

LEARN TO SAIL 2010



Sailor Handbook & Parent's Guide

(Revised: July 07/2010)

Lunenburg Yacht Club
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CANADA

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Welcome!

Welcome sailors and parents. We are very excited about our plans for the upcoming season. The Sailing Program at LYC is stronger than ever! For those of you who are new to sailing, we have two types of boats for beginners, the Optimist and the Echo. The Echo is a sailboat which offers an exceptional learning platform for building sailing skills in the White sail program. The White sail program was developed by the **Canadian Yachting Association (CYA)**, which is the national sport organization for sailing in Canada. They provide us with the technical resources, materials and national standards from which we design and deliver our sailing and safe boating courses. All our instructors and coaches have received training based on CYA national standards and are CYA registered instructors and coaches.

If you have **never sailed** before and don't own a boat you will likely start at the **White 1** level. **White 1-3** offers the basics of sailing. Instruction is offered in small sloops (sailboats with 2 sails). **Bronze 4/5** teaches advanced techniques and is also usually taught in sloops. The White and Bronze groups have distinct social and teamwork dynamics as you are always sailing with other people.

Single-handed (sailing alone) is a faster way to learn techniques, but lacks the social element found in the White and Bronze groups. The **Green Optimist** group is for beginners and younger sailors with limited or no experience. LYC now owns Optimists so this group is available to sailors who don't own their own boat. We only have five boats, so if you are interested, please register early, it's first come, first served. The **Optimist** group builds on the 'Green Optimist' experience.

The **Learn-to-Race** group is focused primarily on advanced boat handling and having fun. Sailors in this group will use 420's, Optimists and Bytes. **Learn-to-Race** will offer a solid progression of skills for both sailors who want to continue developing skills and those wishing to move on to the competitive **Race Team**. For more information on these courses, please see page 4 & 5.

We also offer a Wetfeet program for children ages 5 – 8. This program introduces young children to sailing and safety in a fun, activity-oriented environment. Participants will become confident around boats of all sizes while learning about the water around them. Please see the separate registration form in this handbook for this program.

This booklet has detailed information on our programs and policies at LYC. Please take the time to review the information provided here. If you have any questions or concerns regarding any aspect of the sailing programs at LYC, please contact our Director of the Learn to Sail Program, Michael O'Connor, and he will be happy to help you.

LYC Sail Training Centre 634-7245 (June 21 – August 27)

