



Indian Lake Yacht Club 2010 Junior Sailing Camp

June 16-19, 2010

Attendees will receive instruction in Basic Sailing and Basic Sailboat Racing Techniques. Participants will receive a camp T-shirt and a certificate of attendance. Last but not least, the camp attendees will have four days filled with **FUN!!!**

Junior Sailors age 10-17 years

Cost \$80.00 for each Sailor

Indian Lake Yacht Club Members
Immediate Family \$60.00

\$10.00 Off with paid registration by May 1st

(First 20 registrations will be accepted, **deadline May 31, 2010**)

Registration Form

Sailors Name: _____ Date of Birth: _____ Age: _____

Address: _____
Street city state zip

Parents/Guardians Name: _____ Phone: _____

Basic Sailing: _____ ~~Basic Sailboat Racing~~: _____ Amount Fee Enclosed: \$____.____

Mail Completed Registration to: ILYC Sailing Camp
c/o Allen Shields
4271 Co Rd 9
Bellefontaine, Oh 43311

T-shirt size
Adult/S _____ M _____ L _____ XL _____

Bring remaining Medical, Permission, and Liability forms June 16th at registration and check-in

Indian Lake Yacht Club 2010 Junior Sailing Camp

The 2010 Junior Sailing Camp will be hosted by the Indian Lake Yacht Club June 16 through 19, 2010. The camp is open to children ages 10-17 years, who wish to learn the basics of small boat sailing, or be introduced to the sport of sailboat racing. Each day's program will begin at 9:00 a.m. and end at 4:00 p.m., with the exception of the first day, which will begin at 8:30 a.m. with registration. Each student will receive a camp T-shirt, instructional material and certificate of attendance.

Each student will be required to pass a swim test as a prerequisite to any sailing instruction. The swim test shall consist of floating or treading water for 1 minute without a lifejacket (personal floatation device, PFD). Swim any stroke for 25 yards without a life jacket. Swim any stroke for 25 yards while wearing a lifejacket (personal floatation device, PFD). Boys working on the Boy Scout Small Boat Sailing Merit Badge will have additional swim test requirements. See the Boy Scouts of America, Small Boat Sailing, Merit Badge Pamphlet for requirements.

Basic Small Boat Sailing:

The student will be presented instruction in sailing basics, knots, safety, weather, and first aid. Each student must have the ability to swim and pass a swim test as a prerequisite for all sailing instruction. The class size will be limited to 20 students.

Intermediate Sailing and Racing:

~~The student will be presented instruction in advanced sailboat handling techniques, basics of sailboat racing, knots, safety, weather, and first aid. For enrollment in the intermediate sailing and racing instruction, students must possess basic sailing skills and boat handling skills as a prerequisite. (Approval of the instructor may be required.) The class size will be limited to 10 students.~~

Conduct:

Participants are expected to adhere to program rules, which include wearing a lifejacket and shoes when on or near the water; and staying with an instructor or parent at all times while on Indian Lake Yacht Club Premises. Therefore, youth must be dropped off close to the program starting time and picked up or heading home promptly after the programs completion. Drop offs are not allowed earlier than 10 minutes before class time and pickups are to be promptly after class completion.

If a problem presents itself that is disruptive to the instruction of other students, becomes a safety concern for the student or others, or is a bad conduct issue, the problem will be explained to the youth and his parent, a plan for corrective action will be made. The parent may be required to attend the remainder of the training sessions or the youth may be asked to leave without refund of the costs paid.

What to bring:

Youth **must** bring a US Coast Guard approved lifejacket (PFD) and it must be the proper size (snug fit).

Bring Clothes to wear in the water, including a t-shirt, shorts or a swimming suit, shoes, and a windbreaker on overcast or cloudy days. Plan on getting very wet, every day. Many students bring dry clothes, dry shoes, and a towel for after class.

Everyone **must** bring a hat, water bottle, sun screen, and UV protective sunglasses are recommended.

Everyone is **required** to wear closed toe shoes on all boats. Deck shoes, cheap tennis shoes, or dinghy boots are recommended. Sandals with only toe straps are not appropriate.

Everyone **must** bring a packed lunch and drink each day.

Please do not bring valuables to class; Indian Lake Yacht Club will not be responsible for theft.

If you have a Sunfish or Laser sailboat you may bring that for instruction during sailing camp. Be sure the rigging is complete and in good repair. **If you have a boat available it is recommended that you bring it for instruction.**

**Indian Lake Yacht Club
Medical/Emergency Treatment Information**

Participant's Full Name:(last/first/m.i.) _____
Date of birth: _____ Age _____ grade completed _____
Height _____ Weight _____
Parent's names: _____ local phone # _____
work phone # _____ alternate phone # _____
Local address _____
Guardian's name (if appropriate) : _____ (local) phone # _____
Guardian's local address: _____
Family physician: _____ Physician's phone# (____) _____
Physician's address: _____

Chronic Conditions

Check yes and provide details

____ Asthma or other respiratory problems: _____
____ Circulatory or heart problems: _____
____ Diabetes or hypoglycemia: _____
____ Epilepsy or convulsions: _____
____ Hemophilia or other bleeding problems: _____

Allergies

____ Foods: _____
____ Medications: _____
____ Other, if significant: _____

Other

____ Ear infections: _____
____ Serious injury: _____
____ Surgery for: _____
____ Physical problems or handicaps: _____
____ Other health related issues: _____

Date of last tetanus shot _____
Current medications: _____
Health insurance company: _____
Policy number: _____ Group number _____

**ILYC SAILING PROGRAM
Blanket Permission Form**

My child has permission to attend trips, lessons, regattas, and any other Junior/Advanced Sailing functions, either on or off the Indian Lake Yacht Club premises. He/She may sail, walk, ride a bike, or be transported by private car, or powerboat.

Sailor's Name: _____

(Parent or guardian signature) (Date)

Emergency Treatment Permission Form

Sailor's Name: _____

If the event the above named child is injured, I hereby give my permission for the administration of minor first aid procedures, by ILYC staff. I also give my permission for the ILYC staff to exercise their own judgment in calling the physician above, or to arrange transport for the child to the emergency room. Further, if I cannot be reached in an EMERGENCY, I hereby give my permission to any physician to secure proper treatment for, and if required: to hospitalize, order injections, anesthesia, or surgery for my child.

(Parent or guardian signature) (Date)

WAIVER OF LIABILITY AND ASSUMPTION OF RISK

Sailor's Name: _____

I am familiar with the activities my child will be undertaking as a participant in the ILYC Junior Sailing Program. As the parent or legal guardian of the child named above, I hereby give my full consent and approval for my child to participate in these activities. I also understand there are certain risks of injury inherent in these activities, as well as in traveling, and other related activities incidental to my child's participation. These risks include but are not limited to sun burn, heat stroke, dehydration, hypothermia, cuts, bruises, head injuries, drowning, and broken bones. I am willing to assume these risks on behalf of my child. I hereby certify that my child is healthy and has no physical or mental disabilities, or infirmities that would restrict full participation in these activities, except as listed below.

In addition to giving my full consent for my child's participation, I do hereby waive, release, and hold harmless the Indian Lake Yacht Club, its trustees, members, flag officers, employees, parent leaders, program directors, coaches, and any affiliated organizations, and the representatives of any of them, from any and all claims for damages caused by property damage, injury or death to my child or any other person, arising from my child's participation in the ILYC Junior Sailing Program, whether the result of negligence or any other cause.

(Sailor's signature) (Date)

(Parent or guardian signature) (Date)

(Witness) (Date)