



2025 NSA Junior Sailing Guidelines, Requirements, and Suggestions

Click this Link to Submit on Online:

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

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

1. If your child requires medications during class bring them **every class day** with instructions in a clearly labeled bag or container. ***Please Note: NSA Staff are NOT permitted to administer any medications.***
2. Registered Sailors should check-in and follow signs/instructions to meet instructors.
3. Each sailor must bring a life jacket (PFD) to be worn on the docks, in boats, and in the water. NO INFLATABLE PFD's. NSA has a limited number of PFDs to lend if a student forgets theirs.
4. Sailors are required to always wear closed toe footwear; footwear will get wet. A change of clothes and a towel, as well as sunscreen, a hat and drinking water in a refillable bottle is also recommended.
5. Sailors must check-in at the beginning of each class and check themselves out at the end of class by signing a checkout sheet or letting their instructor know.
6. Each sailor will be required to swim 25 yards while wearing a life vest and tread water for 5 minutes.
7. Classes are held on rainy days. We also sail in light rain, so bring appropriate gear. If the weather is not suitable for sailing (rain or excessive wind), lessons and fun activities will be held in the clubhouse. If there is an extended rain forecast, the instructors may call for an early pick-up.
8. If you are not able to sail on any day you are scheduled, let the staff know.
9. No running, swimming, or jumping from the docks or floats is permitted. No diving from boats.
10. Sailors in All Day classes should bring lunch (preferably in an insulated bag) with their name on it. A refrigerator is available.
11. A free Cookout (for Junior Sailors only) is held every Tuesday evening from 6 - 8 pm - great fun!

12. 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.

Jr. Sailor's signature & date: _____

Parent's signature & date: _____