LTS Email sail@lyc.ns.ca

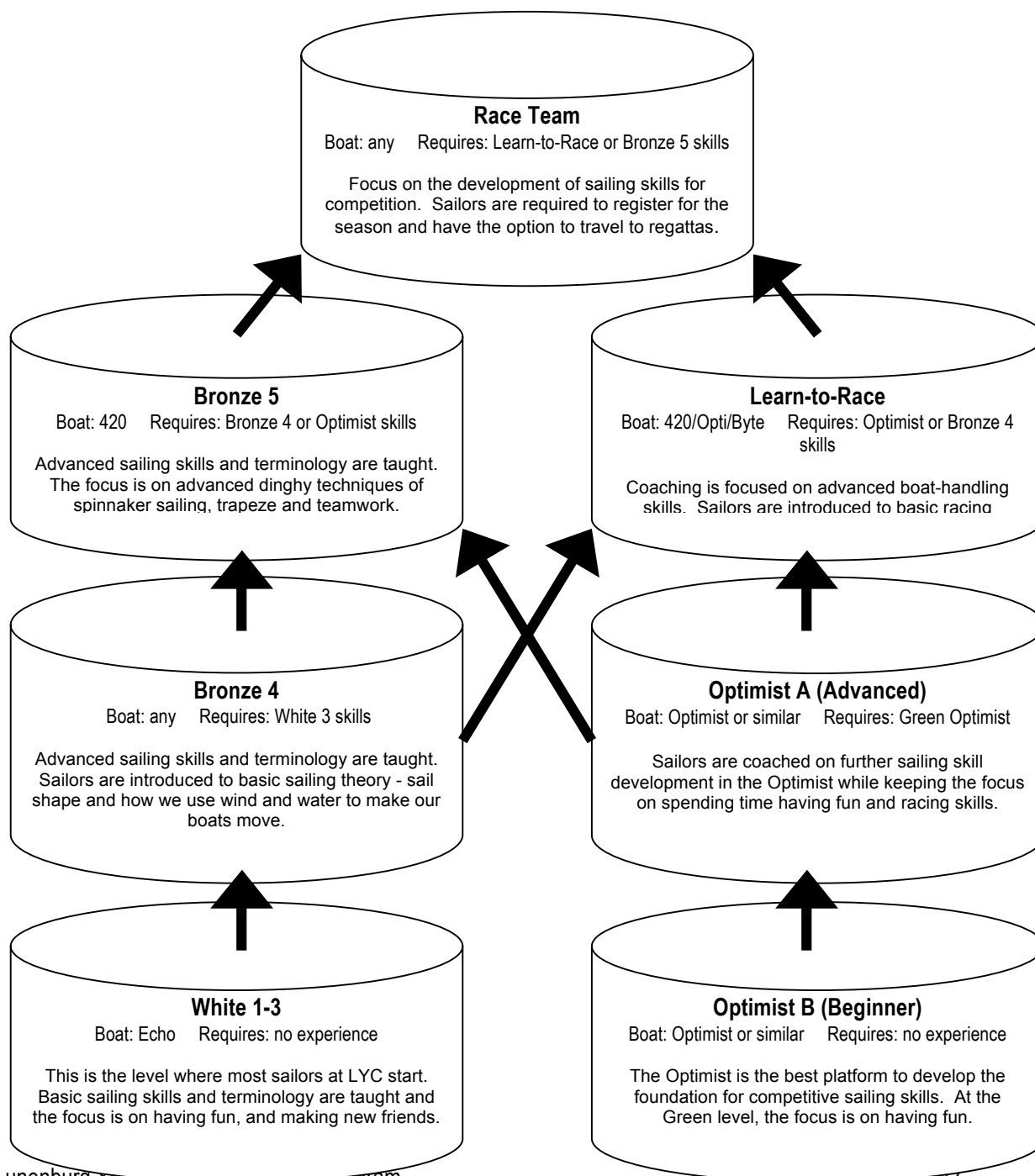
LYC Clubhouse & Galley 634-3745

Name	Position	Home	Work	e-mail
Oliver Hatheway	LYC LTS Head Instructor		634-7245	sail@lyc.ns.ca
Michael O'Connor	LYC Board of Directors – Learn to Sail	422-2323	471-4604	learning@lyc.ns.ca
Ron Whynacht	LYC Board of Directors – Commodore	634-3618		commodore@lyc.ns.ca

Sailing Courses

Our course offerings are structured to meet the demands of today's sailor. Please review the chart below which illustrates the various sailing groups and some general information on each. Sailors may be moved between groups based on individual sailor's skill progression, group sizes and/or availability of boats. If you are unsure of which group to register for, indicate so on the registration form and the Head Instructor will assign a group based on the sailor's previously demonstrated skills. If you would like to discuss the groups and options in more detail, please contact the Head Instructor at the LYC LTS Building or the Director of the Learn to Sail Program, Michael O'Connor. We have a limited number of Optimists and Bytes available each session for Green Optimist, Optimist and Learn-to-Race groups. **Space is limited, so sign up early to avoid disappointment!**

Lunenburg Yacht Club - Sailor Development Groups



Race Team Information

Single Handed and Double Handed

The Race Team will focus on competing in several major dinghy regattas. We will also be competing for several LYC racing trophies. (Team Racing, Match Racing, etc.).

The Race Team is open to sailors who have completed a minimum of Bronze 4 (Advanced Sailing) or one summer of Learn-to-Race. Try-outs might be made available for sailors if they have not completed the required levels and possess an avid interest for racing and strong sailing skills. Sailboat racing requires hard work and dedication to succeed. Sailors wishing to continue developing their skills and have fun on the water, but who are not interested in travelling to all of the competitions, should register for **Learn-to-Race**, not the Race Team.

