



**U.S. JUNIOR WOMEN'S
DOUBLEHANDED
CHAMPIONSHIP**

March 3, 2016

Dear 2016 U.S. Junior Women's Competitors and Parents,

Welcome to the Mississippi Gulf Coast and Bay Waveland Yacht Club. Our membership is thrilled to host the 2016 U.S. Junior Women's Doublehanded Championship for the Ida Lewis Trophy and welcome you as a guest at our club. We are planning a week full of activities.

WEBSITE INFORMATION: Official Website Results and photos

<http://www.ussailing.org/racing/championships/youth/jrwomensdoublehanded/>

BWYC: <http://bwyc.org>

Area information: www.gulfcoast.org

AIR ARRIVAL AND DEPARTURE: Plan to arrive July 5th as indicated below. Due to proximity, Gulfport Airport (GPT) is the preferred airport and transportation will be provided at no cost. For competitors flying into New Orleans (MSY) there will be a transportation cost associated for travel between New Orleans and Bay Saint Louis. Details will be sent separately.

Arrive July 5th

Gulfport-Biloxi Regional Airport (GPT)	12:00pm - 5:00pm
Louis Armstrong New Orleans Intl Airport (MSY)	12:00pm - 4:00pm

Depart July 11th

Gulfport-Biloxi Regional Airport (GPT)	8:00am - 12:00pm
Louis Armstrong New Orleans Intl Airport (MSY)	800am- 12:00pm

Competitors may leave after the Awards Presentation with a parent or guardian; however, if they plan on doing so, we must be notified in advance. All boats and trailers must be gone by 12:00 PM, Monday, July 11.

US Sailing has negotiated a discount code from United Airlines for travel to the 2016 championships. The website to apply our discount is <http://www.ussailing.org/membership/benefits/>. This must be done through the US Sailing website; it cannot be done either through a travel agent or using the regular United website.

You will receive an email from the championship via Regatta Network with a link to add your travel plans. It is imperative that you enter your arrival and departure details **no later than May 31**. You can use this link to update/change your plans at any time prior to this deadline. After May 31, you must email any changes to the registrar: kbreath@gmail.com.



Any travel arrangements that deviate from the above guidelines must be requested and approved in advance by the National Chair, Ellen Cluett Donnelly, ellendonnely@att.net by May 31 – no exceptions!

UNACCOMPANIED MINORS: If you are considered an unaccompanied minor by your airline, you must enter this in your travel details on Regatta Network. Appropriate arrangements must be made in advance with the airline, specifically contact/pick-up information. The BWYC Transportation Chair will be in contact with you regarding these details once you have entered this status into Regatta Network. Be prepared to pay any fees by credit card when you check in for your flight home.

AIRPORT INFORMATION: Ground transportation for arriving competitors will be coordinated at no cost between Gulfport-Biloxi Regional Airport and Bay Waveland Yacht Club. You will need to make your way to the baggage claim area without an escort. In the event that your luggage is delayed, don't forget to include the following on your luggage tag: BWYC 1 Yacht Club Drive, Bay Saint Louis, MS, 39520, Phone 228-467-4592.

Regatta volunteers will meet you in the baggage claim area for your flight with a sign that says: "U.S. JUNIOR WOMEN'S DOUBLEHANDED CHAMPIONSHIP @ BWYC" and take you to the waiting shuttle for transportation to BWYC.

Passenger shuttles will be hired for transportation. FOR YOUR OWN SAFETY, DO NOT ACCEPT RIDES OR TRANSPORTATION to or from Gulfport-Biloxi Regional Airport that have not been arranged through the regatta.

TRAVEL QUESTIONS: We will be tracking the arrival of each person carefully. If there is a flight delay or problem with your itinerary on arrival day, please call the Transportation Hotline 228.332.0674, immediately. We suggest you program these numbers into your cell phone.

DRIVING DIRECTIONS: Visit www.bwyc.org and click on "About" to obtain address and map of the area. Please do not arrive before registration opens.

