



DC SAIL

INSPIRING MINDS THROUGH MARITIME EDUCATIONAL EXPERIENCES

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April 2021

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.

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 on the first day of practice.

Important: Deadline for online registration is Thursday, April 22, 2021, as capacity permits. We have sold out to capacity for the last five seasons and suspect this season will be similar. 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.)

Practice days and the home-based regatta schedule will be posted to our webpage once confirmed. There will be no league regattas for this "modified" sailing season. We will resume league activity in the Fall.

Please carefully review our COVID-19 Health and Safety Protocols and Policies on the next page.

We look forward to working with parents and sailors!

With best regards,

Traci Mead
Acting Executive Director - tmead@dcsail.org



COVID-19 Health and Safety Protocols and Policies

DC Sail is dedicated to the health, safety and wellbeing of our youth sailors and their families. With the guidance of US Sailing, CDC, and local governmental health entities, we have developed strong sanitation and procedural protocols as we reopened our operations. All staff are fully trained in these procedures, will be wearing face coverings, and sanitizing equipment, docks, surfaces, and the fleet after each usage.

With concern for the health and safety of your sailor, other students, and our staff, as you prepare for the season and for the duration, we respectfully request that sailors follow the COVID-19 recommendations for wearing face coverings in public, wash hands frequently, and please limit time spent in large groups.

Please review the following COVID-19 information carefully for how we will manage our program to assure a safe environment for your sailor:

Life Jackets and Face Coverings:

All attendees are required to wear face coverings while on the docks, which can be removed while on the water if sailing with a sibling. All sailors will be required to have their own personal life jackets. We will temporarily cease the usage of shared DC Sail life jackets.

Health and Wellness Protocols:

If a sailor is not feeling well or have other members of the household who are ill, they will not be permitted to attend practices or any regatta activities. We will be unable to provide partial refunds for missed days during the season, which has always been our policy and is especially important this year.

Sailors (and Staff) will have noncontact temperature screenings upon arrival. Any sailor not feeling well or with a temperature while at DC Sail will be isolated and sent home as soon as possible.

Any sailor that has positive tested for COVID-19, or has been in close proximity to someone who has the virus, will be unable to attend and only permitted to return after they are fully cleared by a physician and a documented negative COVID-19 test. No refunds will be issued.

In the case of a positive test for COVID-19 or self-quarantine, notification to DC Sail of the sailor's situation should be relayed to DC Sail as soon as it is confirmed.



High School Sailing – Spring 2021

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, 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 scheduled 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.

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 & Docks Policies

- Coast Guard-approved Personal Flotation Device (PFD) must be worn at all times while rigging and on the water. Sailors will be required to bring their own personal life jacket to practices and regattas.
- 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

- 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.

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.



High School Sailing – Spring 2021 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: _____

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 – Spring 2021 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



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 2021 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. (2020)
- b) IRS Form W-2 and/or 1099 reports issued by Parent or Guardian's Employer. (2020)
- c) Last Pay Statement showing gross income paid to Parent or Guardian for 2020

(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



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)