



*Namequoyt Sailing Association Junior Sailing Program*

## **Rules & Suggestions**

1. Each sailor must have a life jacket (PFD), which must be worn on the dock, in the water, and on the boats.
2. Each sailor must wear footwear at all times.
3. Sailors must check themselves in at the beginning of each class, and check themselves out at the end of the class.
4. Each sailor will be required to pass a rudimentary swim test the first day of class, so wear a bathing suit and bring dry clothes and a towel.
5. Classes are held on rainy days. We sail in light rain, so bring foul weather gear. If the weather isn't suitable for sailing, lessons will be held in the clubhouse. If there are several rainy days in a row, the instructors may call for an early pick-up.
6. Guests may not be accommodated during instruction.
7. Once sailors arrive at the club house, they are under the instructors' jurisdiction.
8. For each class, sailors will be assigned to a boat (so they won't always be sailing with friends or family).
9. Whenever possible, let the head instructor know if you are not able to sail on a day for which you are scheduled.
10. No running, swimming or jumping from the dock or floats is permitted.
11. Remember to bring sunscreen, a hat and drinking water.
12. Each sailor is required to complete his or her clean-up responsibilities, and sometimes sessions may run late.
13. Be sure to participate in the Junior Cookout, held every Tuesday evening from 6 – 8 pm.

Parents, please be courteous of our neighbors and observe the posted speed limit on Keziah's Lane at all times.

I have read and understand the Rules & Suggestions, and will abide by them accordingly.

Sailor's signature: \_\_\_\_\_

Parent's signature: \_\_\_\_\_