LAHSST

High School Sailing

Program Manual

Spring 2015

**Table of Contents**

The objectives of High School Sailing…………..……………………………………………………….. 4

The benefits of joining a High School Sailing Team..……………................................................. 4

High School Sailing Mission Statement…………………………………………………………………. 4

Eligibility…………………………………………………………………………………………………………..... 5

Structure of High School Sailing…………………………………………………………………………… 5

Sailing Team Structure………………………………………………………………………………………… 6

High School Sailing Program Fees………………………………………………………………………… 6

Insurance-Emergency Information-Waivers-Code of Conduct……………………………….. 7

Instructional Components

Physical Conditioning………………………………………………………………………………... 7

Team Building…………………………………………………………………………………………... 7

Leadership……………………………………………………………………………………………...... 7

Boat Handling……………………………………………………………………………………..……. 7

Sail Trim……………………………………………………………………………………………...…… 8

Boat Speed……………………………………………………………………………………………….. 8

Tactics and Rules………………………………………………………………………………………. 8

Weather…………………………………………………………………………………………………… 8

Sailing Safety…………………………………………………………………………………………….. 8

Ecology…………………………………………………………………………………………………….. 8

Summary………………………………………………………………………………………………….. 8

Coaches………………………………………………………………………………………………………………. 9

Team Practices……………………………………………………………………………………………………. 9

Practice Cancellation Policy…………………………………………………………………………………. 10

Equipment-Clothing-Gear……………………………………………………………………………………. 10

Racing-Regattas

Fleet Racing……………………………………………………………………………………………… 12

Team Racing…………………………………………………………………………………………….. 12

Single-Handed Racing……………………………………………………………………………… 12

Local Regattas…………………………………………………………………………………………. 12

Away Regattas……………………………………………............................................................... 12

Regatta Team Selection…………………………………………………………………….……… 13

Regatta Commitment……………………………………………………………………………….. 13

Regatta Travel, Fees, Expenses………………………………………………………………..... 13

Recruiting…………………………………………………………………………………………………………… 13

Bantam Lake Yacht Club Junior Summer Sailing……………………………………………………. 14

Website………………………………………………………………………………………………………………. 14

Application Form……………………………………………………………………………............................. 15

Student Code of Conduct Form…………………………………………………………………………….. 16

Waiver and Medical Authorization Agreement……………………………………………………... 17

**High School Sailing**

**Program Manual**

We promote and support high school sailing because sailing is not just a sport, it is an activity that provides a lifetime of learning, friendships, travel and enjoyment. In this endeavor we have the invaluable help of the Bantam Lake Yacht Club, which provides the supervised use of its facilities.

**The objectives of high school sailing include:**

* Teach basic and advanced sailing skills, rules and sportsmanship.
* Teach the sport to students not previously exposed to sailing.
* Foster self-confidence, goal setting, confidence and skill acquisition.
* Promote teamwork.
* Promote competition with other high schools.
* Help prepare sailors for collegiate sailing (collegiate sailors have the highest graduation rate of all collegiate sports).

**What are the benefits of joining the high school sailing team?**

* Sailing is a co-educational competitive sport.
* Colleges actively recruit talented sailors to their teams.
* Sailing not only involves a high level of physical strength, balance and agility, but it also teaches students about physics, the marine environment, navigation, and the importance of teamwork. You have to be fit, smart, competitive, resilient and observant to win at sailing.
* Sailing is an international sport that literally can take you around the globe and provide instant introduction to people in every country.
* Sailing is sport you can enjoy for your entire life.
* Supervised use of the Bantam Lake Yacht Club, offering the highest standard of safe, quality access to the water.
* Supervised use of a fleet of Collegiate Flying Juniors and Lasers.
* Rescue/coach boat on the water at all times.
* High level coaching during practices and regattas.

**High School Sailing Mission Statement**

* To offer a safe, structured and engaging program through which high school students from our local community can learn the basics of sailing for the first time with out obliging their families to make a large initial financial investment.
* To introduce the sport of sailboat racing to novice sailors.
* To provide experienced sailors with advanced training and exposure to highly competitive racing against other high schools locally and nationally, to expand the scope of their skills and experience and to promote friendship with sailors they compete with in regattas.
* To afford all participants an equality of opportunity and a like application of sailing resources.

**Eligibility**

The high school sailing program is open to local high school students, grades 9 through 12. In some cases, 8th graders may be permitted to sail with the team with the intention of joining the team in 9th grade.