REGISTRATION: Registration will be at BWYC on July 5 from 1:30-6:30 p.m. The transportation shuttle from the airport will drop you off at BWYC. Once you arrive, the registration team will review to determine that all forms have been correctly submitted, including **the original copy of your health insurance card**. Life jackets will be inspected at this time as well. **You will not be allowed to sail unless you have an approved USCG personal flotation device** as outlined in the Notice of Race (NOR). Refer to the NOR for the requirements. Your sails and boat may be measured at any point.

FIRST EVENING: Dinner will be served starting at 6:30 p.m. Host families will meet their sailors at 7:30 p.m. at the clubhouse.

WAIVERS: Each competitor must send or scan the required waivers including the Championship Code of Conduct by May 15 to the registration chair, Katie Breath, 529 East Second Street, Pass Christian, MS 39571. Email: Kbreath@gmail.com



The waivers are attached to the end of this letter. If any medical issues change after that date, it is the responsibility of the parent/competitor to notify Katie. It is suggested that the competitor bring a copy of her medical insurance card and a list of medications, if any.

HOUSING: All competitors will be assigned a host family for the duration of the event. Competitors will be informed of the name of the host family at registration. While we will make every effort to honor requests to house sailors together who wish to, we cannot make any guarantees. Do not call BWYC as housing assignments are not confirmed until the day before registration. It is a nice gesture to bring a small gift to thank your housing hosts. You are guests in their homes, so please act accordingly by honoring their generosity to share their respective homes with you. The final night of housing will be Sunday, July 10.

No alternative housing will be permitted, and no local competitor may stay in her own home, regardless of the proximity of her house to the host club unless she is attending the event for the first time and/or is willing to house at least one other competitor. When you arrive at the home of your host family, call your parents with the host family's phone number and exchange cell phone numbers with your host family to facilitate daily pick-up times. Transportation to and from BWYC will be by the host family. Competitors are NOT permitted to drive at any time during the event. Competitors are required to attend all events.

MEALS: Breakfast will be served at the club every day of the Event. Lunches will be buffet style and available during breakfast – sailors will make their own lunches each day of the regatta. Sailors do not need to bring any cash for dinners, dinner will be provided at BWYC, by host family, or during an organized regatta evening event. The Championship Banquet will be at BWYC following the races Sunday evening. While dress is casual at BWYC, competitors should expect to be in proper attire while eating dinner in the clubhouse: no beach or athletic attire; for example, tank tops, cut-off shorts or spandex.

PARENTS AND GUESTS: Parents are welcome to come and watch the sailing on racing days only, but remember that no outside contact is permitted from the moment you step onto the yacht club property until the chief judge dismisses you at the end of the day. Your parents will not be permitted to talk to you or your friends, help rig or de-rig, pull boats out of the water - no contact at all.

These conditions were laid down by C. Thomas Clagett, whose trust covers the coaching at the championship. We must ask you and your parents to respect this. Violators are likely to be subject to protest, so please, parents and sailors both take this seriously. Refer to section 15 of the NOR entitled "Coaching" for more information.

Parents and guests are responsible for their own housing and meals. Go to www.gulfcoast.org for information. Hotel and restaurant information will also be posted on www.bwyc.org. Parents who wish to attend the Championship Banquet may reserve tickets in advance until June 23 by emailing bwycmanager@gmail.com and/or eventsbwyc@gmail.com. Guest tickets for the Awards Dinner may be purchased at BWYC during registration on Thursday, June 25. Ticket cost to be determined.

Please refer to section 15 of the NOR titled Coaching for more information about contact with



competitors.

AWARDS PRESENTATION: The Awards Presentation is on Sunday, July 10. Attendance by the competitors is mandatory. Competitors will not be allowed to leave before the Awards without prior approval of Ellen Donnelly, national chair, and permission will only be granted for extenuating circumstances. The presentation will conclude no later than 6:30 p.m.

CHARTER BOATS: Successful applicants will be notified directly by Zim Sailing and will organize payment through Zim Sailing. If you have applied for a charter, you are obliged to accept it unless another competitor can be awarded the boat. The link to apply for a charter is <http://www.ussailing.org/racing/championships/youth/jrwomensdoublehanded/>. Do NOT call Zim Sailing if you have not applied for a charter.

