



2018 SF State Summer Youth Sailing and Paddling Pre-Camp Information

Thank you for Registering with the SF State Community Youth Sailing and Paddling Program! Please carefully read and adhere to the following information so your child will have a safe, educational and enjoyable sailing or paddling experience.

- Full payment is required to make an individual reservation.
- All cancellations should be made at least by Friday two weeks prior to the scheduled week camp session.
- Minimum of eight (8) registrants required to operate any camp and a maximum of 16 students per sailing camp (24 per paddling camp). If there are not at least eight registered campers 5-7 days before the camp start date, we will contact you and discuss finding additional campers or alternative open camp dates and times. We will offer to switch you to an open date, or provide a full refund of any payment.
- A parent or guardian must complete and sign the Medical Information, Liability Release and Lakeside Rules forms for each child before they can participate. Bring these signed forms to the first day of camp. Links for the medical, release and rules forms are found near the bottom of the online registration page. The Lakeside Rules form is the last page of this letter. You child will not be able to participate until we receive all three of these completed and signed forms.
- On the first day confirm with the camp leader if your child is registered for Gator Sports Camp (not operated by us)
- Inform the camp office at least two weeks prior to camp if your child needs special accommodations for a disability or has a serious health concern, and how to best work with them. On the first day of camp meet early with the camp leader to discuss how to best accommodate your child with special needs.

PLEASE SIGN AND BRING TO CAMP THE SIGNED MEDICAL, RELEASE AND RULES FORMS

WHAT YOUR CHILD SHOULD WEAR FOR SAILING OR PADDLING

Your child should be dressed in layers so they can peel off a layer as the day warms. Start with a swimsuit. Many girls prefer nylon shorts over the swimsuit. The next layer is a long sleeve shirt that is made of wool or synthetic materials (such as nylon or pile - it dries fast, keeps warmth and is used for winter sports- a nylon athletic warm-up top/jacket is another good option). NO COTTON shirts, as cotton stays wet and will keep your child cool. On a cool foggy day many kids like to wear loose fitting pants made of wool or synthetic material that dries fast, such as nylon athletic warm-up pants. NO BLUE JEANS/ COTTON PANTS are allowed on boats because kids can get cold in them. Shoes must be able to get wet and stay on when walking in mud and water (older tennis shoes are a good choice). The final layer is the windbreaker jacket. A hat with tie strap tops things off. It is very important to bring a complete change of clothes (shoes, socks, pants, shirt, jacket) each day to class in case your child gets really wet and needs to warm up.

CHECKLIST OF WHAT TO BRING/WEAR FIRST DAY OF CAMP:

- Medical Consent, Release and Lakeside Rules forms signed by a parent
- Bathing suit/swim trunks
- Long sleeve wool or synthetic material shirt (NO COTTON)

- Windbreaker
- Loose fitting pants made of wool or synthetic material, like nylon gym pants (NO COTTON, NO JEANS)
- Wet suit (optional but helpful if your child gets cold easily)
- Shoes that can get wet and stay on (tennis shoes or sturdy sandals with rear strap, NO flip flops)
- Hat with tie strap
- Waterproof sunscreen
- Sun glasses with tie strap (such as Chums or a string)
- Tie strap for any other reading glasses
- Towel
- Complete change of clothes (VERY IMPORTANT in case your child gets wet and cold)
- Water bottle
- Food - A LUNCH for full day camp, and SNACKS for 1/2 day camps (VERY IMPORTANT). We DO NOT PROVIDE FOOD OR SNACKS.

We suggest you place all the above items in a small duffle bag or day/school pack with your child's name on it, to keep them organized and prevent them from getting mixed-up and lost.

MEETING PLACE

SF State Community Sailing and Paddling participants meet in front of the Lake Merced Boathouse, 1 Harding Road, San Francisco, CA 94132. The Lake Merced Boathouse is located before the entrance to Harding Park Golf Course, off Skyline Blvd., about 12 minutes from 280 and The Great Highway. There is usually plentiful parking near the Lake Merced Boathouse.

