



U.S. JUNIOR WOMEN'S DOUBLEHANDED CHAMPIONSHIP

March 1, 2017

Dear 2017 U.S. Junior Women's Doublehanded Championship Competitors and Parents,

Welcome to the Annapolis Yacht Club. Our membership is thrilled to host the 2017 U.S. Junior Women's Doublehanded Championship for the Ida Lewis Trophy and welcome you as a guest at our club.

This is a very special regatta that is designed to encourage young American women to enhance their sailing ability, with an emphasis on sportsmanship, by providing the opportunity to compete in national-level competition with guidance from high-level coaching. With experienced coaching throughout the clinic and regatta, transportation, meals and housing provided, this is an opportunity for competitors to experience more independence than at many other junior regattas. We at AYC are excited to welcome you all to this unique event.

This package is designed to give you the information you need to prepare for the regatta. If there are questions we haven't answered, please let us know.

The organizing committee is committed to hosting a regatta that honors the intents of the Clagett family. We encourage everyone to bring their best for a really great experience.

Sincerely,

2017 U.S. JWD Championship Committee

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WEBSITE & SOCIAL MEDIA INFORMATION:

Official Website Results and photos

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

AYC: <http://www.annapolisyc.com>

Area information: <http://www.visitannapolis.org/>

#idalewis17 is the hashtag for the event, and we will be posting information before and during the regatta.

ARRIVAL AND DEPARTURE:

Plan to arrive July 13th as indicated below. Due to proximity, Baltimore Washington International (BWI) is the preferred airport and transportation to and from BWI will be provided at no cost.

Arrive July 13th

Baltimore Washington International (BWI) 12:00pm - 5:00pm

Depart July 19th

Baltimore Washington International (BWI) 6:00am - 12:00pm

Competitors are required to attend the Awards Ceremony. Competitors may leave after the Awards Presentation with a parent or guardian; however, if they plan on doing so, we must be notified prior to on site registration. All boats and trailers must be gone by 12:00 PM, Wednesday, July 19.

US Sailing has negotiated a discount code from United Airlines for travel to the 2017 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.

Competitors will receive an email from the championship via Regatta Network with a link to add their travel plans. It is imperative that competitors enter their arrival and departure details **no later than June 15**. Competitors can use this link to update/change their plans at any time prior to this deadline. After June 15, competitors must email any changes to the registrar: LAmbrose@annapolisyc.org.

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

UNACCOMPANIED MINORS: If competitors are considered an unaccompanied minor by their airline, competitors must enter this in their travel details on Regatta Network. Appropriate arrangements must be made in advance with the airline, specifically contact/pick-up information. The AYC Transportation Chair will be in contact with competitors regarding these details once competitors have entered this status into Regatta Network. Be prepared to pay any



fees by credit card when competitors check in for their flight home.

AIRPORT INFORMATION: Ground transportation for arriving competitors will be coordinated at no cost between BWI Airport and Annapolis Yacht Club. Competitors will need to make their way to the baggage claim area without an escort. In the event that their luggage is delayed, don't forget to include the following on the luggage tag: Annapolis Yacht Club, 12 Dock Street, Annapolis, MD 21401, Phone 410-263-9279.

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

Passenger shuttles will be hired for transportation. **FOR YOUR OWN SAFETY, DO NOT ACCEPT RIDES OR TRANSPORTATION** to or from BWI 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 competitors' itinerary on arrival day, please call the Transportation Chair, Jasen Adams at 443-994-1176 immediately. We suggest competitors program this number into their cell phone.

DRIVING DIRECTIONS: Boats and sailors should go to AYC's Sailing Center at 550 Severn Avenue, Annapolis, MD. Please do not arrive before registration opens. Directions are at the end of this packet.

REGISTRATION: Registration will be at AYC Sailing Center at 550 Severn Avenue, Annapolis, MD July 13 from 1:30-6:30 p.m. Sailors who are driving are encouraged to have lunch prior to arrival.