Each student must pass a basic swim test, given on the first day of practice. The test includes swimming 100 yards without a life jacket, treading water without a life jacket for 5 minutes and putting on a life jacket while in the water.

There are three forms located at the back of the manual. All forms must be signed prior to participation.

If a student is unsure about participation, we invite them to practice and try for two weeks so that he or she can make an informed decision about sailing. Pro-rated refunds will be given if a student decides to stop participating at two weeks. Thereafter, there will be no refunds.

**Structure of High School Sailing**

Organized high school sailing started in 1930 in New England. Today high school sailing is experiencing tremendous growth and is represented in districts throughout the United States.

At the national level, high school sailing is governed by the Interscholastic Sailing Association (ISSA, [www.hssailing.org](http://www.hssailing.org)), and each high school sailing team must be a member of ISSA to compete in high school regattas. ISSA is broken down into seven districts around the United States. Our district is the New England Schools Sailing Association (NESSA, nessa.hssailing.org), which is comprised of schools ranging from Maine to Connecticut.

Throughout the seasons we will compete with both local and more distant teams as we develop our skills and our organization (see Racing/ Regattas).

**Sailing Team Structure**

A high school sailing team is made up of the individual team members, a team captain, the Coaches, and parents (called advisors). When sailing, sailors are designated as “skippers,” in charge of steering the boat, and “crew,” who trim the jib and acts as the eyes for the boat. The skipper and the crew of each boat are a team and must function as such to be competitive. Whether a sailor is a skipper or a crew will depend on the individual preferences of the sailors and the determination of the Coaches. However the designation of skipper or crew is not fixed. Throughout the season, the Coaches will work to create skipper/crew combinations that are in line with the team’s goals. For regattas the Coaches will make decisions as to the skipper and crew combinations for divisions in fleet racing and will choose three crew and skipper combinations for team racing.

The Team Captain(s) fulfill an important role on the team. They need to be the leaders and organizers of the sailors. Their job is to motivate their peers through example and to make sure that communication occurs between the sailors, Coaches and team advisors.

The Parents work with the Team Captain(s) and Coaches to organize logistics, including travel to practices and regattas. We would like to see as many parents help the team as possible especially if they are able to bring a special skill to the team. ISSA rules stipulate that there must be a team chaperone from each team present at each regatta. Parents fulfill this role.

**High School Sailing Fees**

We will try to keep our fees minimal to ensure that everyone who wants to will be able to join the team. We have formed this team as a regional team meaning that we will accept students from schools around the Litchfield area.

The team is a formal 501(c)(3) organization. Through the generosity of many people, we have been able to get 6 collegiate boats, a coach boat, and space from the Bantam Lake Yacht Club to store and use our fleet.

We will have some rather large start up costs but once those costs have been covered, the team will be self sustaining through sailors fees. However, we would like to keep those fees as low as possible. We will be fundraising and asking for grants from specific organizations around our area to get off the ground with the proper equipment for the sailors. Once we are able to get grants and enlarge the team the fees should decrease. However, sailing is an expensive sport from the administrative side because of the boat and sail and equipment upkeep. Sails need to be replaced and boats repaired and new boats need to be purchased when boats become too old to sail safely.

We hope that we can keep the fees around $250-300/sailor/season.

**Insurance-Emergency Information-Waivers-Code of Conduct**

Sailors in the program will be covered by the Sea Scouts insurance policy. Sea Scouts is part of the Boyscouts. The fee for this is about $30-35. Students must be covered prior to sailing.

In addition, LAHSST’s activities at the BLYC will be covered under the club’s insurance policy.

Coaches will have on hand, at every practice and regatta, emergency information for each sailor including the sailor’s parents and emergency contact information, medical insurance information, and pertinent allergy and medical information.

Waivers indemnifying the BLYC, which allows LAHSST to use its facilities, are also required.

Finally, each sailor and his or her parents are required to sign a Code of Conduct which provides that the sailor’s parents agree to assume the obligations and expenses for repair and/or replacement of BLYC equipment that is attributable to their child’s reckless or irresponsible behavior. BLYC is being very obliging in offering its facilities to the team and the team must be respectful of the club.

Copies of the forms required for each sailor are attached to this Manual.

