

**CABRILLO BEACH YACHT CLUB
2008 SUMMER JUNIOR SAILING PROGRAM
GENERAL INFORMATION**

Session #1 is from June 30 – July 11
Session #2 is from July 14 – July 25
Session #3 is from July 28 – August 8
Session #4 is from August 11 – August 22

Please indicate your preference on the Student Registration form.

Deadline for sessions: June 30, 2008 for first session. Remaining sessions to be filled on first come, first served basis.

Beginner, Intermediate and Advanced. Coed ages 8-18. Boats provided – JY Club Trainers, Optimists, Club Flying Junior (FJs), Club 420s, Laser 4.7s & Laser Radials.

\$350.00 per two-week session. A maximum of a \$25 discount will be awarded to anyone who registers before May 30th.

Premises are open from 8:30 a.m. to 5:00 p.m. Monday through Friday. Please enter at the rear (east side) of the clubhouse. Sailing instruction is from 9:00 a.m. to 12 noon and 1:00 p.m. to 4:00 p.m. Students are not excused until all boats are put away. Lunch is from 12 noon to 1:00 p.m.

The student must be able to swim 50 yards and will be given a swim test on the first day. **Please have students bring a properly fitted life jacket, water, shoes, lunch (there is NO microwave or refrigerator), and sunscreen daily. Please have your child bring a towel and dry clothes; we have shower facilities. All students are required to wear a life jacket when on the docks and in their boat.**

Scholarships are available upon written request to Cabrillo Beach Youth Sailing Club based on financial need. Please send your written requests to Cabrillo Beach Yacht Club, 211 West 22nd Street, San Pedro, CA 90731, Attn: Bill Schopp, Youth Sailing Club.

One parent/grandparent/guardian must be able to assist for ½ day as support during the two-week session. The CBYC Youth Sailing Program depends on parents to be involved. This is a great opportunity to spend quality time with your kids, inspire them and to be there as they mature as sailors, socially, and as confident individuals.

Our youth sailors have a great time participating in this program. Many return from year to year. We hope your child will join us for this safe and fun filled, learning experience.

If you have any questions or concerns, please feel free to call.

Mercedes Hunt, Aquatics Director, CBYC
310.519.1694 ext 201
Mercedes@cbyc.org

CABRILLO BEACH YACHT CLUB
2008 SUMMER JUNIOR SAILING PROGRAM
PARENT OR VOLUNTEER OF THE DAY

Please be on time for your assigned half a day and plan to stay the entire time you have committed to the Youth Sailing Program. Enter at the rear (east side) of the clubhouse. Morning half day is 8:00 a.m. to 12:30 p.m. and afternoon half day is 12:30 a.m. to 5:00 p.m. Morning volunteer, please take attendance every morning. Afternoon volunteer, please check in with the morning volunteer before assuming duties. After the afternoon sailing instruction, some youth sailors will return to the Junior Room around 4:00 p.m. and stay there until picked up by 5:00. Afternoon volunteers may leave as soon as the last child has been picked up. Please lock the Junior Room double doors to the outside.

Youth sailors and instructors are depending on you to be at your location in the event of an emergency.

You will find the first aid box and a sun hat in the youth container in the Dry Storage Yard. With the first aid box is a notebook containing medical and emergency information and consent of treatment forms for each youth sailor. Provide first aid as needed. If a youth sailor is injured, you **will** be responsible for contacting the parents and arranging transportation to an emergency room *, sending along the necessary emergency form.

Arrange for sick sailors to go home only if a parent or baby-sitter is at home. Phone numbers are located in the above mentioned notebook. No youth sailor is to be left alone without supervision.

Remind sailors of basic safety rules:

- No pushing around on docks
- No riding bikes, roller blades, or skateboards on club property
- No water fights
- No running on the docks or walkways
- No foul language

Please help the instructors as needed.

Check that all youth sailors participate in the daily clean-up of the area used at the end of the day.

THANK YOU to the Parents, Grandparents or Guardians of our youth sailors.

Please call CBYC at 310.519.1694 or sign a "Volunteer List" at the CBYC office indicating the day(s) and hours you are available to be a volunteer. CBYC members **will** be given work assessment credit.

* Closest emergency room:

San Pedro Peninsula Hospital
1300 W. 7th Street
San Pedro 310.832.3311

MEDICAL AND EMERGENCY INFORMATION

NAME _____ BIRTHDATE _____ SEX _____

ADDRESS _____
Street City State Zip

Do you have a history of, or do you currently have any physical limitations that might prevent you from fully participating in this course? Yes _____ No _____ If yes, please specify:

Do you have any learning disability that might prevent you from fully participating in this course? Yes _____ No _____ If yes, please specify: _____

Please check those that apply and provide necessary information on reverse side of this form.