The transportation shuttle from the airport will drop you off at AYC. Once competitors arrive, the registration team will review to determine that all forms have been correctly submitted, including a copy of their health insurance card. Life jackets will be inspected at this time as well, and must be an approved USCG personal flotation device as outlined in the Notice of Race (NOR). Refer to the NOR for the requirements. Competitors' 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 AYC.

WAIVERS: All competitors shall complete the waivers (downloadable at registration website), sign, and either scan and email to Linda Ambrose, lambrose@annapolisyc.org, or mail paper copies of them to: Linda Ambrose, Annapolis Yacht Club, P O Box 908, Annapolis Maryland 21404. The completed waivers must be received by June 1, 2017.

The waivers are attached to the end of this letter. It is the responsibility of the parent/competitor to notify Linda of any new medical issues or changes to existing conditions that arise after June 1, 2017. It is suggested that the competitor bring a copy of her medical insurance card and a list of any medications.



HOUSING: All competitors will be assigned a host family for the duration of the event. Per the deed of gift for the Ida Lewis Trophy to encourage camaraderie among competitors and an equal playing field, 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.

At least two sailors will be with every host family. Some host families may be able to host more than one team. Skippers and crews will be housed together, unless they are local sailors housing out of town teams.

Competitors will be informed of the name of the host family at registration. Do not call AYC as housing assignments are not confirmed until the day before registration.

If competitors have not been hosted by a family before, it is helpful to know that it is a nice gesture to bring a small gift to thank housing hosts.

Hosts will meet competitors at AYC on July 13, and be responsible for transportation to and from the club every day. They will also be hosting dinner one night during the regatta. The final night of housing will be Tuesday, July 18, for those competitors who do not leave after the Awards Ceremony.

Competitors are NOT permitted to drive at any time during the event. Competitors are required to attend all events.

When competitors arrive at the home of their host family, it is recommended to call parents with the host family's phone number and exchange cell phone numbers with their host family to facilitate daily pick-up times.

MEALS & EVENTS: All meals will be provided for competitors from dinner on Thursday, July 13 through breakfast on July 18th if competitors do not depart after the Awards Ceremony.

Breakfast will be served either by the host family or 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.

Dinners will be provided every evening. The regatta committee is organizing low-key social events to take place after sailing, with the exception of one night where sailors will be able to have dinner with their host family. There are shower facilities at AYC's for competitors to change for the evening activities. The Awards Dinner will be at AYC's Main Clubhouse following the races Tuesday evening.

SPECTATOR BOATS: AYC may provide a spectator boat on race days for those wishing to go on the water. There will be no spectator boat on clinic days. If you are interested, please complete this [form](#) 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.

PARENTS & GUESTS: Parents may come and watch the sailing, but remember that this regatta provides top-notch level coaching across the fleet and is designed to give the competitors the opportunity for self-reliance and to support and help their peers.

Per the deed of gift, no outside contact is permitted from the moment competitors step onto the yacht club property until the chief judge dismisses competitors at the end of the day. Parents will not be permitted to talk to competitors or their friends, help rig or de-rig, pull boats out of the water - no contact at all. This rule encourages the sailors' independence and promotes bonding among the sailors.

These conditions were laid down by C. Thomas Clagett, whose trust funds the coaching at the championship. We must ask competitors and parents to respect his wishes. Violators are likely to be subject to protest, so please, parents and sailors both take seriously.

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

Parents and guests are responsible for their own housing and meals. Go to <http://www.visitannapolis.org/> for information. Parents who wish to attend the Awards Dinner may reserve tickets in advance until July 7 by emailing LAmbrose@annapolisyc.org. Guest tickets for the Awards Dinner may be purchased at AYC during registration on Thursday, July 13th. Ticket cost to be determined.

