

**Adult Sailing Lessons
2010 Registration Form
Tues and/or Thurs 5:30PM – 8PM
Cost is \$200 which includes book**

Name _____
Address _____
Home Phone _____ Work Phone _____
Emergency Contact _____ Phone _____
Email _____

Medical and Emergency Information

Physical Handicaps (Please specify missing or injured bodily parts, weakness, eye glasses, contacts, hearing aids, etc.)

Please list any physical ailments and medications

Family Physician _____ Phone _____

Hold Harmless and Assumption of Risk Release Form

Injuries to participants in small craft programs may occur from risks inherent in the sport or activity; from placing stress on the body that it has not been prepared for; from accidents in learning or practicing techniques; from failing to follow training, safety or racing rules; from use of transportation to and from regattas, races, and other events, and from administration of first aid. For example I might slip and fall; I might be struck by part of a boat; my boat might capsize or I might be thrown overboard into the cold water; I may hit another boat or run into an obstruction or onto the shore, and the collision may injure me. The severity of the injury can range from minor cuts, scrapes, or muscle strains to catastrophic injury such as paralysis or even death. I will be exposed to the weather, including rain, wind, cold, and sun. I might become ill through chill or suffer sunburn and heat exhaustion. I further agree to release and hold harmless the City of Oak Harbor, the Oak Harbor Yacht Club, Oak Harbor Youth Sailing, its officials, employees, volunteers and agents and agree to waive any right of recovery that I may have to bring a claim or lawsuit for damages against them for any personal injury, death or other harmful consequences occurring out of my voluntary participation in this activity.

Student Signature _____ Date _____

What to Bring

1. A Coast Guard approved life jacket. Please inform the program director immediately if you do not possess a life jacket and one will be provided for you.
2. Change of clothes and towel

Subjects to be Covered

1. How and why sailboats sail
2. Sailing vocabulary
3. How to rig the boat
4. How to steer the boat
5. How to recover from a capsize
6. Basic rules of the road
7. The basic points of sailing and how to trim sails
8. A few of the racing rules
9. How to race (simplified)
10. Storing of boats, sails, and equipment

Please complete a separate form for each applicant and submit with a check for \$200 made out to: Oak Harbor Youth Sailing. Please mail to:
OHYS PO Box 2876
Oak Harbor, WA 98277