Chronic Ailments:

_____ Asthma or other respiratory problems
_____ Circulatory or heart problems
_____ Diabetes or Hypoglycemia
_____ Epilepsy
_____ Hemophilia
_____ Other

Allergies:

_____ Insect bites
_____ Bee stings
_____ Foods
_____ Drugs
_____ Other

Current medication or pertinent information _____

Family physician name _____ Phone _____

Date of last physical exam _____ Date of last tetanus shot _____

Insurance Carrier _____
Policy No. _____

EMERGENCY CONTACTS

NAME	PHONE (B)	PHONE (H)	PHONE (C)
RELATIONSHIP			

CONSENT FOR TREATMENT

I, the undersigned, do hereby authorize and consent to any x-ray examination, anesthetic, medical or surgical diagnosis or procedure rendered under the general or specific supervision of any member of the medical staff or of a dentist licensed under the provisions of the Education Law and/or Public Health Law of the State of California and on the staff of any hospital holding a current operating certificate issued by the Department of Health of the State of California. 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 to render care with the aforementioned physician in the exercise of his/her best judgment may deem advisable. It is understood that effort shall be made to contact the above people prior to rendering treatment to the patient, but that any of the above treatment will not be withheld if any of these people can not be reached

Signature _____ Date _____

Student or Parent/Guardian (if student is a minor)

-----NOTES:

PHOTO RELEASE

I, _____ grant permission to Cabrillo Beach Yacht Club (CBYC) and the Cabrillo Beach Youth Sailing Foundation and organizations they are affiliated with to use both mine and my child's likeness(es), photographic image(s) and our name(s) in it's educational, promotional, and publicity communications and materials free of charge. I do not limit this use to conclude at a specific time of date.

Yes _____ No _____

Signature of Student or Parent/ Guardian (if student is a minor) Date _____

**CABRILLO BEACH YACHT CLUB
WITH
CABRILLO BEACH YOUTH SAILING CLUB
IN PROMOTION OF THE
YOUTH SAILING PROGRAM
RECOGNIZE THE FOLLOWING FOR JUNIOR MEMBERSHIP**

**Assumption of Risk
Liability Waiver, Release and Indemnification Agreement**

Please Read Carefully

1. I, the undersigned, am a parent having legal custody/person having legal custody or guardian of the following minor:

2. I wish to voluntarily involve the above minor in the Cabrillo Beach Yacht Club Youth Sailing Program activities. In consideration of the minor's participation in this voluntary recreational activity and use of CBYC/CBYSC equipment, I acknowledge and agree as follows:

3. To the fullest extent permitted by law, I promise not to sue, I forever release and agree to indemnify and hold harmless CBYC/CBYSC from and against any and all claims, damages, liabilities, losses, costs and expenses including attorney fees, for personal injury to the minor or any other person and/or loss of any property, arising from the minor's participation in the sailing program and shore side activities and any active or passive negligence of CBYC/CBYSC, such as negligent rescue.

4. I represent that the minor is in good health, is able to undertake sailing activities, and can swim well enough in the event his/her boat capsizes to avoid any resulting danger. I further represent that the minor is capable of comprehending instruction, following directions and observing proper safety precautions. I agree to abide by the decisions of the CBYC/CBYSC Board of Directors if he/she finds it necessary to discipline or dismiss the minor for lack of attention misbehavior or failure to follow safety precautions.

5. For the purpose of the Agreement, CBYC/CBYSC shall include its directors, officers, employees, agents, and committee persons of any of them. If any term of this Agreement is held invalid, the remaining terms shall continue in full force and effect. This Agreement shall survive the termination of the minor's participation in CBYC/CBYSC Youth Sailing Program activities.

By signing below, I certify that I have carefully read and fully understand this agreement. I am aware that this is a broad release of liabilities and indemnity agreement and I sign of my own free will without any inducement or assurance of any kind.

Signature of Parent/Legal Guardian

Dated



ETIQUETTE FOR YOUTH SAILORS

1. Youth sailors shall be respectful to their instructors and each other.
2. Unsportsmanlike conduct on or off the water will not be tolerated.
3. Youth sailors must stay with their class, instructor, or designated CBYC member.
4. Life jackets are to be worn on the water and on the docks. Shoes must be worn at all times.
5. Always clean up after yourself.
6. Do not borrow anything unless you ask the owner first. Personal equipment must be stored at the end of the day.
7. Stay clear of boat hoists.
8. Club boats may only be used with prior permission of an instructor, club manager or club dockmaster.
9. Youth sailors under 13 years of age may not be in the clubhouse other than the Junior Room unless supervised by an adult.
10. Youth sailors under 18 years of age are not allowed in the bar unless accompanied by a CBYC member and must follow club rules.
11. Youth sailors may not invite outsiders to use CBYC's clubhouse, dry storage yard or equipment.
12. While on club premises, youth sailors are not permitted to play with knives or guns of any kind, or objects of any nature that could endanger or harm another person.

DISCIPLINARY ACTION WILL BE DETERMINED IN ORDER AS FOLLOWS

1. The instructor will handle situations with the individual.
2. Continued abuse of the rules will result in a conference with the Head Instructor and constructive punishment.
3. If a problem continues after step one and two, the CBYC Fleet Captain as head of the Youth Sailing Program or a member of the Board of Directors will meet with the sailor and take appropriate action. The parents may appeal to the CBYC Commodore if they disagree with the action taken.

Signature of Parent/Guardian

Signature of Student

Date

NOTES TO PARENTS

1. It is recommended that parents provide sunglasses, visors or hats, sunscreen and water for their children.
2. Mark all of your child's equipment with their name. CBYC assumes no responsibility for loss or damage to any participant's property.