**Instructional Components**

Physical Conditioning: The demands for good physical conditioning increase with the strength of the wind. Sailors will learn the correct ways of using their bodies to get the maximum out of them for the weather conditions. Guidance for off the water training will be given to sailors to improve their overall performance.

Team Building: Every activity of the team involves the entire group. This gives the sailors the sense of team and partnership with others in the program. For instance the boats are rigged and de-rigged by everyone and the next activity will not start until everyone is finished, nor is anyone allowed to leave the practice area until all boats and equipment are properly stored and the grounds are picked up. Team building is a major focus of team racing activities and competition. All sailors are at all times expected to help each other in an effort to strengthen their sense of a team and their ability to work with others. Team Racing in the spring epitomizes Team Building as everyone helps one another to maximize their race position.

Leadership: While sailing and caring for the boats used during the seasons, sailors learn responsibility and initiative. This allows sailors to take charge and work together to solve problems.

Boathandling: Boathandling involves learning to control the boat in a variety of situations and weather conditions. Common boathandling maneuvers include tacking, gibing, mark rounding, starting and stopping and maintaining a position. Boathandling is fundamental to all other aspects of sailing and sailboat racing.

Sail Trim: Sailors will learn to trim and shape the sails properly in order to maximize the performance of the boat. Sail trim is a critical aspect of sailing and sailboat racing.

Boatspeed: The movement of the boat through the water is another critical aspect of sailing and racing. Methods of steering the boat, maximizing sail trim, healing the boat, distributing weight, working with waves and using the sailor’s weight, maintining or even increasing speed during boathandling maneuvers are combined to optimize the speed of the boat during racing.

Tactics and Rules: During a race sailors must deal with many variables: changes in wind velocity and direction, water current, other boats, weather conditions, etc. Sailors will be taught to study racing conditions, think about the positioning of their competitors and teammates, recognize variables and consolidate these issues to make a continuously changing game plan during racing. This is the tactical part of racing. As with other sports there are rules. The rules are taught so that sailors can not only avoid collisions and treat competitors fairly, but also understand and use the rules to their advantage during the race. One of the aspects of sailing that distinguishes it from all other amateur and professional sports is that the competitors alone enforce the rules on the race course.

Weather: Sailors will be taught about the weather and its influence on sailing. An understanding of weather is important in safety and predicting bad weather situations before they occur.

Sailing Safety: Safety is the number one concern of this and any other sailing program. All aspects of safety are addressed. Sailors will be taught the following: When is it safe to go on the water? How do you prepare yourself for the water, wind sun and temperature? How do you prepare your boat and equipment so as to reduce the risk of accidents and injuries? What knots and other rigging techniques maximize the boat for proper setup and operation? Etc.

Marine Environment: LAHSST also instructs sailors on the impact that each sailor has on the marine environment and how each sailor can do his or her part to keep Bantam Lake and other bodies of water they visit clean and safe.

Summary: Mastering the combination of all of these components is what makes a sailor become great sailor. Becoming a competent sailor is not easy and requires a lot of work through both on and off the water training. As we all start on this path we need to keep the sport in perspective and remember that the goal is to learn and develop a skill set that will be able to increase over a lifetime and allow each sailor to enjoy sailing and have fun!

**Coaches**

Coaches are all competent sailors. There will be two or more coaches at each sailing session. LAHSST is employing Andrew Parker as Head Coach.

**Team Practices**

Venue: Practices will take place at the Bantam Lake Yacht Club.

Days and Times : Monday 3:30-5:30

Tuesday 3:30-5:00

Wednesday 2:00-4:00 (at Hotchkiss school0

Thursday 3:30-5:00

Saturday 2:30-4:30 (If not at a regatta)

Sailor Drop-off and Pick-up: Please get your sailors to practice on time to respect the other sailors and coaches. Parents/drivers should make arrangements to pick up students at the scheduled end of practices. Remember that the students will not be released to leave until all of the boats and equipment are stored and the property is clean. Parents are encouraged to help at this stage to familiarize themselves with the sport.

Sailor Checklist Prior to Launch:

1. Bailer 2) Water bottle 3) Sun Protection 4) Lifejacket ON

5) Proper sailing attire.

No boats are launched until the coach has checked out the boats, the coach boat is running and on the water and has given permission to launch.

Sailor End of Practice checklist:

1. Boats properly stored on dollies with halyards secured, mainsheet tied, boats drained and plugs out, rudders and tiller and bailers secured in the boat.
2. Sails properly rolled and stored in shed.

