



March 3, 2016

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

On behalf of the USJWSC Organizing Committee and Sail Sand Point (SSP), we are excited to welcome you to Seattle! The Organizing Committee has been planning this event for some time, and we hope all of this planning will pay off so that you have a great sailing experience. Below is some important information regarding the event.

**IMPORTANT LOCATION INFORMATION:**

All MAIL should be sent to: Junior Women's Singlehanded Championship, c/o Carol Clemett ,10032 SE 27th Street, Beaux Arts, WA 98004 or scanned to [Carolclemett@gmail.com](mailto:Carolclemett@gmail.com). Please do not send anything to US Sailing.

Information about Sail Sand Point and the surrounding area is available at:

<http://www.sailsandpoint.org/>

Daily results and photos will be posted during the event at the Championship website:

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

**ON SITE CHECK-IN/REGISTRATION:**

On site check-in/registration is on Tuesday, July 26, from 1400 to 1800. No early arrivals! Please plan on stopping for lunch on the way, if you are driving to Sail Sand Point or at Seattle airport (SEA) if you are flying to Seattle. The venue does not have a food concession. A light dinner will be provided for the competitors in the evening, so please plan ahead. On site, the registration team will review that all forms have been correctly submitted. Life jackets/personal flotation devices (PFDs) will be inspected at check-in/registration. You will not be allowed to sail unless you have an USCG-approved life jacket as outlined in the Notice of Race (NOR). Please refer to the NOR for requirements. The Race Committee reserves the right to measure your sails and/or boat throughout the event. All equipment and sails must be class legal.

**SAILING INSTRUCTIONS:**

The final Sailing Instructions will be distributed at check-in/registration. The Sailing Instructions in preliminary form may be available on the Championship website prior to the event.

**CHARTERS**

Charters are not guaranteed and are arranged privately by the competitors. You may request a charter on the registration website. The charter providers have asked that all charter requests be made by May 1<sup>st</sup> so they can plan appropriately. Do NOT make flight arrangements until you have secured a boat. If you are interested in contacting other sailors in your area to coordinate bringing your own boat to Seattle, please e-mail. Laurian Toland at [laurian@outlook.com](mailto:laurian@outlook.com).

**ARRIVAL AND DEPARTURE:**

Arrival for all competitors is Tuesday, July 26, from 1400 to 1800. Departure for all competitors is Monday, August 1<sup>st</sup> from 0700- 0900. Schedule your flights to arrive at Seattle-Tacoma International Airport (SEA) approximately between 1200 -1600 on July 26, and to depart SEA after 0930 on August 1. Alternatively, sailors may depart on late evening flights leaving SEA on July 31 at 2330 or later if sailors and their families have made private arrangements for airport transportation.



Competitors wishing to leave on the 31st after the Awards Dinner (at approximately 2130) with a parent/guardian must notify Susan Dennis in advance (see Contact List on the last page). All boats and trailers must be gone from SSP before 1000 on Monday, Aug 1st.

US Sailing has negotiated a discount with United Airlines for travel to the 2016 Championships <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 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 31st, 2016**. You can use this link to update/change your plans at any time prior to this deadline. After July 16th, you must email any changes to [Laurian@outlook.com](mailto:Laurian@outlook.com). **Any travel arrangements that deviate from the above guidelines must be requested and approved in advance by the National Chair, Susan Dennis at [jr.womens.champs@gmail.com](mailto:jr.womens.champs@gmail.com) . Any approved changes must be made by July 3. No exceptions!**

#### **AIRPORT INFORMATION:**

**Do not book your flight until you have secured your plans for a boat.** Ground transportation for arriving competitors will be coordinated only between the Seattle-Tacoma International Airport (SEA) and Sail Sand Point. Many major airlines service SEA airport. Don't forget to include Sail Sand Point's name and mailing address on your luggage tag in the event your bags are delayed. See Contact List on the last page for Sail Sand Point's address. Regatta volunteers will meet you in the baggage claim area with a "SSP" sign and will escort you to transportation to Sail Sand Point. The cost of ground transportation between Seattle International Airport and SSP is not included in the entry fee. Exact cost for this service—if any- will be sent out by June 30th. Payment for ground transportation must be made to SSP prior to July 10th.

#### **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 Event Chair, Laurian Toland, will be in contact with you regarding these details once you have entered this status into Regatta Network. There may be an additional charge for the return flight as an unaccompanied minor. You must have enough cash or a credit card to pay this fee at check in for your return flight. Please be prepared.

