



2023 NSA Junior Sailing Guidelines & Suggestions

IMPORTANT: Click Link Below to Read, Sign & Submit This Form Online

<https://www.jotform.com/223496515501151>

OR print out and bring this form on the first day of class

1. Bring medicines with instructions in a bag or container clearly labeled for your child every class day.
2. Each sailor may choose to wear a face covering while sailing or on the club grounds.
3. Registered Sailors should check-in, and then follow signs/instructions to meet instructors.
4. Each sailor must bring a life jacket (PFD) to be worn on docks, in boats, and in the water. If forgotten, NSA has a limited number of PFDs to lend.
5. The club will offer a free t-shirt (and/or gaiter if necessary) to each sailor as part of the program.
6. Sailors are required to wear footwear at all times. Closed toe shoes are preferred. *Shoes will get wet!*
7. Sailors must check-in at the beginning of each class and check themselves out at the end of class by signing a check-out sheet, or letting their instructor know.
8. Each sailor will be required to pass a rudimentary swim test the first day of class. Please wear a bathing suit and bring dry clothes and a towel on the 1st day.
9. Classes are held on rainy days. We sail in light rain, so please bring appropriate gear. If the weather isn't suitable for sailing, lessons and fun activities will be held in the clubhouse. If there are several rainy days in a row, the instructors may call for an early pick-up.
10. Each sailor will be asked to help straighten up / pick up at the end of the sessions, along with instructors.
11. Once sailors arrive at the club house, they should seek out an instructor and follow their directions.
12. Bathrooms and sanitization / washing stations will be on the club premises
13. For each class, sailors will be assessed according to their skills and experience
14. Let the instructors know in advance, if you are not able to sail on any day you are scheduled.
15. No running, swimming, or jumping from the docks or floats is permitted. No diving from boats.
16. Remember to bring sunscreen, a hat, and drinking water in a refillable bottle.
17. Sailors in All Day classes should bring lunch with their name on it. A refrigerator is available.
18. A free Cookout (for Junior Sailors only) is held every Tuesday evening from 6 - 8 pm and is great fun!
19. Please do not exceed the 10-mph posted speed limit on Keziah's Lane, our neighbors will appreciate it!

I have read and understand these guidelines & suggestions and will abide by them accordingly.

Sailor's signature: _____

Parent's signature: _____ **Date** _____

Email: juniorsailing@namequuitsailing.org Call: 508-255-6858 Website: www.namequuitsailing.org