and registration fees must be completed prior to attending practice.
- The coaches make the final determination as to qualification to participate on a daily basis.

On-the-Boat Policies

- Coast Guard-approved Personal Flotation Device (PFD) must be worn at all times on the water and at other times as directed by the coaches (provided by DC Sail).
- Sailors will rig and sail their boats to and from the practice area in an orderly fashion.
- Sailors will return boats and equipment to proper storage areas and alert coaches immediately of any discrepancies or broken equipment.

Diamond Teague Park Piers Policies

- Sailors must speak at an appropriate volume when inside the property of Diamond Teague Park Piers.

Clothing Requirements

- PFD provided by DC Sail must be worn when on the boats.
- Shoes must be worn at all times (water boots are best).
- Dry or wet suit w/spray top required when wind + water temperature is less than 120° F.
- Appropriate sailing clothing/gear shall be worn at all times.

Transportation

- Transportation to and from the practice is the responsibility of the parent / student.
- Transportation for out-of-town events is the responsibility of the parent / student.
- Head Coaches will help coordinate a carpool and phone list.

Insurance

- Students are covered under NMHF insurance when on NMHF property.
- Students must be covered by their schools when traveling and participating in regattas and/or practices not held on NMHF premises.

*We understand that extenuating circumstances can occur, and we will work with the families to make accommodations.



High School Sailing – Fall 2018 Authorization and Consent to Medical Treatment of Minor

I, the undersigned parent or guardian of _____, a minor, do hereby consent to any emergency X-Ray, medical, or surgical treatment or hospital care which is deemed appropriate by, and is to be rendered to my child under the general or special supervision of any physician or surgeon licensed under the provisions of the Medical Practice Act.

It is understood that this authorization is given in advance of any specific diagnosis, treatment, or hospital care being required, but is given to provide authority and power on the part of the aforesaid agent(s) to give specific consent to any and all such diagnosis, treatment or hospital care which the aforementioned physician in the exercise of his best judgment may deem advisable; and neither said agents or organizations involved assumes any financial responsibility for exercising this action. This authorization is given pursuant to the provisions of the Civil Code for the District of Columbia.

Family Doctor: _____
Name Phone

Persons to contact in emergency:

I. _____
Name Phone

I. _____
Name Phone

Existing medical or learning problems:

Known Allergies (e.g. bee stings):

Health Insurance Policy Holder: _____

Social Security Number: _____

Plan and Group Number: _____

This authorization shall remain effective until revoked in writing.

Signature: _____
(Parent or Legal Guardian)

Address: _____

City: _____ State: _____ Zip: _____

Mother's Phone: _____
Home Work Cell

Father's Phone: _____
Home Work Cell



High School Sailing – Fall 2018 Student Code of Conduct

Please read the following provisions carefully. Both the student and a parent or guardian are required to sign below and return to NMHF.

The primary goal of the National Maritime Heritage Foundation High School Sailing Program is to train young men and women in the basic and advanced skills of sailing, seamanship, and competitive sailboat racing. Safe boat handling skills and good sportsmanship are important aspects of the program. To achieve these goals, NMHF requires all students to follow these rules:

GENERAL SAFETY

1. A Coast Guard-approved PERSONAL FLOATATION DEVICE (PFD) must be worn properly secured at all times when in boats and at other times as directed.
2. Students should wear clothing appropriate for prevailing weather conditions. Suitable footwear must be worn at all times. Open-toed footwear is not acceptable.
3. No glass containers are allowed anywhere on the grounds of NMHF or in the boats.

BEHAVIOR

1. Sportsmanlike conduct is expected of students at all times, on and off the water. Foul language, disruptive behavior, or disrespectful comments or gestures will not be tolerated.
2. No running, pushing, or unauthorized swimming is permitted.
3. Piers, ramps, and electric hoists are to be used only for their specified purposes.
4. Students will return boats and equipment to proper storage areas as soon as possible upon completion of the day's activities. All personal gear and items will be properly secured and the dock and ramp areas will be kept clean, neat and free from obstructions.
5. Student will not tamper with, use or borrow equipment or other items that do not belong to them. Unauthorized use of another's property constitutes theft.
6. Students must recognize that we are guests of Diamond Teague Park Piers.
7. Use of alcohol, drugs, and other banned substances is strictly forbidden.

