



Summer Sail Camp Check List

Below are items that each camper should have prior to and during each day of Sailing Camp:

- Complete **Online Registration** (*Includes Payment In Full*) | https://www.regattanetwork.com/clubmgmt/applet_club_events.php?CLUB_ID=3235
- Sign and Submit **Medical and Emergency Information Form** | http://www.regattanetwork.com/event/18637#_docs
(Send a signed copy to registration@abcsailing.org)
- Sign and Submit **Waiver and Release of Liability Agreement** | http://www.regattanetwork.com/event/18637#_docs
(Send a signed copy to registration@abcsailing.org)
- Type III PFD**, appropriately sized and suitable for day sailing or kayaking
(The life jacket must fit correctly for ease of movement as they will be wearing them whenever they are near or on the water. This is extremely important, as it is very difficult to learn and concentrate if your child is uncomfortable)
- Lunch and snacks** must be sent with the camper daily
(Please send the lunch in a large ziplock bag, and label it with the camper's name, as we put them all in a large cooler. If you send a sports drink, please label it too)
- A **refillable water bottle** (8 to 16 oz recommended), labeled with the camper's name
(We will have water coolers for refilling and will ensure your camper drinks enough fluids to avoid dehydration from being in the sun all day)
- A **bathing suit**, a **towel** and a **change of clothes** needs to be provided every day of camp



- Closed toe shoes**, such as boat shoes, water shoes or sneakers with backs, are preferred
(Shoes MUST be worn all day and they will get wet. Flip-flops and Crocs are not acceptable shoes for sail camp because they are not safe for sailing)
- Sunglasses** (polarized recommended) with a security strap, so they won't fall off
Sunscreen and a hat to protect your camper from the sun
- Sunscreen** (Recommend Waterproof SPF 50)

NOTE: A swim test with the life jacket off and on, will be given on the first day. The camper will be required to swim 50 yards and tread water for 5 minutes. The camper must pass to continue the rest of the week.

Learning will take place at the ABYC Clubhouse, as well as on the water at Shell Point Beach in the sailboats. We will also be using the ABYC clubhouse pool.

If your child has the *Learn Sailing Right: Beginner* book, as well as the US Sailing Small Boat Sailor "*The Little Red Book*" from prior years, please bring them. The US Sailing "*The Little Red Log Book*" will be appropriately updated with your child's progress by one of our certified US Sailing Instructors.

Cancellation Policy:

- ♦ Written notification indicating cancelling participation **15 days or more prior** to the start of a Camp results in a refund of original fees, less a \$25 administrative fee per cancellation.
- ♦ Written notification indicating cancelling participation **14 or fewer days prior** to the start of a Camp results in no refund of fees.
- ♦ In the event of a medical reason for non-participation, and a doctor's note is provided, a full refund will be provided.
- ♦ No refunds shall be provided due to weather.