Sailors on the Race Team should own their own boats. There are limited possibilities of chartering a LYC boat for the season if you do not own a boat. Parents and sailors should consult the Head Instructor or Director of Learn to Sail, prior to making any boat purchases/rentals to ensure the sailor is in suitable equipment.

Costs: Registration in the Race Team program for the season is for the period June 28 – August 27. This covers training at LYC and at outside regatta sites, coaching during competitive events, base sailing site, coach boat use, etc. Race Team members will also be required to join LYC as a Junior Member as membership at a sailing club is a requirement to participate at regattas. These costs are fixed. If the sailor elects to not participate in training sessions or a particular regatta due to outside commitments or factors, there will not be any discount to the registration fee. The variable costs depend on the regattas that the Race Team will travel to and the number of sailors participating in each event. Major cost factors for regattas include travel, accommodation, food & registration. The group variable costs for each regatta will be split between the Race Team members participating in that particular event.

Support: Every parent will be expected to chip in to help organize fundraisers, travel logistics, accommodations, and chaperone for at least one competition each season and contribute to the required driving for regattas.

Schedule: Fitness training will be a part of the training schedule. The basic training and competition schedule will consist of regular training at LYC and also at some regatta venues prior to competitions. There are competitions almost every weekend.

A complete schedule for the season will be issued in June after this season's Race Team participation is set.

It is important to work out the details and team size well before the first training sessions start. If you are interested in this program please don't delay in completing your application. You can contact the Director of the Learn to Sail Program, Michael O'Connor, for further information on this or any other LYC program.

Please Note, only the race team will be supported with a coach and coach boat at regattas outside the province.

Learn to Race/420/Optimist Racing

The race team attracts those sailors that are interested in racing all summer long. We realize that some sailors are not able to commit to this type of schedule. Sailors in the Advanced Optimist, Bronze and Learn to Race classes will also be given an opportunity to participate in regattas. In order to qualify to go to one of these regattas the sailor must be enrolled in the program in either Learn to Race, Bronze IV or V or Optimist Advanced during the session immediately proceeding the regatta. If we have more interested sailors than boats we will have some method to fairly see who qualifies to go to the regatta. We will be providing boats (as available) and a coach for these regattas. There will be additional costs for the boats (\$15/day) and instructor (\$15/day) for the regatta. The sailors will also be required to be members of the Lunenburg Yacht Club. You can contact the Director of the Learn to Sail Program, Michael O'Connor, for further information on this or any other LYC program.

What to Expect – A Day of Sailing...

It is a bright sunny day in July - the air already feels warm. You can tell it will be a hot day as you arrive at the Lunenburg Yacht Club. It's around 8:55 and the parking lot starts to buzz with activity.

At 9 o'clock the Instructors call everyone into the Sailing Centre. The general game plan for the day's activities is covered. One of the Instructors gives a briefing of what to expect for the day's weather – hot, sunny and windy after lunch.

The White Sail group goes to the lawn - their Instructor leads the group through some activities to get everyone warmed up. These activities and games help everyone get ready to be alert and prepared when on the water. After about 15 minutes, the sailors are assigned boats to rig. Usually, there are a few more experienced sailors in this group who are familiar with the Echo sailboats that the majority of these sailors will use. They help the new sailors get their boats ready.

Meanwhile, the Bronze skill group is covering some new terminology on the spinnaker-rigged Club 420. They practise the new techniques as the Instructor describes them. This is being done in a boat on land so that the sailors can practice new skills before attempting them out on the water.

It is now just after 10am, the White Sails are finished rigging, and the Instructors have just shown the sailors what they are going to do on the water. After lots of sunscreen is splashed around, they head out to practice some techniques that were introduced the previous week.

After everyone in the Bronze group has had a session in the practice boat, they also head out. The instructors want a chance to practice the new skills in the light morning breeze.