Coach End of Practice checklist

1. Coach/Crash boat in slip and tied properly with motor tilted up.
2. Marks stored in shed
3. Keys in the clubhouse
4. Team cleans up trash and makes certain everything is properly stored.
5. Lock Clubhouse door.
6. Lock all shed doors.
7. All children picked up.
8. Gas checked for next practice (Call Ed Kavle if needed).

**Practice Cancellation Policy**

Practices will need to be cancelled from time to time. We will try to sail in most weather though. If the coach decides not to sail, there will be a classroom discussion on rules, tactics and some physical training during the scheduled practice time.

We will not sail if there are thunderstorms nearby. This will be an on-site decision. Practices will not normally be cancelled ahead of time.

We will not sail if the wind is sustained above 20 mph, or if the wind or water temperature is deemed too cold for safety with sailors dressed appropriately. A normal rule of high school sailing is not to sail f the air temperature is less than 30 degrees F, or is the water temperature is below 40 degrees F. This is known as a 20:30:40 policy.

We will have an e-mail group made each season and the coach will e-mail the team by 8 AM the day of practice if the practice is cancelled.

**Equipment-Clothing-Gear**

LAHSST provides the team with sailboats.

The sailor must have and wear a USCG approved life jacket when on the water. There are no exceptions to this rule.

It is up to each sailor to arrive at practice and regattas with their life jacket and proper sailing clothing for the conditions. For safety reasons the Coach will insist that sailors be properly attired. Regardless of the season, hypothermia can occur in a matter of minutes if a sailor capsizes and is improperly dressed. A sailor with the correct clothing will be able to continue sailing in comfort even after multiple capsizes. Coaches reserve the right to refuse sailing to students who are not prepared for the conditions. This is in the interest of their safety.

One of the most important skills a sailor learns is how to dress for the conditions. Proper dress can mean the difference between winning and losing, feeling and being safe, and most important, enjoying your time on the water.

Insulation and wind protection are the key elements to sailing clothing. Dinghy sailing is an active sport and sailors will work hard and generate a lot of body heat and sweat. For this reason it is important to dress in a way so as not to overheat but to keep warm. It is also important to dress in a manner to be comfortable after getting wet from spray or capsizes. Avoid cotton at all costs. T-shirts and sweatshirts and sweat pants are the worst kind of clothing for a sailor as they retain water, restrict mobility, gain weight and make a sailor colder.

Attire:

1. Shoes: Closed toed shoes are required. They can be dinghy boots which are preferred to help with hiking and comfort, or they can be old non-dark soled sneakers.
2. Shorts: If you plan on wearing shorts, wear board shorts or spandex shorts. There are specific sailing shorts that can be worn as well. No mesh, or soccer or light shorts. They rip and can get caught in pulleys and on metal parts and end the sailor’s day.
3. Full body coverage: A wet suit is a fine idea. Separate tops and bottoms made for dinghy sailing with an insulation layer beneath is probably the most versatile set up. Capilene, spandex and technical fleece which you might use in outdoor activities are perfect and can be shed or added as the weather changes.
4. Dry suits: Dry suits are mandatory when the water temperature is less than 50 degrees. They are very expensive. They would be used mostly in Spring sailing and in regattas late in the Fall. The team will try to acquire a set of suits over time.
5. PFD (personal flotation device): No one is permitted on the water without a proper PFD. Besides fitting properly, the PFD needs to be certified to support the weight of the wearer. The PFD should also be comfortable, ride high enough to allow the sailor to sit and crouch and allow for freedom of movement of the arms. There are many PFDs specifically designed for the dinghy sailor.
6. Hats: A brimmed hat helps to keep sun off the face and any hat keeps heat in and if dunked in the water and worn wet will keep the sailor cool. In cooler weather, sailors should wear wool or technical hats that will stay on in a breeze. Keeping the head covered in cooler weather is especially important to keep in heat.
7. Sailing gloves: Sailing gloves protect your hands from blistering and bleeding. They are not strictly necessary but are a good idea. Gardening gloves work well! In cold weather we recommend insulated full finger gloves.

Annapolis Performance Sailing caters to high school sailors and their gear. As members of ISSA and NESSA, we will have APS 15% discounts available.

We do want to have suits and PFDs available for sailors and plan on acquiring gear to loan. Team members may have gear to loan or sell as well. Good gear lasts a long time. Dinghy pants and tops last for over ten years if well cared for. If you are having trouble purchasing or choosing gear make sure to talk to the Coach.

