

2008 Eastport Yacht Club Adult Sailing

Jr. Fleet Program Information

Included in this packet you will find:

- General program information including the daily schedule, what to bring to class, and our discipline policy.
 - Medical release that must be signed and returned to the Head Instructor NO LATER than the 1st day of class. You can drop in the mail to the address below.
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Complete and Mail Medical Form to:
Eastport Yacht Club
317 First Street
P.O. Box 3205
Annapolis, MD 21403

Questions?

If you have additional, questions please contact the Program Chair Holly O'Hare at (410) 267-6096 (h) juniors.eyc@eastportyc.org

For more information, visit our website at http://www.eastportyc.org/juniors_program/index.php

Jr. Fleet Program Information

A. Daily Schedule

Class	Time	Event
AM Session - Beginner	<ul style="list-style-type: none">• 6PM• Sundown	<ul style="list-style-type: none">• Arrival• Dismissal (please be prompt)

B. Personal Equipment

The following is recommended personal equipment:

1. A complete change of clothes (shorts, t-shirts, etc.)
2. Bathing Suit
3. Sweat shirt or jacket
4. Rain or foul weather gear
5. Sailing gloves (optional)
6. Suntan lotion and sunglasses w/strap (polarized recommended)
7. Type III US Coast Guard approved Personal Flotation Device (*required)
8. Cap or Visor
9. Gear Bag
10. Closed toed shoes (recommended) or strap-on Texas. **Absolutely not bare feet or flipflops.**
11. Water Bottle and snack

Note: Please label your equipment. Put your name in black permanent marker on the outside of any valuable. I.e. PFD.

C. Rules, Regulations, and Consequences

1. The Eastport Yacht Club (EYC) is a private boating facility created to permit its members to enjoy boating and all its related activities.
2. The EYC has a set schedule of daily event, which must occur in order to permit proper maintenance and Club activities.
3. The Jr. Fleet is permitted to operate on EYC grounds by the Commodore and the EYC Board of Directors. This permission is granted only with the understanding that this program will not be a disruption in any way to the normal daily routine of the EYC personnel and membership.
4. The program has the primary goal of teaching safe boatmanship, water safety, and related activities to all youth and adults who wish to take advantage of this form of recreation. To accomplish this goal, a need for discipline and disciplinary procedure must be present to create a proper atmosphere within which this program can flourish. During the course of the program, the following rules will be maintained and adhered:

A. Attendance

- 1.) Role is taken at the beginning of each class session.
- 2.) Please arrive no later then 6:15 PM.
- 3.) There are no makeup days for holidays.
- 4.) Notify the Head Instructor in advance if you must miss class.

B. Conduct

Eastport Yacht Club Jr. Fleet 2008 Program Information

- 1.) All participants must wear a Coast Guard approved personal flotation device (PFD) while on the docks and in boats. (Type III recommended).
- 2.) All conduct will be governed by the normal rules and regulations of any educational facility.
- 3.) Participants shall follow the directions of the Instructors, Management, and EYC Adult Members.
- 4.) The following behavior will not be tolerated:
 - a. Disruptive behavior
 - b. Profanity
 - c. Disrespectful gestures or actions
 - d. Improper Dress
 - e. Deliberate abuse of equipment
 - f. Use of alcohol or any controlled substance

D. General Rules and Regulations

Student activities will be restricted to the following areas:

1. Life Jackets will be worn at all times when the students are involved in any water activity.
2. Close toed shoes or strap on TEVA must be worn at all times. **No bare feet or flip-flops are permitted.**
3. Improper use of the program or borrowed equipment will not be tolerated.
4. The EYC is a private boating facility. Therefore, any student who is not the son or daughter of an EYC member is not permitted to use the EYC outside of their scheduled class without sponsorship from an EYC member.

Adult Medical Form

To insure your safety when involved in the Eastport Adult Sailing Program, we ask that this form be completed and returned to the Head Instructor **NO LATER than** the first day of class.

NAME _____

DATE OF BIRTH _____

LIST ANY PHYSICAL/PSYCHOLOGICAL PROBLEMS:

LIST ANY CHRONIC AILMENTS/MEDICATIONS:

MAY YOU TAKE PART IN THE USUAL PROGRAM ACTIVITIES?

Yes _____ No _____

IF NO, please indicate restrictions on a separate sheet and attach it to this form.

ARE YOU A STRONG SWIMMER?

Yes _____ No _____

INSURANCE PLAN #

HOSPITAL PREFERENCE:

EMERGENCY PHONE NUMBERS FOR PARENTS (S)/GUARDIAN (S)

1. _____ (H) _____ (W/Cell) _____
Name\Relationship

2. _____ (H) _____ (W/Cell) _____
Name \ Relationship

3. _____ (H) _____ (W/Cell) _____
Name\Relationship