After lots of fun out on the inlet, the sailors all return for a quick de-brief on the morning water sessions before lunch. The Instructors give specific feedback to each sailor on skills that they need to work on as well as skills that they are completing successfully.

There is a crowd forming near the canteen window at 12 sharp!

Over lunch, most of the other sailors are looking for some shade – they find it under the covered *Mistral Shed*, one of the great infrastructure improvements that LYC built for hosting the *2002 World Youth Sailing Championships*.

As predicted, the wind increases in the afternoon. Beginner sailors are given the option to stay on land if they wish. These sailors spend most of the afternoon finishing off the knots that they need to know. The lesson is capped off with a knot-tying relay.

The busy day winds to a close at 4pm. Tuesday night is dinghy race night at LYC, so there is still some sailing left for those with the competitive spirit. For the rest of the sailors, it all starts again tomorrow at 9am.

Sailing Safety Policies

1. CCG approved life jacket or PFD must be worn at all time when on or near the water.
2. Sailors must wear clothing appropriate for weather condition and have a change of clothing.
3. Footwear must be worn at all times. Sandals are not permitted while sailing or launching boats.
4. Waterproof sunscreen is required (SPF 15 or greater).
5. UV sunglasses and hats or visors are recommended.
6. Sailors must be able to swim 25 meters, wearing sailing clothing & equipment.
7. Wet suits are permitted but not in lieu of PFDs or life jackets.
8. All sailors must respect the LYC Rules and Regulations.

FAQ - How to Prepare For Your Session?

Many questions parents and novice sailors have can easily be answered, and hopefully, we can answer them here.

Q. ~ When should I arrive? When can my parents pick me up?

A. ~ Sailing starts at 9am sharp. It would be wise to try to be there a bit before that. The Instructor staff opens up the Sail Training Centre at 9am. Sailing ends at 4pm.

Q. ~ What if I have to leave early one day or will be late another?

A. ~ This is not a problem, just get your parents to write a short note saying when you'll be absent and give it to your Instructor at least one day in advance.

Q. ~ What should I bring to sailing?

A. ~ This is a good question, here is a sample list of things to bring:

What to Bring:

- ✓ **Coast Guard approved life jacket or PFD (personal flotation device). This must fit properly and be in good condition. If it is too large, it isn't safe!**
- ✓ **Lunch including some fruit and extra drinks (or lunch money).**
- ✓ **Water, one litre container (I fill it up a quarter and freeze it, then fill it in the morning and it stays cool most of the day).**
- ✓ **Sunscreen, usually SPF 30 for my body and SPF 30 or 45 for my face.**
- ✓ **Sunglasses with 100% UVA & UVB protection.**
- ✓ **A hat or visor with a clip or twine so I can tie it to my PFD and don't lose it.**
- ✓ **Fast drying, soft soled shoes (not dark soles) or sandals (not flip-flops) and a second pair of shoes that I won't get wet.**
- ✓ **A large beach towel and bathing suit.**
- ✓ **At least one complete change of warm clothes including sweatshirts, track pants, windbreaker jacket and raingear.**
- ✓ **A small notepad and pencil.**
- ✓ **Finally, a bag (backpack or gym bag) that I can fit everything into. If my bag doesn't have a separate spot for wet stuff, I pack a couple of grocery bags so I can keep my dry stuff dry!**

Q. ~ Do I need to buy a sailing manual or book?

A. ~ No. We provide books for all sailors. If sailors are keen to do more reading on their own, the instructors can recommend a variety of additional books that can be purchased locally.

Q. ~ If I bring a boat, what kind should it be?

A. ~ Many parents and grandparents buy boats for the sailors in their family. Make sure you get the right boat for their stage of physical development. The following boats are approved in the LYC program. Here's a simple guide. If you have any questions please give us a call and we'll try to give you some guidance.