**Racing-Regattas**

High School Sailing has three different types of competition:

Fleet Racing: This is the most common format of racing in high school. This occurs mostly in the Fall. Teams have and “A” and a “B” division boat with two sailors in each boat. However many teams are competing in the regatta, that will be the number of boats in each race. The organizers will supply the boats so no boats have to be taken to away regattas. The teams switch boats through the regatta to make certain that the outcome is not determined by the boat, but rather by the sailors. The team’s score is the combination of points from both the “A” and “B” division. The boats are given a score that equals their finish place in each race so low score wins.

Team Racing: This type of racing occurs mostly in the Spring season. In this type of racing, two schools compete against one another at one time. Both teams have three boats in a race and the goal is to have our three boats finish in a better set of positions than the other team’s boats. Regattas are generally run in a round robin format and the team with the best win-loss record is the winner. This type of racing requires advanced boat handling skills and good knowledge of the rules.

Single handed racing: single handed racing is sail in boats with only one person and is run in the same format as a fleet race except that there are usually no “A” and “B” boats, just individual boats and individual results.

Home Regattas: On occasion we will host a high school regatta or a scrimmage with another sailing team at the BLYC. For such regattas or scrimmages we will use our team boats and will require everyone’s participation. When hosting at BLYC, every member of the team is expected to help out with all facets of running the regatta and welcoming and accommodating visiting teams. Team members’ responsibilities will include helping with safety boats, recording scoring, helping the race committee, supervising rigging and rotation on the docks and other tasks designated by the LAHSST Advisors and Coaches.

Away Regattas:

1. League Regattas: We will be assigned to a league and league regattas often allow multiple teams per school A+B+C+D teams as well as composite teams. This policy allows a maximal number of sailors to participate in the regatta and acquire valuable racing experience. At the regattas we will give everyone a chance to race.
2. NESSA Regattas: National qualifying fleet regattas allow for a maximum of 4 sailors per team to compete. Opportunity to sail at away regattas is determined by rules of NESSA and by the Coaches form observations made during practices and other regattas. At the regatta itself, the Coach may take as many as 8 sailors and crew and skipper selections may vary with wind conditions.
3. Team Racing Regattas: Team racing regattas require three boats from each team so a minimum of 6 sailors per team. Again, the Coach will choose sailors based on their practice performance and regatta performance. At the regatta itself, the Coach may take as many as 8 -10 sailors and trade them around depending on wind conditions.
4. Single-Handed Regattas: Single handed regattas are sailed in Lasers, standards or radials. In most cases, and especially for the Cressy National Championship and Cressy Qualifiers, such regattas require the sailors to bring their own boat. If anyone is interested in this option please let the

coaches know and we will help this to happen.

Regatta Team Selection: Not every sailor is able to attend each regatta. Sailing is a unique sport in that only a small umber of team members can participate in a single regatta. Furthermore, wind conditions may make it better for heavier or lighter sailors to compete on any given day regardless of their ability, age or hierarchy on the team. The Coach determines who is sailing in an event taking into account practice attendance, and the individual sailors’ attitude toward the team. Sailors who take the team seriously, and are willing to help keep the team running smoothly are more likely to be considered to compete in events as the pace and stress of regattas requires that sailors be helpful, self-reliant, real team players and in general easy to work with.

Regatta Commitment: Once a student has committed to a regatta, it is important that the student keep the commitment. Because of the cost of running regattas and tight scheduling, missing a regatta that the team commits to may result in being penalized by the league in future seasons or even being excused from the league. Because of the seriousness of the penalties, as soon as a sailor learns that he or she cannot attend a regatta that he or she has committed to, the sailor must immediately notify the Coach.

Regatta Travel, Fees, Expenses: The primary responsibility for travel arrangements to regattas lies with the sailors, the team advisors and the sailor’s parents. It is the team’s goal to have the team roster for regattas set two weeks ahead for away events if possible. Each sailor is responsible for his or her transportation to and from a regatta and his or her own regattas fees and expenses. Typical expenses include food, souvenirs, entertainment, and possibly hotel. At some events, students may stay with host families and in such an event, it is customary for sailors to bring an inexpensive gift (<$20). Finally, if the team qualifies for events far from home it is customary for the Coaches’ travel arrangements to be prorated among the participating team members.