**FOR YOUR OWN SAFETY, DO NOT ACCEPT RIDES OR TRANSPORTATION to or from SEA-TAC airport that has not been arranged through Sail Sand Point.**

#### **TRAVEL QUESTIONS:**

We will be tracking the arrival of each person carefully. If there is a flight delay or problems with your itinerary on arrival day, please call the Transportation Hotline at Kara Carlson at 425-233-7270 immediately. Please program this number into your cell phone.

#### **DRIVING DIRECTIONS and VEHICLE PARKING:**

You can obtain directions to Sail Sand Point on the internet using the address in the Contact List.

#### **WAIVERS:**

Each competitor must send all of the required waivers to the Registrar (see Contact List) by June 20<sup>th</sup>. There are six waivers/forms/agreements attached to the end of this letter. **All six must be filled out and**

sent to the Registrar by June 20<sup>th</sup>. If any medical issues change after that date, it is the responsibility of the parent/competitor to notify the Registrar. **It is strongly suggested that the competitor bring a copy of her medical insurance card.**

#### **HOUSING:**

All competitors will be assigned to a host family for the duration of the event. It is a nice gesture to bring a small item to thank your housing hosts. You are guests at their house so please no wet towels, clothes all over the floor, or the like. The final night of housing will be Sunday July 31<sup>st</sup>

**Competitors will not be informed of the name of the host family until registration.** Housing assignments are a moving target until the very last minute. 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 or is willing to house at least one other competitor.

The host family pick-up time for Tuesday July 26<sup>th</sup> at SSP is set for 1830. When you arrive at your host family, phone your parents and give them the host family's phone number. Please exchange cell phone #s with your host family to facilitate pick-up times. Transportation to and from Sail Sand Point will be either by walking or by the host family. **Competitors are NOT permitted to drive at any time during the event.** This is for the safety of all. Competitors are required to attend all events.

#### **MEALS:**

Meals for competitors will be provided throughout the regatta. A hot & cold breakfast will be served at the Sail Sand Point venue each morning. Lunch makings will be provided, and lunches must be made by the sailors themselves in the morning and will be available from a coach boat on the water at midday. Dinners will be at Sail Sand Point on Tuesday, Wednesday, and Saturday and at Seattle Yacht Club on Sunday. There will be a special event on Thursday evening, and the sailors will eat with their host family on Friday evening.

#### **WATER:**

This event will be certified as a Bronze Level event through [Sailors for the Sea](#). It is recommended that you bring your own favorite water bottle from home. Also, you must bring your own carabineer, duct tape, bungee, or other device to secure your water bottle into your boat.

#### **GUEST ACCOMMODATIONS:**

Parents and guests are responsible for their own housing and meals. Please refer to section 15 of the NOR entitled "Coaching" for information about contact with competitors.

#### **BURGEE EXCHANGE**

Exchanging burgees from your club with the JWS host club has become a wonderful tradition at these events. If you would like to participate in the burgee exchange, please bring a burgee from your home club. There will be a brief ceremony with a Sail Sand Point Officer to make the exchange.

#### **AWARDS DINNER:**

The Awards Dinner on Sunday July 31<sup>ST</sup> will be a well-attended event. **Attendance by competitors is mandatory and is included in the entry fee.** Competitors will not be allowed to leave before the Awards Dinner without prior approval of the National Chair, and permission will only be granted for extenuating circumstances. The Awards Dinner usually concludes by 2130

Awards Dinner tickets will be \$30 per additional guest. Guest Meal Tickets may be reserved by calling or emailing Laurian Toland. Please call to reserve seats by the end of registration, 2000 Tuesday July 26th. The banquet will be held at the Seattle Yacht Club. Payment will be taken at the door.

**TRAILER STORAGE AND SAIL NUMBERS:**

Trailer storage is available. If you have an alternate location to store your trailer, or if you can bring your boat atop your car, that is preferable. Please email the Registrar (contact info below) if you plan on bringing a trailer and will need a place to store it during the event. All boats and trailers may not arrive before July 26<sup>th</sup>, and must be gone before 1000 Monday, Aug 1<sup>st</sup>.

Recall numbers will be provided at registration for competitors to attach to their sails for racing.

**RACING CLINIC:**

There will be a **mandatory** two-day clinic that will be held on Wednesday and Thursday, July 27<sup>th</sup> and 28<sup>th</sup>. The clinic is funded by a generous donation from the Clagett Trust. You are required to be there with your boat rigged and ready to sail, and with a notebook, pen, and current rule book.

**PRIVATE COACHES:**

Private coaches are not allowed. This is a Grade 2 coaching event. In the event that you have someone coming to watch, be sure to read the rules about support vessels.