AWARDS PRESENTATION: The Awards Presentation is on Tuesday, July 18. Because of the regatta's emphasis on camaraderie and sportsmanship, 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 competitors have applied for a charter, competitors 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 competitors have not applied for a charter.

Charter boats do not include sails, bridles or trapeze harnesses. Competitors will need to bring their own or make arrangements to have them shipped. Sails should be shipped with return shipping labels. Arrangements are the responsibility of the sailor, not AYC or US Sailing. Sailors who are interested in chartering or purchasing SAILS ONLY should contact Zim Sailing after April 30th. If competitors 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 Championships@ussailing.org. Charter fees will only be refunded if the boat can be chartered by another competitor; otherwise competitors will be

responsible for the fee.

PERSONAL SAILBOATS: Competitors who are bringing their own sailboats should arrive at AYC's Sailing Center after 1:30pm and before 5:00 p.m. on Thursday, July 13. Trailers will be stored at AYC for the week. Competitors will be expected to attach the provided hull and sail numbers following registration. Launching: Competitors 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 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, ellendonnely@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 competitors to plan well in advance in an effort to retain their original team. See section 6 of the NOR for additional information.

RACING CLINIC: There will be a **mandatory**, two-day clinic held on Friday and Saturday, July 14-15. The clinic is funded by a generous donation from the Clagett Trust. Competitors are required to attend with their boat rigged and ready to sail, with a notebook, pen, and current rule book. Competitors can order the app from the US Sailing website if preferred: 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.

SAILING VENUE: The regatta will be sailed in the mouth of the Severn River or in the Chesapeake Bay. Our typical summer breeze is a southerly wind. Be ready for all weather including 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 <http://www.annapolisyc.com/weather> for weather links that will provide local weather forecasts. Be prepared for heat and humidity outside and air conditioning inside.

DRESS: Competitors should expect to get "dressed up" for at least two evening events—the Awards Ceremony and one of the organized social evenings. Host families may also take



competitors out to dinner on their evening with the competitors. The dress code for the Awards Ceremony at the AYC "Skipjack" in the Main Clubhouse is "casual attire," interpreted at minimum as clean, neat shorts, slacks/jeans, skirts, and sport shirts. If competitors are taken to the Main Dining Room by their hosts, attire is "informal," interpreted at minimum clean, neat shorts, slacks/jeans, skirts, and collared shirts or dresses.

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 Thursday, July 13 through Tuesday July 18. There will be no exceptions. This will ensure that host families and competitors get a good night sleep!

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

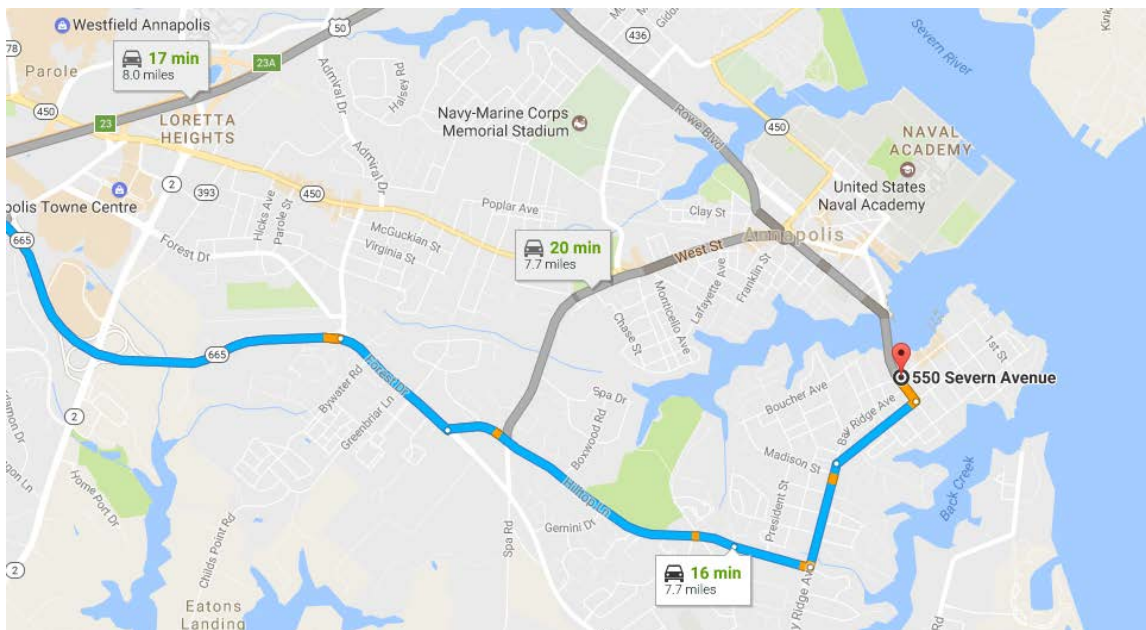
PACKING LIST:

- o Personal Flotation Device- US Coast Guard (USCG) approved only, no exceptions
- o Sunscreen, sunglasses, hat, towel
- o Tools and parts for personally owned boats
- o 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)
- o Notebook, pen, current rule book
- o Personal entertainment (e.g. iPod, iPad, books, magazines)
- o One small burgee from home yacht club or sailing association to trade
- o Please see the notes on dress
- o Appropriate sailing gear and clothing
- o Trapeze harness
- o Re-usable water bottle clearly labeled with name
- o A small gift for host family
- o Sneakers

Driving Directions from US Route 50

Towing a Boat: due to the narrow streets of Annapolis' historic downtown, it is HIGHLY recommended that all large vehicles (RVs, etc.) and/or trailers enter Annapolis from Route 665 and Hilltop Lane.

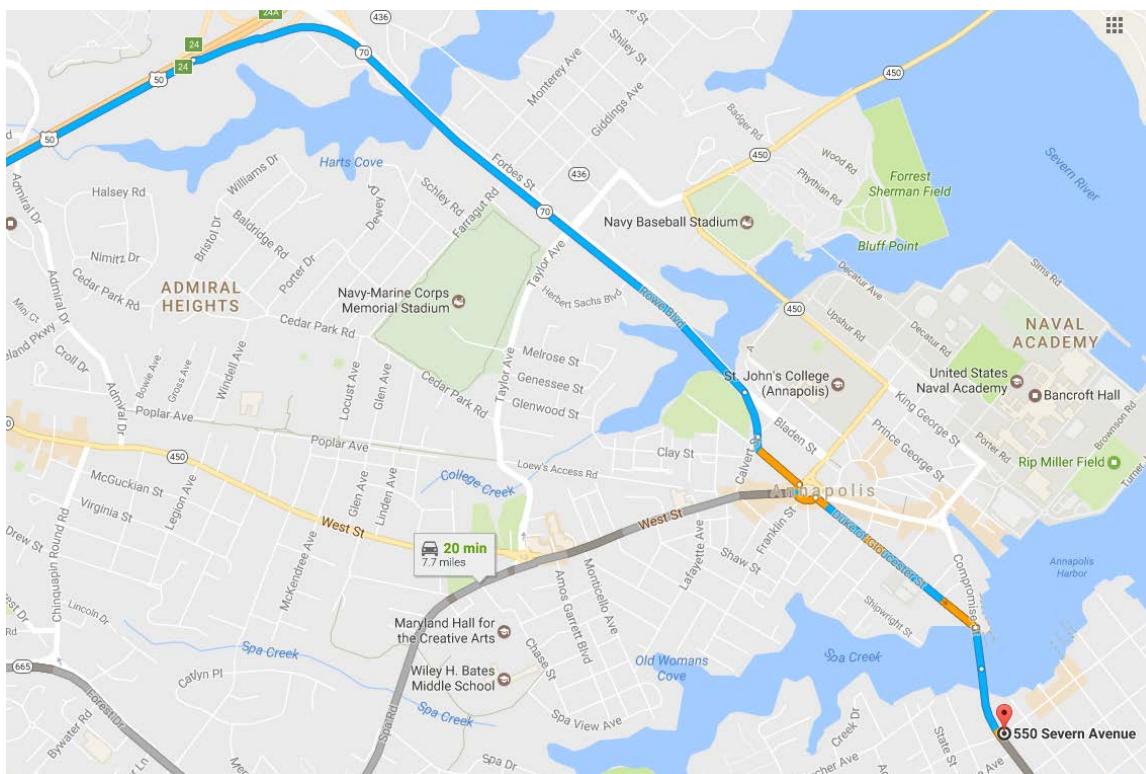
- Route 665 turns into Forest Drive
- Left onto Hilltop Lane
- Left onto Bay Ridge Avenue
- Left onto 6th Street
- Right onto Severn Avenue
- Left into 550 Severn Avenue, AYC Sailing Center