Sailors who are interested in chartering or purchasing SAILS ONLY should contact Zim Sailing after April 30th. If you are interested in purchasing a previously chartered boat, please contact Zim Sailing after April 30th.

CHARTER BOATS-CANCELLATIONS: If at any time the competitor's plans change and she will not be able to attend the championship, or she no longer needs the charter boat that we have assigned, the competitor must notify Liz Walker: lizwalker@ussailing.org. Charter fees will only be refunded if the boat can be chartered by another competitor; otherwise you will be responsible for the fee.

Charter boats do not include sails, bridles or trapeze harnesses. You will need to bring your own or make arrangements to have them shipped. Sails should be shipped with return shipping labels. Arrangements are the responsibility of the sailor, not BWYC or US Sailing.

COMPETITORS' OWN SAILBOATS: Competitors who are bringing their own sailboats should arrive at BWYC after 12:00pm and before 5:00 p.m. on Monday, July 5. Trailers will be stored at BWYC for the week. Competitors will be expected to attach the provided hull and sail numbers following registration. Launching: You will be instructed at registration how boat launching will be handled.

CREW CHANGES: Occasionally, unanticipated situations may make it necessary for teams to change crew. There may not be any substitution for members of the team except as provided below:

Substitution of a team member after acceptance in a championship can be requested for medical reasons or death in the family. Exceptions may be made for unexpected work/ school conflicts. Supporting documentation may be requested. All substitutions must be adequately explained by the qualified helmsman and crew and accepted by the Organizing Authority.

Competitors who wish to change sailing partners must submit a request in writing, stating the reason to Ellen Donnelly, national chair, ellendonnelly@att.net. Both parties must separately agree to the change. In the event that the substitution is not approved, the next team in line will be accepted. We encourage you to plan well in advance in an effort to retain your original team. See section 6 of the NOR for additional information.



RACING CLINIC: There will be a **mandatory**, two-day clinic held on Tuesday and Wednesday, July 6 -7. The clinic is funded by a generous donation from the Clagett Trust. You are required to attend with your boat rigged and ready to sail, with a notebook, pen, and current rule book. You can order the app from the US Sailing website if you prefer: www.ussailing.org .

PRIVATE COACHES: Private coaches are not allowed. This is a Grade 2 event as described in the US Sailing Championship Support Vessel policy. See section 15 of the NOR for additional information.

SPECTATOR BOATS: It is our intent to provide a spectator boat on race days for those wishing to go on the water. There will be no spectator boat on clinic days. Pre-registration is required – please e-mail cedwards@gcshipyard.com for information and to reserve a spot by June 15. Again, refer to section 15 of the NOR titled Coaching for the rules regarding contact with competitors. **NO PRIVATE SPECTATOR BOATS WILL BE PERMITTED IN THE RACING AREA.**

SAILING VENUE: The regatta will be sailed in Saint Louis Bay. The bay is about 2 miles wide and 5 miles long and situated between Pass Christian, MS and Bay Saint Louis, MS. Most races are visible from the yacht club porch, sometimes with binoculars. Weather can be influenced by a Bermuda High, a low coming up from the Gulf, or a Northwest to Southeast flow. Our typical summer breeze is a southerly wind of 10-15 knots. Be ready for all weather including extreme heat and occasional showers or squalls.

SAILING INSTRUCTIONS: The final form of the Sailing Instructions will be distributed at registration. They will be available in preliminary form on the championship's website prior to the event.

WEATHER/APPROPRIATE GEAR: A detailed weather and local conditions seminar will be given to the competitors during the clinic, and daily weather briefings will be presented and posted on each of the racing days. Visit bwyc.org for weather links that will provide local weather forecasts. Be prepared for heat and humidity outside and air conditioning inside.

ALCOHOL AND DRUGS: Per US Sailing Regulation 10.03: The use of alcohol or any illegal drug by a competitor will not be allowed or tolerated during the event. Offenders will be dealt with strictly as stated in the Notice of Race and Championship Code of Conduct.