Boat Type	Optimist	Byte	Radial	Laser	420
Recommended Sailor Weight	up to 120 lbs.	120 – 145 lbs.	130 – 165 lbs.	165 – 190 lbs.	240 – 280 lbs. (2 sailor total)

Q. ~ If I want to, can I go home for lunch?

A. ~ Yes, but you must get your parents to complete one of our *Lunch Sign Out Form*, found at the back of this handbook.

Q. ~ Can I buy lunch at the club.

- A. ~ Lunch can be purchased from the clubhouse every day except Monday. Sailors can buy Pizza on Monday's for \$2.00 a slice. The canteen is open all week for drinks and snacks.
- Q. ~ How are sailors evaluated?
- A. ~ Our Instructors evaluate sailors daily, on water and on land. Written tests are not completed. Evaluation is ongoing, and includes sailing skills, participation and your interaction with other sailors and the instructors.
- Q. ~ Is it possible to sign up for one week, or half of a session?
- A. ~ Yes, please check with the Head Instructor or the Learn to Sail Director.
- Q. ~ Is it possible to sign up for sessions in addition to those on my original application?
- A. ~ Yes. In order to help us plan we need to know five days in advance of the session that you would like to take. Sailors signing up with less notice may still be accepted on a space-available basis.
- Q. ~ Is there a maximum number of sailors that will be accepted for a session?
- A. ~ Yes. The program would suffer in both quality and safety aspects if we accept too many sailors. **So register early to avoid missing out!**

General Information and Policies

Registration & Payment

It is the intent of the Learn to Sail Program that all applicants/sailors be treated fairly. The following requirements are intended to promote an equal opportunity for all applicants:

1. All LTS openings will be filled on a first-come-first-served basis.
2. Registration payments by mail may be paid by cheque, Visa or MasterCard. Cash registrations will only be accepted in person.
3. Applications received without payment will **NOT** be processed. **LYC does not accept post-dated cheques.**

Refunds

There will be no refunds within 7 days prior to the start of a sailing session.

NSF Cheques

All cheques returned for non-sufficient funds will be subject to a \$25.00 processing fee.

Receipts

Some of the fees paid for Learn to Sail programs may qualify for tax reductions. Please indicate if you would like a receipt and in whose name such receipt should be issue. Please check with your tax advisor for eligibility.

Supervision of Sailors after Hours

Regular sessions in the Learn to Sail Program run daily from 0900h to 1600h. Any Junior Member remaining after hours will not be supervised by LYC or LTS staff and shall be the sole responsibility of their parent or guardian. On those occasions where the LYC LTS program may be extended this will not apply.

Sailor/Parent LTS Agreement

In an effort to provide a superior Learn to Sail program, we require that both sailors and parents have read and understand all the information contained in this handbook and agree to comply with the requirements set forth herein.

Age Restriction

Sailors must be at least 9 years of age to participate in the regular sailing program at LYC. Sailors may be accepted into the program at a younger age if they have previous sailing experience, are strong swimmers and/or they are bringing their own boat for the Green Optimist group. For children ages 5-8 we also offer a Wetfeet program. Please contact Michael O'Connor if you require more information.

Applications

Applications will not be processed unless accompanied by full payment by check or credit card. Please fill out separate forms for each child you have in the program. Please make sure you return all signed forms with your application. LYC reserves the right to move sailors into any group other than the one selected on the application form. This can be done at any point during any sailing session.

LYC Junior Membership

Participants in the LYC Learn-to-Sail Program are not required to join LYC as members with the following exceptions: if the sailor keeps a boat on LYC property, if the sailor is a member of the LYC Race Team or if the sailor wishes to participate in any races, events or other activities at LYC outside of the regular 9am-4pm scheduled sailing sessions.

Equipment Usage Insurance Policy

The LYC Learn to Sail Program has a strict user pay Equipment Usage Policy. The replacement cost of our training equipment is over \$200,000. This Policy is to be used with regard to boats involved in collisions and lost or damaged equipment or other property of the Lunenburg Yacht Club.