DIRECTIONS TO LAKE MERCED BOATHOUSE:

From 19th Ave/CA-1 near Stonestown Mall: Turn onto Sloat Ave. go west for 1.15 miles. Turn slight left onto Skyline Blvd/CA-35, south for 0.65 miles. Look for large sign at entrance to park. Turn left onto Harding Rd. The boathouse is immediately on your right.

From South of San Francisco: From US-101 N merge onto I-380 W toward I-280/San Bruno. Merge onto I-280 N toward San Francisco for 2 miles. Exit Daly City/Westlake Village. Turn left on John Daly Blvd. go for approx. 2 miles. Turn right onto Skyline Blvd/CA-35 N. for approx. 2.0 miles. Turn right onto Harding Rd.

From North Bay: At the south end of the Golden Gate Bridge US-101 take the right 19th Ave. ramp and merge onto 19th Ave/CA-1, go south on 19th Ave. for 5.20 miles. Turn right onto Sloat Ave. for 1.15 miles. Turn slight left onto Skyline Blvd/CA-35 S. for 0.65 miles. Turn left onto Harding Rd.

PLEASE READ THE CAMP LAKESIDE RULES ON THE FOLLOWING PAGE, SIGN AND BRING TO CAMP.

We look forward to seeing you and your child this summer! If you have any questions call us at 415 405-9355 or email: sail4fun@sfsu.edu. Our office hours are 9:15am to 4:30pm M-F.

Sincerely,

SF State Sailing and Paddling Crew

PLEASE READ THE CAMP LAKESIDE RULES ON THE FOLLOWING PAGE, SIGN AND BRING TO CAMP.

Lakefront Participant Behavioral Rules and Guidelines

SF State Youth Sailing and Paddling Camps

The SF State Youth Sailing and Paddling Camp staff will enforce the following behavioral rules and guidelines to help ensure a safe, rewarding, and fun learning environment for all participants. It is critical that both you and your child review these rules and guidelines, sign the form, and return it at the start of the first session in which your child is enrolled. Appropriate behavior is expected at all times.

- 1) Camps will start and finish promptly at their scheduled times. Participants should be dropped off at the site no earlier than 15 minutes before camp starts. Students must be picked-up no later than 15 minutes after camp ends. We do NOT have pre or post camp child care.
- 2) The SF State Youth Sailing and Paddling Camp strongly believes in the idea of teamwork, therefore participants will not be allowed to leave camp until all boats and equipment are properly put away.
- 3) The word of the instructors is what will be enforced throughout camp. All participants are expected to abide by the instructors and their rules at all times.
- 4) All participants are urged, but not required, to know how to swim.
- 5) Lifejackets (PFDs) must be worn whenever a student is at the water's edge, on the docks, in a boat or entering the water. This is strictly enforced.
- 6) Shoes or other foot protection approved by the instructors must be worn at all times. No flip flops allowed.
- 7) All participants are responsible for providing their own sun protection. At minimum, this should consist of hats, sunscreen, and sunglasses (with fasteners/string holding glasses).
- 8) Observe all boundaries, both on the water and on the shore, as established by the instructors.
- 9) There will be no running on docks or climbing on boat racks, trailers, or buildings.
- 10) Participants will be expected to pick up all their own trash as well as keep all personal belongings in a neat and orderly fashion (suggest a small duffle bag or school book pack).
- 11) Participants shall show respect towards their peers, instructors and other persons.
- 12) Absolutely no throwing of any objects at people will be tolerated.
- 13) No obscene language.
- 14) No chasing, throwing items at, or harassment of wildlife will be tolerated.
- 15) No other behavior that is disruptive or is an interference with the daily sessions.

Consequences for failure to abide by the rules and guidelines above may vary according to the nature of the infraction, but can include loss of daily camp privileges. If any verbal or physical abuse is to occur or if your child's behavior jeopardizes his/her own or the safety of others, calls to parents and early dismissal from the class and/or a warning to both the parent and participant will occur. If a second incident occurs, the participant will be dismissed from the camp for the remainder of the session. There will be no refund of fees if this occurs.

I have read these above Behavior Rules and Guidelines and agree to abide by them.

_____ Participant Signature	_____ Date	_____ Parent/Guardian Signature	_____ Date
_____ Participant Name		_____ Parent/Guardian Name	