**Recruiting**

New recruits are the life-line to the team’s future. We are more than happy to host students interested in joining the team at practices. It is everyone’s responsibility to make recruits feel welcomed. We must be friendly, accommodating and accepting as a matter of courtesy and fellowship. We are ambassadors of High School Sailing in our area, and the sport of sailing. If you know any 6th-8th graders who are sailors, have them get acquainted with the team and the Bantam Lake Yacht Club.

**Bantam Lake Yacht Club Junior Summer Sailing and Membership**

Bantam Lake Yacht club is beginning a Junior Racing Program this summer. The program will be sailed in FJs and is available in July and August. If you are interested in becoming a good high school sailor and getting more time on the water practicing you should participate in the program. Additionally, if you or your family is interested in membership in the BLYC , which would allow you to sail anytime you would like to, please contact Denis Williamson at [denisw@maclamor.com](mailto:denisw@maclamor.com).

**Website**

Visit the LAHSST web site at for information on schedules, forms and contact information.

**Litchfield Area High School Sailing Team (LAHSST)**

**Application Form**

**Year 20\_\_\_\_ Fall Spring**

**Student Information**

**Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**DOB:\_\_\_\_\_\_\_\_\_\_\_\_\_ Class of:\_\_\_\_\_\_\_\_\_\_\_\_\_High School:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Mailing Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Street Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

(if different)

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Home Phone:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Cell Phone:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**E-Mail:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Sailing Experience:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Parent/Guardian Information**

**1) Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 2) Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Phone: (h)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone: (h)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**(w)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (w)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**(c)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (c)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**E-Mail:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ E-Mail:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Please send completed Application Form, Waiver of Liability & Authorization to Treatment of a Minor, Medical Information and Sailor Code of Conduct to:

LAHSST, PO Box 1021, Litchfield, CT 06759

**Litchfield Area High School Sailing Team**

**Bantam Lake Yacht Club**

**Waiver and Medical Authorization Agreement**

**Student Sailor: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Parent/Guardian\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

(Please Print) (Please Print)

We, the undersigned parents or legal guardians (hereinafter referred to in the singular) of the Student Sailor (hereinafter referred to as SS) named above, request that the Student Sailor be allowed to participate in the Litchfield Area High School Sailing Team (hereinafter referred to as “LAHSST”) and/or the Bantam Lake Yacht Club Sailing Program (hereinafter referred to as “BLYC”).

This agreement shall remain in effect until LAHSST and/or BLYC receives written notice of the cancellation of the consent or until the end of the activities described above.

In return for the SS being permitted to take part in the activities and to use the facilities and the property of the BLYC and LAHSST, each of us makes the following promises:

1. I am familiar with the scope of LAHSST and BLYC. I also understand that I am solely responsible for the arrival and departure of my SS at the beginning and end of the scheduled activities. I will not allow my student to remain on the premises of BLYC after each day’s program without permission of BLYC and LAHSST. I agree that BLYC and LAHSST will have no responsibility for the supervision of my SS at times other than during the scheduled Program Activities. I will inform my SS that he/she is to cooperate with, and follow the directions of, the persons in charge of the Program activities and to act in a manner consistent with the spirit of good sportsmanship and respect for the rights of others.
2. My SS is in good health and I know of no reason why he/she would be incapable of participating in the program activities. My SS knows how to swim and can pass the required swim test. I will immediately notify the Coach if a change in my SS’s health or other condition would affect my SS’s ability to participate in the program activities.
3. **Waiver of Liability & Hold Harmless:** I hereby covenant and agree to waive, indemnify and hold harmless LAHSST and BLYC, their officers, directors, employees, volunteers and anyone assisting in or associated with LAHSST and BLYC from any and all liability for any claim, demand, suits or causes of action arising out of or connected in any way with the SS participation. I agree to reimburse LAHSST and BLYC, and all of their respective members, employees agents and all persons serving as members of the Race Committees or Juries or any other person acting in any capacity for the conduct of the sailing program for

**Waiver and Medical Authorization Agreement (cont’d)**

any loss or damage to property, and hold BLYC, LAHSST harmless from any claim, loss or injury caused by the negligence, or misconduct of, or failure to exercise reasonable care, by the SS.