1. **Boat Collisions** with other boats (moored, docked or sailing), docks shoreline or other obstructions will result in a hearing to determine who was at fault, if anyone. If the sailor(s) are found to be at fault, they will pay for all repairs. When there is more than one sailor in the boat in question, there will be a percentage of the repair assigned to each based on level of responsibility. If the sailors are found not at fault, the LTS program will pay the expense for all damages. The LYC staff will notify all involved sailors and parents of the incident and of any decisions requiring payment.
2. **Lost or damaged equipment** (including property of the LYC) will usually be assigned to the sailors using the equipment or to their class. In these situations the sailor(s) or class responsible for the equipment will share the replacement or repair expense. If any equipment is lost or damaged but no sailor(s) or classes have been assigned to the item, the last sailor(s) to use the items will be held responsible. Equipment that has failed due to normal usage will be repaired or replaced by the LTS Program (Boat Usage Fee).
3. **Boat Inspection** will be conducted by the Instructors on a regular basis and when equipment is signed in/out. If a sailor is aware of any items on the boats or equipment that is not in proper working condition, the sailors should notify their instructor immediately. This is so repairs can be made right away and that the sailors are not held responsible for something that they did not do.

Equipment Usage Insurance

The fee for Equipment Usage Insurance is \$60.00 and covers a sailor for the entire season. **This insurance is optional.** If the sailor is found at fault in accordance with the above Equipment Usage Policy, there will be a \$50.00 deductible assessed per occurrence instead of the overall cost of equipment repair or replacement. This insurance will not cover the loss or damage if the loss or damage is wilful, deliberate, or if the sailor has more than three occurrences in one season. In those circumstances, the sailor will be liable for the full amount of loss or damage apportioned to them. Those that do not opt for the insurance will be liable for the full amount of damages or loss apportioned to them.

Reserving Boat Policy

The LYC Learn to Sail Program has a limited number of Optimists and Bytes available for use. Echoes and 420's are provided for Regular Sessions and are included in the fee for the program. The cost of using these boats is based on two or three people using the boats. The Optimists and Bytes are a single person boat and as such there is an additional fee for reserving one of these boats for a session. There is no limit on the number of times you can reserve a boat. It is first come, first paid, first served.

Sailor's Code of Conduct

The Sailor's Code of Conduct has been developed to let you, the sailors, know how the instructors expect you to act during your time in the Learn to Sail Program. Appropriate behaviour will allow you to become well-rounded, self-confident sailors and LYC members. We here at the LYC Learn to Sail Program expect the highest level of sportsmanship, teamwork, fair play, and good behaviour. As a member of this team you represent LYC, this organization, and your family. Your behaviour, either on or off the water, should be to maintain this level of sportsmanship and conduct, and make other sailors proud to be a part of this organization. The use of alcohol, drugs, or tobacco of any kind, by any participant, at any time, is strictly prohibited.

In order to achieve this, we ask you follow these guidelines:

- Sail for fun and the love of the sport. Enjoy yourself.
- Work hard to improve your skills.
- Listen, ask questions, and watch others to see how you can better your skills.
- Learn teamwork, sportsmanship, discipline, confidence and self-control.
- Be a team player - get along with your teammates.
- Appreciate the contribution each person makes to the team.
- Learn the rules, and play by them. Always be a good sport and set a positive example for others, particularly younger sailors.

We expect you to:

- Use good language – the use of profanity, obscene language, or obscene gestures is not permitted.
- Respect your instructor/coach, your fellow participants, opponents and officials. The rules of the Canadian Yachting Association and LYC are to be observed by all. Absolutely no unsportsmanlike conduct will be tolerated. The sailor must realize that he/she represents a tradition of fairness in competition.
- Be on time for sessions.
- Attend regularly – you need to develop your individual skills, sailing fundamentals, as well as develop team discipline, unity, spirit, commitment and loyalty.
- NEVER participate in any physical violence, fighting etc. during any LYC LTS events, under any circumstances.