<http://www.ussailing.org/racing/championships/coaching-and-support-boat-policy/>

**SPECTATOR BOATS:**

Parents are welcome to come and watch the sailing, but remember that no outside contact is permitted from the moment you step onto Sail Sand Point 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 subject to protest so please, parents and sailors both, take this seriously. Refer to section 15 of the NOR entitled "Coaching" for more information.

There will be no spectator boats on clinic days. There may be limited spectator boats on race days. Spectators will be required to sign up at the sailing venue at least two days before they want to go on the water. Sign up will be posted near the Notice Board at Sail Sand Point. Spectators are encouraged to bring their own lunch and drinks. No alcohol will be allowed on the spectator boats. Please bring your own personal flotation device. **NO PRIVATE SPECTATOR BOATS WILL BE PERMITTED IN THE RACING AREA.**

**SAILING VENUE:**

The racing area will be in Lake Washington, close to Sail Sand Point. In July, the air temperature averages in the 70s during the daytime, and 60s at night. The water temperature is expected to be in the low-70s.

**WEATHER/APPROPRIATE GEAR:**

Weather information is available via the internet using the zip code for Sail Sand Point: 98115. 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. Please come prepared to sail in any weather conditions – Lake Washington in July can see any range of conditions, and they can change rapidly. Bring layers for both on land and on the water. Bring shorts AND pants, t-shirts AND jackets.

**ALCOHOL AND DRUGS:**

Per US Sailing Regulation 10: The use of alcohol, marijuana 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.

**CURFEW:**

There will be a 2200 curfew during the event; meaning that ALL competitors must be “home” where they are being housed by 2200 each night. These regulations are in effect from Tuesday July 26<sup>th</sup> through Sunday July 31<sup>st</sup>. There will be no exceptions. We are not trying to make the event less fun; we are very concerned for your safety.

**TREATING SAIL SAND POINT PROPERLY:**

We take our regatta hosting very seriously, and as our guests, please show us that you appreciate the hard work of all of our volunteers. Please be as self-sufficient as possible and help others as needed. We expect that you'll jump in and help without being asked and clean up after yourselves each day!

**LOST ITEMS:**

Mark all your belongings in advance! Take a few minutes with an indelible marker and put your name on everything you will be bringing. Also, clearly paint or otherwise mark your own spars and other personal boat equipment. If it has your name on it, you are more likely to get it back if lost.

**PACKING LIST:**

1. Life Jacket/PFD- only USCG approved and the appropriate size for the sailor's weight
2. Appropriate sailing gear and clothing for a range of weather conditions
3. Carabineer, duct tape, bungee, or other device to secure your water bottle into your boat
4. Sunscreen, sunglasses, hat, and towel
5. An appropriately labeled water bottle that you can secure to your boat
6. Tools and parts for personally owned boats
7. 30-foot tow line (required for all boats)
8. Notebook, pen, current rule book
9. Personal entertainment (e.g. books, Frisbee, iPod)
10. Appropriate attire for the awards dinner – nice shirt, dress or nice slacks
11. A small thank you gift for your host family
12. A small burgee from your yacht club or sailing association to trade (optional)
13. Sneakers

**We look forward to great racing, great food, and a great time here in the Great Northwest!**

Sincerely,  
Laurian Toland  
Regatta Chair

**Please mail or scan all paperwork to:**

U.S. Junior Women's Singlehanded Championship c/o Carol Clemett, 10032 SE 27th Street Beaux Arts, WA 98004 carolclemett@gmail.com

**DO NOT SEND ANY PAPERWORK TO US SAILING.  
All paperwork must be received by June 20th**

**CONTACT LIST**

**Regatta Chair:** Laurian Toland

Cell Phone: 206 612 3277

Email: [laurian@outlook.com](mailto:laurian@outlook.com)

**Registration/Registrar:** Carol Clemett

Cell Phone: 425 241 3072

Email: carolclemett@gmail.com

**Transportation Hotline / Unaccompanied Minor Contact:** Kara Carlson at 425-233-7270

**Venue:**

Sail Sand Point

7861 62<sup>nd</sup> Ave NE

Seattle, WA 98115

<http://www.sailsandpoint.org/>

**US Sailing:** Liz Walker

Email: [lizwalker@ussailing.org](mailto:lizwalker@ussailing.org)

Direct line: 401-682-2951

**National Chair:** Susan Dennis

Email: [jr.womens.champs@gmail.com](mailto:jr.womens.champs@gmail.com)

Cell phone: 408-564-3236

**U.S. Junior Women's Championship Website:**

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

**Travel:**

US Sailing members get a discount through United Airlines. This discount must be booked directly through the US Sailing website. See <http://www.ussailing.org/membership/benefits/>

**Local accommodations:** US Sailing members are eligible for discounts at Hilton brand hotels.

<http://www.ussailing.org/membership/benefits/>.