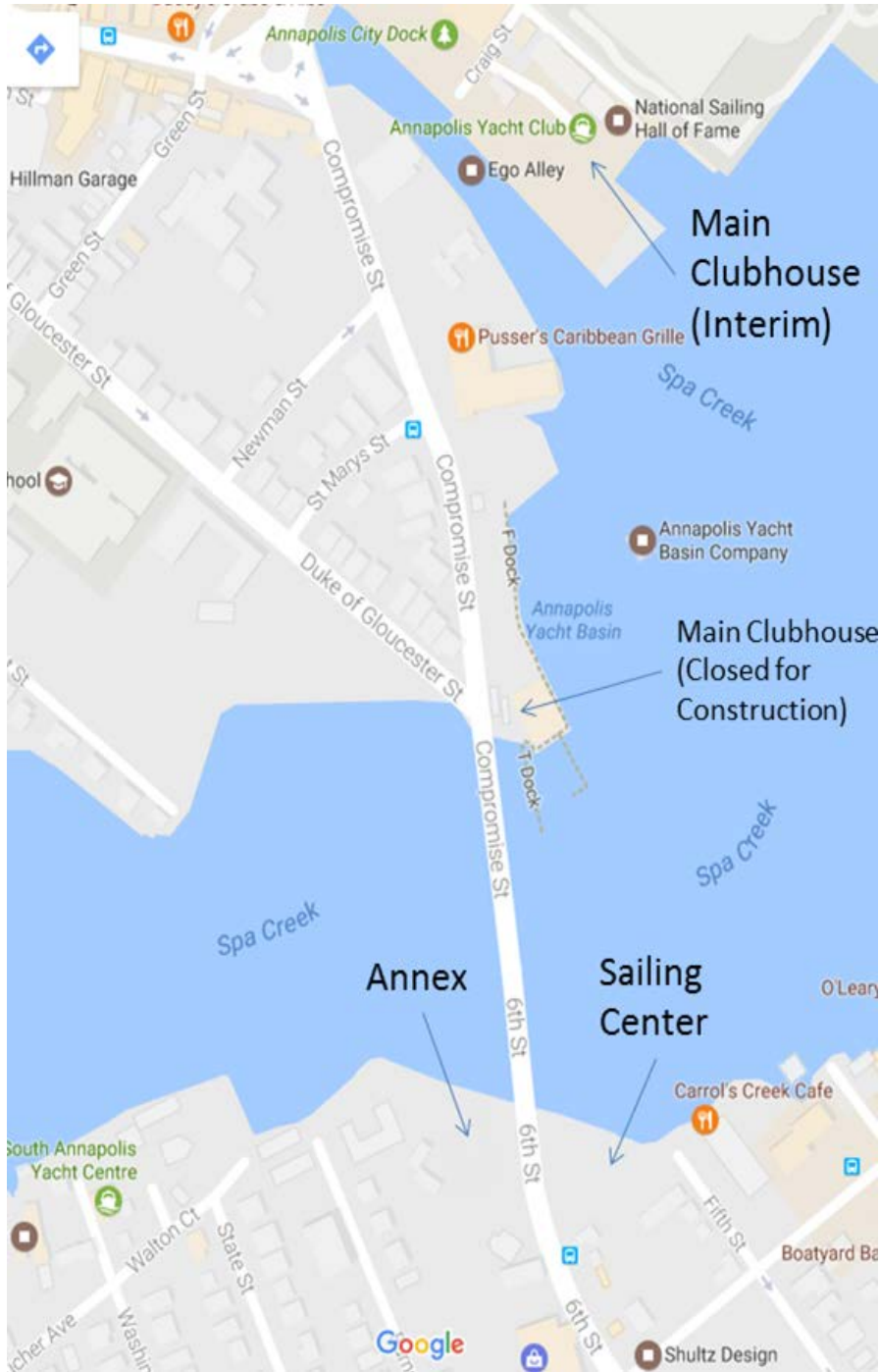
Driving Directions from US Route 50

Car Only:

- Route 70, Rowe Blvd
- Slight right onto Northwest Street
- Right onto Church Circle
- Right onto Duke of Gloucester Street
- Right onto Compromise Street
- Continue onto 6th Street
- Left onto Severn Avenue
- Left into 550 Severn Avenue, AYC Sailing Center



Map of AYC Facilities



CONTACTS

Regatta Chair	Molly Hughes Wilmer	molly@visionsmc.com	443-994-1176
Regatta Manager	Linda Ambrose	lambrose@annapolisyc.org	410-263-9147
Transportation Hotline (July 13/19 only)	Jasen Adams	Jasen@jadams.com	443-994-1176
AYC Interim Clubhouse	12 Dock Street Annapolis, MD 21401	frontdesk@annapolisyc.org	410-263-9279
AYC Sailing Center	550 Severn Avenue Annapolis, MD 21403		
USJWD Chair	Ellen Donnelly	ellendonnelly@att.net	(281) 450 - 5212
US Sailing Championships Director	Liz Walker	championships@ussailing.org	(401) 682-2951



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 Annapolis Yacht Club(the "Host") on 7/13/17-7/18/17 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, "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, 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 Releaser may have, or claim to have, against any Released Party resulting from death, personal injury, property damage or other loss Releaser 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.

Releasers 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. Releasers knowingly assume all risks of participation in the Regatta, including all risk of personal injury and loss of or damage to the Releasers or their property, including further injury sustained as the result of the efforts of third parties who come to the aid of Releaser(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 Releasers. Releasers 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 Releaser'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 Releasers as specified herein.

Signature of Parent/Legal Guardian: _____

Print Name: _____ Date: _____

Mail or Scan Back to Linda Ambrose, lambrose@annapolisyc.org or c/o Annapolis Yacht Club, PO Box 908, Annapolis MD 21404

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 Annapolis Yacht Club (the "Host") on 7/13/17-7/18/17 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 pecified herein.

PARENT OR GUARDIAN (Signature): _____

PARENT/GUARDIAN NAME (Printed): _____

DATE:

Mail or Scan Back to Linda Ambrose, lambrose@annapolisyc.org or c/o Annapolis Yacht Club, PO Box 908, Annapolis MD 21404

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 Annapolis Yacht Club or while participating in any activity sponsored by or under the auspices of the Annapolis 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 Annapolis 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 Annapolis 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 Maryland 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

Mail or Scan Back to Linda Ambrose, lambrose@annapolisyc.org or c/o Annapolis Yacht Club, PO Box 908, Annapolis MD 21404

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 or Scan Back to Linda Ambrose, lambrose@annapolisyc.org or c/o Annapolis Yacht Club, PO Box 908, Annapolis MD 21404

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