CURFEW: There will be a 10 p.m. curfew during the event, meaning that ALL competitors must be at their host home by 10 p.m. each night. These regulations are in effect from Tuesday, July 5 through Sunday July 10. There will be no exceptions. We are not trying to make the event less fun – rather, we are very concerned for the safety of each competitor.

TREATING THE HOST CLUB PROPERLY: BWYC has been preparing for and working on this event for more than a year. Be assured that we have planned the best possible championship regatta for you, from the racing, to the food, the social events and housing. Please be as self-sufficient as possible and help others as needed.



LOST ITEMS: Mark all your belongings with an indelible marker in advance! All items with a name clearly on them usually get returned. This also applies to your own spars and other personal boat equipment.

PACKING LIST:

- Personal Flotation Device- US Coast Guard (USCG) approved only, no exceptions
- Sunscreen, sunglasses, hat, towel
- Tools and parts for personally owned boats
- A 26-foot, 3/8 inch diameter, floating towline with a loop in the end of the line that is not to be secured to the boat (required for private and chartered boats)
- Notebook, pen, current rule book
- Personal entertainment (e.g. iPod, iPad, books, magazines)
- One small burgee from your yacht club or sailing association to trade
- Please see the notes on proper attire at BWYC; the Awards Dinner is a dressy affair
- Appropriate sailing gear and clothing
- Trapeze harness
- Re-usable water bottle clearly labeled with your name
- A small gift for your host family
- Sneakers

Sincerely,

Shelley Caplan, Regatta Chair

2016 U.S. JWD Championship Committee



2016 US Jr WOMEN'S DOUBLEHANDED CHAMPIONSHIP CONTACTS

Regatta Chair Shelley Caplan, sdcaplan@mac.com

Assistant Regatta Chair Katie Breath, kbreath@gmail.com

Transportation Hotlines **for day of travel ONLY: (228) 332-0674**

Changes in travel plans should be entered through your online BW or via email to kbreath@gmail.com.

BWYC, 1 Yacht Club Drive, Bay Saint Louis, MS, 39520, Phone 228-467-4592

Other important contacts:

U.S. Junior Women's Doublehanded Championship Chair

Ellen Donnelly ellendonnely@att.net (281) 450 - 5212.

US Sailing Championships Director

Liz Walker lizwalker@ussailing.org (401) 682-2951

<http://www.ussailing.org/racing/championships/youth/jrwomensdoublehanded/>



RELEASE OF LIABILITY

In consideration of the undersigned's participation in the U.S. Junior Women's Doublehanded Championship ("the Regatta") sponsored by Gill North America, Clagett Trust and other local sponsors (collectively, the "Sponsors") and hosted by the Bay-Waveland Yacht Club(the "Host") on 7/5/16-7/10/16 the undersigned participant ("Participant"), and if such Participant is a minor, the Participant's parent or legal guardian by countersigning below, on behalf of themselves and their respective heirs, executors, administrators, personal representatives and next of kin (collectively with Participant, "Releasors"), hereby forever waive, release and discharge each of the Sponsors, the Host and their respective parents, subsidiaries, affiliates, owners, members, managers, employees, officers, directors, agents, representatives, successors and assigns (each a "Released Party") from any and all claims, demands, damages, judgments, executions, rights of action or causes of action, present or future, whether the same be known, anticipated or unanticipated, which a Releasor may have, or claim to have, against any Released Party resulting from death, personal injury, property damage or other loss Releasor may sustain as a result of participating in the Regatta or other activities related thereto.

THIS RELEASE IS INTENDED TO DISCHARGE EACH RELEASED PARTY FROM ANY AND ALL LIABILITY ARISING OUT OF OR CONNECTED IN ANY WAY WITH RELEASOR'S PARTICIPATION IN THE REGATTA EVEN IF THAT LIABILITY ARISES OUT OF NEGLIGENCE OR CARELESSNESS ON THE PART OF ANY RELEASED PARTY.