For local accommodation information see <http://www.visitseattle.org/>



## RELEASE OF LIABILITY

In consideration of the undersigned's participation in the U.S. Junior Women's Singlehanded Championship ("the Regatta") sponsored by Gill North America, Clagett Trust and other local sponsors (collectively, the "Sponsors") and hosted by Sail Sand Point(the "Host") on 7/26/16 - 8/01/16 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 Releasor's(s') 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 Singlehanded Championship ("the Regatta") sponsored by Gill North America, Clagett Trust and other local sponsors (collectively, the "Sponsors") and hosted by Sail Sand Point (the "Host") on 7/26/16 - 8/01/16 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:**

\_\_\_\_\_



**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 Sail Sand Pointor while participating in any activity sponsored by or under the auspices of the Sail Sand Point\_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 Executive Director or any officer or member of the Sail Sand Point 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 Sail Sand Point 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 Seattle, WA 98115 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**



**MEDICAL AND EMERGENCY INFORMATION**

Competitor's name: \_\_\_\_\_

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.**

Mail this form ***no later than two weeks before the event*** to:

Carol Clemett  
 Attn: U.S. Junior Women's Singlehanded Championship  
 10032 SE 27<sup>th</sup> Street,  
 Beaux Arts, WA 98004  
 Or scan to  
 carolclemett@gmail.com

# Championship Code of Conduct – required for all sailors

## 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

**2016 Medical/Liability Waiver**

*Please note: All participants must have a completed liability waiver on file to participate in any Sail Sand Point activity. If you are participating in Open Boating you must **also** sign the Open Boating Use Agreement. Completed waivers may be emailed to [info@sailsandpoint.org](mailto:info@sailsandpoint.org).*

**Participant Information:**

Name		Date of Birth	/ /
Primary Phone	( )	Secondary Phone	( )
Street Address			
City/State/Zip			
Email			

**Medical/Emergency Information:**

Emergency Contact Name		Relationship	
Primary Phone	( )	Secondary Phone	( )
Emergency Contact Name		Relationship	
Primary Phone	( )	Secondary Phone	( )
Medical Conditions/ Concerns or Learning Disabilities		Medications	

*Sail Sand Point keeps your information in the strictest of confidence and will never knowingly release it to a third party. We may use your information to contact you about SSP news and opportunities. If you receive communications from us and no longer wish to receive them, you may opt out at any time.*

(continued on reverse)

*Waiver of Liability*

- 1) I recognize sailing, paddling, and other watersports can be hazardous activities that may result in serious injury or death. I accept the risks inherent in sailing, paddling, and watersport activities offered by Sail Sand Point.
- 2) I agree to **release, hold harmless and indemnify** Sail Sand Point, the City of Seattle, their advisory councils, officers, members, agents, employees, and insurers for any claims brought by the minor for any injury or damage resulting from any cause, including negligence, which arise out of participation in these programs. This release is binding as to any other persons, including family members, heirs, and executors. This release does not apply to gross negligence or intentional acts.
- 3) In consideration of the agreement of Sail Sand Point, to offer use of a boat to me, I agree to release, indemnify and hold harmless Sail Sand Point, the City of Seattle, their advisory council, officers, members, agents, employees and insurers in the event of any accident, damage or injury resulting from my use of said boat. I further agree that I am solely responsible for any expenses incurred due to damage, loss of property or personal injury suffered by Sail Sand Point, members of my party or any third parties, resulting from my use of this boat.
- 4) I authorize the program organizers or their employees to sanction emergency treatment.
- 5) I permit Sail Sand Point to use photos and quotes of the participant in their publications.
- 6) Parents, custodians, legal guardians, and all other agents and assigns of any minor child or adult, whether a student, registrant, participant, or spectator, at or near Sail Sand Point property, regardless of whether utilizing any SSP equipment, at any time either before, after, or during any lesson, class, or other event, regardless of whether Sail Sand Point is officially open or closed for business, hereby waive the right to take any legal action against Sail Sand Point, and agree and affirm to hold harmless Sail Sand Point from any legal or equitable cause of action, for any reason. By signing below, the person signing this wavier agrees and affirms that he or she is giving up substantial legal rights. He or she further agrees that, notwithstanding this agreement, Sail Sand Point reserves the right to mandatory mediation and/or arbitration, in any appropriate jurisdiction, as to any and all potential legal actions against it, both now or at any point and in the future.

**My signature below means I have read, understood, and agree to the conditions and responsibilities as outlined in this Agreement.**

Participant's \_\_\_\_\_ name \_\_\_\_\_ (print):

Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
 (parent/legal guardian if under 18)