DC SAIL

INSPIRING MINDS THROUGH MARITIME EDUCATIONAL EXPERIENCES

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January 2020

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 course is subsidized by DC Sail, requiring a **$550 registration fee**. 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.

Important: Deadline for online registration is Friday, February 21, 2020, as capacity permits. We have sold out to capacity for the last five seasons and suspect this season will be similar. Early registration is strongly encouraged to secure your sailor's spot in the program. DC Sail will not offer "pro-rated" discounts or refunds once the season has commenced. Sailors are required to be fully committed to complete the season prior to registration. *(Late registrations will be considered on a case-by-case basis and based on availability. No discounts are available for late registrations.)*

Tryout dates for JV and Varsity will be posted by mid-February. Coaching staff will be in contact with sailors to assign tryout dates/times. We do not "cut" as a result of tryouts – it is just an opportunity for staff to evaluate skills and knowledge and to then assign sailors to teams and levels. There is no tryout required for Green Fleet sailors.

Practice days and the Spring 2020 regatta schedule will be posted to our webpage once confirmed.

We look forward to working with parents and sailors!

With best regards,

Traci Mead
Director of Business Operations - tmead@dcsail.org

High School Sailing – Spring 2020
Rules & Regulations

Program Participation Checklist

Sailors:

Like any other JV/Varisty team we use practice time to teach and enhance skills. We expect the following out of our DC Sail sailors, Green Fleet included:

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 and follow all rules 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 physically on NMHF property (Diamond Teague Park Piers.)
- Students must be covered by their family insurance policies when traveling and participating in regattas and/or practices not held on NMHF premises.

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High School Sailing – Spring 2020
Registration Form

Sailor's Name: _____
(Student) First Last

Address: _____
(Mailing) Number and Street

_____
City State Zip

Phone: _____ _____
Home Cell

Email: _____

School: _____

Grade: _____ Date of Birth: _____

Parent Name: _____
(Parent) First Last

Address: _____
(Mailing) Number and Street

_____
City State Zip

Phone: _____ _____
Home /Work Cell

Email: _____

Emergency Contact: _____

Relationship: _____ Phone: _____

Program Cost: $550.00 per student **paid before the first day of practice – Online registration and payment are due no later than Friday, February 21, 2020.**

Payment can be made by secure online web portal (PayPal). You need not have a PayPal account and can enter as a guest. Just scroll down a bit on the page when being prompted to log into PayPal and select the option to pay with a credit card. Need-Based Financial Assistance available upon request if you have an annual household income of less than $50,000.00 with verification, ***DC Sail will not offer "pro-rated" discounts or refunds once the season has commenced.***

As the parent or guardian of the above-named student I am aware of the requirements and expectations of the NMHF High School Program. I understand that I am responsible for my child's transportation to and from the sailing center and that I am responsible for my child during all after-school hours that sailing practice is not being held. The above named child has my expressed permission to participate in the High School Sailing Program at the National Maritime Heritage Foundation – Washington, DC.

Signed:_____ Date: _____
Parent or Guardian Signature

Signed:_____ Date: _____
Student (sign if 18 or older)

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High School Sailing – Spring 2020
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:
1. _____
Name Phone
1. _____
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

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High School Sailing – Spring 2020
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

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High School Sailing – Spring 2020
CONFIDENTIAL – Scholarship Application Form
(Complete only if applying for scholarship.)
(To be completed by parent or legal guardian)

Program Participant: _____

Parent or Legal Guardian: _____

Address: _____

_____
City State Zip

Telephone: _____

Email: _____

Program: High School Sailing Spring 2020 Tuition = $100 for Season

In order for the Program Participant to be eligible to receive a NMHF Scholarship, your **annual household gross** income for the previous calendar year must not exceed $50,000. Please attach copies of the following documents as proof of eligibility.

6a) Completed and signed IRS Form 1040, 1040A, 1040EZ or other tax form. (2019)

b) IRS Form W-2 and/or 1099 reportsvissued by Parent or Guardian's Employer. (2019)

c) Last Pay Statement showing gross income paid to Parent or Guardian for 2019

(Note: *Applications received without required documentation will not be considered, registration cancelled, and tuition paid will be fully refunded. All Scholarship Application Forms are kept strictly confidential.*)

I understand that financial support by the National Maritime Heritage Foundation (NMHF) of my child's participation in no way implies endorsement or a guarantee of safety on behalf of any sail training program. I understand that activities on the water carry some risk, and that I have examined the operations of the NMHF to the degree that I am comfortable in bearing responsibility for that risk.

Parent/Legal Guardian Signature_____

Date_____/_____/_____

National Maritime Heritage Foundation
DC Sail
600 Water Street SW
Unit 9-16
Washington, DC 20024

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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 biding 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)