Releasors hereby acknowledge that serious accidents occasionally occur during sailing activities and that mortal or serious personal injuries and/or property damage or other loss may result from participation in the Regatta. Releasors knowingly assume all risks of participation in the Regatta, including all risk of personal injury and loss of or damage to the Releasors or their property, including further injury sustained as the result of the efforts of third parties who come to the aid of Releasor(s) if injured as a result of participation in the Regatta, and release all other persons and entities mentioned above who might otherwise be liable to Releasors. Releasors agree to abide by all rules of the Sponsors and the Host in connection with participation in the Regatta and understand that the failure to observe and obey such rules may result in instant revocation of Releasors' right to participate in the Regatta.

Signature of Regatta Participant: _____
Print Name: _____

PARENT OR GUARDIANS FOR MINORS (UNDER 18 YEARS OF AGE)

The undersigned parent and/or natural or legal guardian does hereby represent that he/she is, in fact, acting in such capacity and agrees to release each and all of the Released Parties referred to above from all liability, loss, cost, claim or damage whatsoever which may be imposed upon said Party(ies) because of any defect in or lack of such capacity to so act and release said Party(ies) on behalf of all Releasors as specified herein.

Signature of Parent/Legal Guardian: _____

Print Name: _____ Date: _____



DEPICTION RELEASE

The signed consent form MUST be on file in order to complete registration. One must be on file for each sailor.

In consideration of the undersigned's participation in the U.S. Junior Women's Doublehanded Championship ("the Regatta") sponsored by Gill North America, Clagett Trust and other local sponsors (collectively, the "Sponsors") and hosted by the Bay-Waveland Yacht Club(the "Host") on 7/5/16-7/10/16 the undersigned participant ("Participant") and if such Participant is a minor, the Participant's parent or legal guardian by countersigning below ("Parent/ Guardian"), hereby grant to the Sponsors and the Host, perpetually and irrevocably, the unconditional and exclusive right, title and interest throughout the world to use, simulate and portray Participant's name, likeness, voice, personality, personal identification, and personal experiences, incidents, situations and events, whether visual and/or audio, including without limitation photographs, videotape, film and other recordings, electronic or optical-based media, or any other form or medium whatsoever, whether now or hereafter existing, and of every kind and character (collectively "The Images"), which may be taken or taken of Participant while participating in any aspect of the Regatta. Participant and Parent/Guardian understand and agree that one or more of the Sponsors and/or Host will be the owner(s) of any and all right, title and interest in and to the Images, in any derivative works, and in any merchandising, advertising, promotional and publicity rights and materials related thereto in all media of every nature whatsoever, whether now known or hereafter devised. Participant reserves no rights with respect to such uses. Participant and Parent/Guardian acknowledge the Sponsors' and the Host's right, title and interest in and advertisement, promotion, distribution and sale of products or events directly or indirectly related to the Regatta and/or yacht racing. Participant and Parent/Guardian agree that the Sponsors and the Host shall have unlimited right to vary, change, alter, modify, add to, and delete from any depictions of Participant in the Images and to rearrange and/or transpose such depictions as each may determine. Participant and Parent/ Guardian hereby waive any right to inspect, review or approve the Images and their use by the Sponsors and the Host and acknowledge that they are to receive no payment with respect to any matter referred to herein and that any and all of the rights granted herein are freely assignable by Sponsors and/or Host.

PARTICIPANT AND PARENT/GUARDIAN, ON BEHALF OF THEMSELVES AND THEIR RESPECTIVE HEIRS, EXECUTORS, ADMINISTRATORS, PERSONAL REPRESENTATIVES AND NEXT OF KIN (COLLECTIVELY, "RELEASERS"), HEREBY FOREVER WAIVE, RELEASE AND DISCHARGE EACH OF THE SPONSORS, THE HOST AND THEIR RESPECTIVE PARENTS, SUBSIDIARIES, AFFILIATES, OWNERS, MEMBERS, MANAGERS, EMPLOYEES, OFFICERS, DIRECTORS, AGENTS, SUCCESSORS, ASSIGNS AND REPRESENTATIVES (EACH A "RELEASED PARTY") FROM ANY AND ALL CLAIMS, DEMANDS, OR CAUSES OF ACTION THAT RELEASORS MIGHT NOW OR HEREAFTER HAVE FOR LIBEL, DEFAMATION, INVASION OF PRIVACY, RIGHT OF PUBLICITY, INFRINGEMENT OF COPYRIGHT OR TRADEMARK, OR VIOLATION OF ANY OTHER RIGHT ARISING OUT OF OR RELATING TO ANY UTILIZATION OF THE RIGHTS GRANTED UNDER THIS DEPICTION RELEASE.