If you do not follow the Sailor's Code of Conduct, depending on the severity and the regularity of the violation, the following steps will be taken:

- 1) Sailor suspended for 1 day
- 2) Sailor Suspended for balance of session
- 3) Sailor suspended for summer

Please understand that the enforcement of this policy is to encourage commitment by the sailor to his/her team and teammates and the LYC LTS.

Expectations of Parents and Guardians

Since the Lunenburg Yacht Club sets expectations for their Learn to Sail participants, we feel it only fair that we apply the same standards to parents and guardians. We also need your help for our program to succeed. By setting a good example for our sailors, you exemplify our expectations of sportsmanship and fair play.

We ask you:

- Encourage your child to play by the rules. Remember, children learn best by example.
- Make their participation fun. Support their desire to sail or play the sport of their choosing.
- Show a positive attitude toward the LYC LTS program and all of its participants.
- Emphasize skill development and practices and how they benefit your young athlete.
- Applaud a good effort in victory and in defeat and enforce the positive points of the game.
- Work toward removing all physical and verbal abuse in youth sports. Adopt a “Zero Tolerance” attitude.
- Familiarize yourself with the materials required for your child’s participation in the LTS program.

Additionally, we always welcome feedback from you. We ask that if you have any complaints that you follow this chain of command:

- Address your concerns with your child’s instructor/coach. If you are not satisfied that the issue has been addressed then,
- Take your concerns to the Head Instructor. If you are still not satisfied that the issue has been addressed then,
- Take your concerns to the Learn to Sail Director on the LYC Board of Directors.

Following these guidelines promotes respect and trust within the program and its staff.

Application Form

(one form per sailor)

Sailor's Name		Date of Birth (d/m/y)	
e-mail		Home Phone	
Parent or Guardian Name		Work Phone	
Mailing Address		Cell Phone	
Summer Address		Summer Phone	

Swimming Experience & Level(s) Achieved:									
Previous Sailing Experience:									
Highest CYA Level <u>Completed</u> :					Where:				
Registering for group:	unsure	Optimist B (Beginner)	Optimist A (Advanced)	White 1,2,3	Bronze 4	Bronze 5	LTR	Race Team	
Boat you are entering in the program (circle):	None	Optimist or Pram			Byte	Radial	Laser	420	

Please circle the session(s) for which you are applying:

Race Team	Spring	Session 1	Session 2	Session 3	Session 4	
2010 Season	June 28-July 2	July 5-July 16	July 19-30	Aug 2 – Aug 13	August 16-27	

Item	Fee	Quantity	Total
Race Team (Single Handed or Double Handed)	\$1600.00		
If parent is a Life, Senior or Deck member, deduct	300.00		
If chartering a 420, add per person fee (includes fee for spring and fall usage, boats not available August 1 and 2)	300.00		
Spring Session	\$170.00	by # of sessions(____)	
Regular Session(s)	\$450.00	by # of sessions(____)	
If parent is a Life, Senior or Deck member, for regular sessions deduct	\$90.00	by # of sessions(____)	
If entering a boat, deduct per session	\$75.00		
If reserving an Optimist or Byte, add per session	\$100.00		
Equipment Usage Insurance (optional, per season)	\$60.00		
LYC Junior Membership, See Policies, \$84.00 includes HST			
TOTAL DUE Lunenburg Yacht Club			CA\$
Payment Method: <input type="checkbox"/> Visa <input type="checkbox"/> MasterCard <input type="checkbox"/> Cheque Enclosed			
Card Holder's Name:			
Card Number:		Expiry Date: Month Year	

Wetfeet Application Form

(one form per sailor)

Sailor's Name		Date of Birth (d/m/y)	
e-mail		Home Phone	
Parent or Guardian Name		Work Phone	
Mailing Address		Cell Phone	
Summer Address		Summer Phone	

Swimming Experience & Level(s) Achieved:
Previous Sailing Experience:

Please circle the session(s) for which you are applying:

Wetfeet 1	Wetfeet2	Wetfeet3	Wetfeet4	Wetfeet5	Wetfeet6
July 5 – July 9	July 12 – July 16	August 2 – August 6	August 9 – August 13	August 16 – August 20	August 23 – August 27