1. **Assumption of Risk:** I acknowledge that participation in LAHSST and BLYC is voluntary and that such participation involves the risks of serious or mortal

injury associated with sports, water sports, boating and sailing in particular which, among other risks, involves changing wind, water and tide, and the potential for collisions, capsizing and being stuck by boat equipment. I ACKNOWLEDGE THAT I AM AWAREOF AND FULLY UNDERSTAND THESE RISKS AND VOLUNTARILY ACCEPT RESPONSIBILITY FOR ALL SUCH RISKS.

1. **Medical Authorization:** I here by authorize LAHSST, BLYC and anyone associated with the sailing program to administer first aid and to provide and secure emergency medical treatment, and I acknowledge that providing such treatment shall not be construed as an admission of guilt or liability and does not affect the foregoing waiver. I HAVE CAREFULLY READ THIS AGREEMENT AND I FULLY UNDERSTAND ITS CONTENTS. I AM AWARE THAT THE AGREEMENT INCLUDES A WAIVER OF LIABILITY, AND ASSUMPTION OF RISK AND AN AGREEMENT TO INDEMNIFY.

Signature of Parent/Guardian\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature of Parent/Guardian\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Sailor Code of Conduct**

I promise to honor the spirit of Corinthian sailing, shall pledge honesty and integrity in general, encourage good sportsmanship, and shall not deviate from the truth, or break rules which govern our sport of sailing, nor tolerate such behavior in others. I will behave and dress at all times in a manner consistent with the high standards expected of my team and of myself.

I promise to support the entire Team, not just one, or several, sailors. I will not abuse other team members, competitors, members and personnel of the host club, race committee or jury, or other parents or adults whether verbally, physically or emotionally, nor tolerate such behavior in others. I understand that swearing, in any context, is unacceptable. I will treat all team members, the coach, all competitors, regatta officials, hosts, and all others with respect regardless of race, religion, gender, sexual orientation, national origin or abilities.

I agree that any issue I may have with other team members must be taken to the team Advisor or the Coach and NEVER to the other team member or parent.

I will respect the property of others, and neither steal, damage, destroy or borrow another’s property without permission, nor tolerate such behavior by team members.

I will not use, or tolerate the use by other team members, of alcohol, tobacco, or non-prescribed drugs, understanding that a drug-free environment is necessary in order to achieve individual and team success. Use of alcohol or drugs will result in immediate dismissal from the team.

I will follow all safety procedures given by my Coaches and other responsible adults, understanding the paramount importance of safety. I will notify a Coach or Advisor or other responsible adult if I feel that another sailor is in danger.

The following rules of general safety, shall be followed at all times, whenever or wherever I am sailing:

1. A PFD approved by an international safety organization (such as the US Coast Guard or the European Community) must be worn properly secured at all times when on the docks, near the water or on the boats. During competition, NESSA and ISSA regulations mandate that this PFD be a Coast Guard Approved Type 3 personal flotation device.
2. Students must wear appropriate clothing suited to the prevailing weather conditions. Suitable footwear must be worn at all times (see Attire:).
3. No glass containers are allowed on the grounds or the boats. All containers in boats must be stored or tied to the boat.
4. No Unauthorized swimming is permitted.
5. Piers, ramps, hoists and other equipment are to be used only for their specified purposes.
6. 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 launch areas will be kept clean, neat and free of obstructions.

Student Agreement:

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

Student Name (printed)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Student Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian Agreement:

I/We understand the contents of this statement and agree to see to it that our child adheres to program rules. I/We agree to assume the obligation for the expenses of repair and/or replacement of BLYC, LAHSST equipment that is attributable to my child’s reckless or irresponsible behavior. I/We agree to meet for a Coach-Parent conference, if requested. I/We understand that if our child is suspended or expelled from the program, there will be no monetary refund.

Parent/Guardian Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Student Sailor Medical Information**

**Student Sailor Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Physician:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Physician Contact #s:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Insurance: Name of Insured:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Insurance Company:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Policy #:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Group #:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Are there any medications that the student sailor takes which we need to hold in the clubhouse or have the Coaches know he/she is taking?**

**Are there any chronic illness, medical conditions, allergies?**

**Anything you would like us to know to have your student sailor have his/her best experience?**

**Medical Authorization**

**I hereby authorize the Coach or an adult bearing this document, to authorize emergency treatment for the Student Sailor named above in the event that a parent or legal guardian cannot be reached at the known telephone numbers at the time of the emergency.**

**Signature of Parent or Guardian:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date:\_\_\_\_\_\_\_\_**