PARTICIPANT (Signature): _____

NAME (print) _____

DATE

PARENT OR GUARDIANS FOR MINORS (UNDER 18 YEARS OF AGE)

The undersigned parent and/or natural or legal guardian does hereby represent that he/she is, in fact, acting in such capacity and agrees to release each and all of the Released Parties referred to above from all liability, loss, cost, claim or damage whatsoever which may be imposed upon said Party(ies) because of any defect in or lack of such capacity to so act and release said Party(ies) on behalf of all Releasers as specified herein.

PARENT OR GUARDIAN (Signature): _____

PARENT/GUARDIAN NAME (Printed):

DATE:

**Mail or Scan by May 15, 2016 to: Katie Breath, 529 East Second Street, Pass Christian, MS 39571.
Email: Kbreath@gmail.com**



MEDICAL CONSENT FORM

Each participant must complete and sign a copy of this form. Please fill it out completely. Incomplete forms will not be accepted. ***Mail this form postmarked NO LATER than two (2) weeks before the event.***

NAME OF PARTICIPANT: _____

NAME OF PARENT OR GUARDIAN (if under 18) _____

In the event of accident or injury to myself, my spouse or any child of mine (specifically including my child if named above as the "Participant") or in the event of illness of myself, my spouse or any child of mine while in, on or about the premises of the Bay-Waveland Yacht Club or while participating in any activity sponsored by or under the auspices of the Bay-Waveland Yacht Club under circumstances where I am physically unable to consent or am not present:

1. I hereby voluntarily consent to the furnishing to myself, my spouse or any of my said children of such medical care, attention and treatment by any hospital, physician or physicians as such hospital, physician or physicians may deem necessary or advisable.
2. I authorize the General Manager, Assistant General Manager or any officer or member of the Bay-Waveland Yacht Club to consent to such medical care, attention or treatment.
3. I agree to pay all costs of such medical care, attention or treatment and to hold free and harmless of and from any and all liability for such cost the Bay-Waveland Yacht Club the United States Sailing Association and the officers and members of each.

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 by the State of Mississippi or of any hospital holding a current operating certificate issued by the State Department of Health. 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 which the aforementioned physician in the exercise of his best judgment may deem advisable. It is understood that effort shall be made to contact the undersigned prior to rendering treatment to the patient, but that any of the above treatment will not be withheld if the undersigned cannot be reached.

Signature: _____

Parent/Guardian Signature (if under 18): _____ Date: _____

IN CASE OF EMERGENCY CALL:

NAME	RELATIONSHIP	PHONE NUMBER

PHYSICIAN WHO CONDUCTED YOUR MOST RECENT PHYSICAL EXAMINATION:

NAME	PHONE NUMBER	DATE OF LAST EXAM

HEALTH INSURANCE CARRIER	INSURANCE ID NUMBER

PLEASE FILL OUT THE REVERSE SIDE

**Mail or Scan by May 15, 2016 to: Katie Breath, 529 East Second Street, Pass Christian, MS 39571.
Email: Kbreath@gmail.com**



MEDICAL AND EMERGENCY INFORMATION

Competitor's name: _____ Male ____ or Female ____

Address: _____

City/State/Zip: _____

Telephone _____ (home) _____ (Emergency cell) Date of Birth: _____

THE PARTICIPANT AND/OR THEIR PARENT(S) MUST RESPOND TO THE FOLLOWING QUESTIONS AS ACCURATELY AND COMPLETELY AS POSSIBLE:

Please check those that apply: (Provide necessary details below)

CHRONIC AILMENTS:		ALLERGIES:	
ASTHMA, OR OTHER RESPIRATORY PROBLEMS		MEDICATION (please list below)	
DIABETES OR HYPOGLYCEMIA		LATEX	
HEMOPHILIA, OR OTHER BLEEDING PROBLEMS		BEE STINGS/INSECT BITES	
CIRCULATORY OR HEART PROBLEMS		IF YES, DO YOU CARRY AN EPIPEN?	
EPILEPSY/ SEIZURE		FOODS	
OTHER		OTHER	

DATE OF LAST TETANUS/ DIPHTHERIA/ TOXOID SHOT: _____

CURRENT MEDICATIONS AND DOSAGE IF ANY: _____

DETAILS: _____

**PLEASE MAKE SURE YOU HAVE FILLED IN ALL THE NECESSARY INFORMATION
If any of the above mentioned information changes before or during the event,
please submit in writing all pertinent information to the regatta chairperson.**

Championship Code of Conduct

Introduction

Each competitor in a US Sailing Championship or Qualifier hereby pledges to uphold the spirit of this US Sailing Code of Conduct (Code). This Code is not intended to establish a set of rules that will, by inclusion or exclusion, prescribe the appropriate behavior for competitors in every aspect of their participation in a Championship or Qualifier. Rather, the Code offers general principles to guide the conduct of competitors in situations that have ethical implications.

Elements of the Code

Each competitor in a US Sailing Championship pledges they:

> Will abide by *The Racing Rules of Sailing*, the US Sailing Regulations, all rules related to the Championship selection procedures as specified by US Sailing, the Championship Conditions, the Notice of Race and the Sailing Instructions for the Championship or Qualifier.

Participation

> Are eligible to compete under all US Sailing rules.

Fair Play and Conduct

> Will abide by Rules 2 and 69 of the *Racing Rules of Sailing*.

Drugs & Alcohol

> Will abide by US Sailing Regulation 10.01.C for Prohibited Substances as defined below:

> For adult US Sailing championship events, no competitor shall use, either on or off the water: marijuana or any other controlled substance as defined by state or federal law.

> For Junior and Youth events or for junior or youth competitors in any US Sailing championship, no participant or competitor shall use, either on or off the water, marijuana or any other controlled substance, or alcoholic beverages as defined by state or federal law.

Sexual Abuse & Harassment

Will abide by US Sailing Regulation 13.04 for Sexual Abuse & Harassment.

Physical Abuse & Assault

Will abide by US Sailing Regulation 13.05 for Physical Abuse & Assault

Bullying & Hazing

Will abide by US Sailing Regulation 13.06 for Bullying & Hazing.

Enforcement of the Code

> Compliance with this Code depends primarily upon understanding and voluntary compliance, secondarily upon reinforcement by peers, and, when necessary, upon enforcement through disciplinary action.

> If a competitor has been alleged to have violated this Code, the competitor will be given two options:

A) Voluntarily withdraw from the Championship or Qualifier where the violation occurred. The competitor shall be scored RET in all races sailed and not sailed. A report will be sent to US Sailing. If the offense warrants, further action will be taken pursuant to Rule 69

Or

B) A hearing will be held and if the Code is determined to have been broken, the hearing panel has the authority to remove the athlete from the venue immediately and mark all races as DSQ. Further action may be taken if needed pursuant to Rule 69

C) Before making a decision whether to withdraw from the Championship or Qualifier, or to request a hearing, the competitor will be given the opportunity to consult with an individual of their choice before racing commences, in order to better understand their options and potential outcomes

I have read the above code and agree to abide by it as a condition of my (or if under 18, my child's) participation.

Competitor's Signature _____ Date _____

Print Name _____

If under 18, complete the following:

Parent or Guardian Signature _____ Date _____

Print Name _____

Mail or Scan by May 15, 2016 to: Katie Breath, 529 East Second Street, Pass Christian, MS 39571. Email: Kbreath@gmail.com