STUDENT AGREEMENT:

I understand that in entering this sailing course I agree to obey all program rules as set forth by the program staff, that I will use utmost care in the use of boats and equipment, and that I will not engage in any horseplay or their disruptive behavior. I understand that failure to attend regularly, arrive promptly, and abide by the rules here set forth may result in my suspension or expulsion from the program.

Student Signature

Date

GUARDIAN'S AGREEMENT:

I understand the contents of this statement and agree to see to it that our child adheres to the program rules. I agree to assume the obligation for the expenses of repair and/or replacement of club/program equipment that is attributable to my child's reckless or irresponsible behavior. I agree to make an appointment for a parent-instructor conference, if requested.

Parent/Guardian Signature

Date



ASSUMPTION OF RISK AND RELEASE OF LIABILITY

NOTICE: This release form is a contract with legal consequences. Please read carefully before signing.

Prior to using DC Sail equipment and facilities I hereby freely and voluntarily agree to the following representations, waivers and agreements.

I know and understand that sailing is an activity with a risk of personal injury, property damage and death. I agree that I am responsible for abiding by all of DC Sail's rules and safety precautions including wearing a Personal Flotation Device (PFD) at all times when in the vicinity of the water, both on the dock and the boat. While participating in any DC Sail activity, I agree to operate the program's watercraft in a safe and proper manner and to observe the rules of safe seamanship at all times. I certify that I have no undisclosed physical or medical condition, which, to my knowledge would endanger myself or others while I participate in DC Sail activities. I hereby consent to receive treatment in the event of my injuring, accident, and/or illness during any DC Sail activity.

Being fully aware of the risks, conditions, and hazards associated with sailing, I HEREBY ACKNOWLEDGE that DC SAIL and THE NATIONAL MARITIME HERITAGE FOUNDATION, COASTAL PROPERTIES, and the GOVERNMENT OF THE DISTRICT OF COLUMBIA, their directors, elected officials, officers, employees, founders, members, sponsors, and other organization-affiliated individuals and/or entities are not responsible for injury, illness, death, or damage to personal property. I FURTHER AGREE TO WAIVE, RELEASE AND DISCHARGE for myself, my heirs, executors, administrators, legal representatives, assignees and successors an interest in any and all claims of damages for death, personal injury or property damage which I may have or which may result from my participation in a DC Sail activity. I agree that this is regardless that such injury or damage was the result of negligence or carelessness on the part of the persons or entities mentioned above, and whether such injury or damage was foreseeable or not, including such claims regarding the design, condition of any equipment utilized by me in all activities.

I further agree to forever HOLD HARMLESS and INDEMNIFY all person and entities identified above, specifically from any and all liability for death, personal injury or property damage resulting from my participation in DC Sail activities of any kind.

I give NMHF permission to publish photos, videos and recordings taken of myself during any DC Sail activity. I understand that I will not be paid any royalty or other compensation and I waive any right I may have to payment if a photo, video or recording is published.

I also agree, for myself and my successors, that the above representations are not mere recitals and that they are binding; and that should I or my successors assert any claim in contravention of this agreement, I or my successors shall be liable for the expenses (including legal fees) incurred by the other party or parties in defending against such a claim unless they are found liable for willful and wanton negligence. This document contains the entire agreement between the parties and if any term of provision of this agreement is found invalid or unenforceable, the remaining terms and provisions of this agreement shall remain binding and enforceable.

I acknowledge that I am 18 years of age or older, and that I have read and understand the contents of this document.

(Please PRINT Name Here)

(Signature)

(Date)

If participant is under 18,
(Please PRINT Guardian's name)

(Guardian's Signature)

(Date)