



## Wildcat Sailing

### Practice Rules

#### On Shore:

- Arrive on time. Come prepared to practice.
- Get dressed or start rigging as soon as you arrive.
- Keep all your gear stowed in bags, left in our storage locker and not in bathrooms.
- No cell phones, iPods etc. at all. Cell phones must be turned off and stowed in gear bags prior to start of practice.
- No running, jumping, or pushing on the docks or at the Marina Facilities.
- Everyone helps rig boats. If you don't rig, you don't sail.
- Everyone helps un-rig boats. Do not leave until all boats have been put. Even if it's not your boat.
- Use of marina facilities is limited to restrooms, launch ramp, and boat docks. Do not interfere with marina tenant or guest activities.
- Leave the marina facilities cleaner than you found it. Pick up after yourself and remove all your gear when you leave.
- Notify a coach if you are unable to make it to practice at least 24 hours before practice. If you don't come to practice, you don't sail in regattas.

**Important!** If you come to practice you are expected to stay on-site and participate in the practice activities for the duration of the practice session. Do not leave the premises until you have been excused by the coaches. If you need to leave practice early, you must inform a coach before leaving.

#### On the water:

- Always wear PFD, wetsuit and shoes when in boats or on docks.
- Always obey coach's commands and instructions immediately.
- Stay close to the coach boat between drills. Do not sail away from the group at any time.
- Sail by the rules at all times, including during and between drills.
- When boats hit, somebody must do circles (one if you take your own penalty; two or more if a coach has to tell you). Always try to avoid collisions.
- Stay with the boat in a capsized. Wave your hands above your head if you need assistance.
- If three or more boats are capsized, everyone will be directed to head for the dock.
- Any sailor failing to comply with the rules will be sent off the water for remainder of practice.

#### Most important:

**Always arrive on time, ready to have fun and enjoy your time on the water. Work hard to improve your skills. Listen, ask questions and watch others to see how you can better your skills. Learn teamwork, sportsmanship, discipline and confidence. Learn the rules and play by them. Always be a good sport and set a positive example for others.**