Item	Fee	Quantity	Total
Wetfeet cost per session	\$235.00	by # of sessions(____)	
If parent is a Life, Senior or Deck member, deduct	\$45.00	by # of sessions(____)	
If entering a Opti/Pram, deduct per session	\$40.00	by # of sessions(____)	
TOTAL DUE Lunenburg Yacht Club			CA\$
Payment Method: <input type="checkbox"/> Visa <input type="checkbox"/> MasterCard <input type="checkbox"/> Cheque Enclosed			
Card Holder's Name:			
Card Number:		Expiry Date: Month Year	

Medical Form

(one form per sailor)

Sailor's Name		Date of Birth (m/d/y)	
Health Card #		Health Card Type	
Family Physician		Phone	

In Case of Emergency Contact #1	
Phone Number(s)	
In Case of Emergency Contact #2	
Phone Number(s)	

Do you have any allergies? Yes _____ No _____
If yes, please list all allergies:

Are any medications being taken? Yes _____ No _____
If yes, please list all medications:

Please list any medical conditions you feel we should be aware of:

Please list any restrictions on physical activities:

Additional Information/Comments:

Acknowledgement and Release Form

(one form per sailor)

I/We, _____ am/are the parents(s)
or guardian(s) of, _____, a minor child who is
registered in the LTS program of the LYC.

I/We acknowledge that:

1. I/We have read and fully understand the Policies, Rules and Regulations of the LYC and all other information within this *Sailor Handbook* and have informed my child of such and am satisfied that he/she understands them and agrees to be bound by them.

2. I/We acknowledge and agree that there are inherent risks to personal safety in water-based activities such as sailing, and that some risk remains notwithstanding all due regard for safety and the taking of proper precautions. I/We accept these risks for myself/ourselves on behalf of my child.

In consideration of the above and the admission of my/our child to the LTS program of the LYC, we, the undersigned, release, hold harmless, and forever discharge the Lunenburg Yacht Club, its employees, directors, successors and assigns, from all actions, causes of action, damages, claims and demands whatever which we have or which we, our heirs, executors, administrators, or assigns my have either independently or on behalf of our child, against the LYC, its employees, successors and assigns, by reason of, or arising out of the participation of _____, (a minor child) in the LYC LTS program, or by reason of any other cause, matter or thing whatever existing or arising during my child's participation in the LTS program.

And further, I/We agree to indemnify LYC, its employees, directors, successors and assigns, against all actions, damages, claims and demands which may be brought against it on behalf of my/our child in respect of or arising out of the participation of my/our child in the LYC LTS program and again any loss arising there from.

I/We have read over this document and understand that it is a full and final release of all claims for damages or injuries, and have read over the agreement to indemnify and understand the responsibilities which we have assumed hereunder.

In witness whereof, we have set our hands this _____, 2009.

Signed and delivered in the presence of _____
Parent or Guardian

Sailor's Signature

Parent or Guardian's Signature

Witness

Witness

Lunch Sign-Out Form

(one form per sailor)

Dear Parent or Guardian,

For reasons of safety, we require written permission for any sailor to leave the premises for lunch. Please be advised that the Lunenburg Yacht Club (and its employees) cannot be held responsible for the safety of your children, once they have left the Lunenburg Yacht Club grounds. Sailors are still required to inform Instructors when they do wish to leave for lunch.

I, _____, give permission for _____ to leave the Lunenburg Yacht Club grounds for lunch. In doing so, I realize that the Lunenburg Yacht Club and its employees cannot be held responsible for my child's well being during his/her absence.

Parent/Guardian Signature: _____



Receipt Information for Tax Purposes

To be completed by individual if requiring a receipt

Name of Taxpayer	
Street Address or PO Box	
Town/City	
Province/State	
Postal Code/Zip	

To be completed by Lunenburg Yacht Club

Amount _____

Date _____

Authorized Signature _____