

LEARN TO SAIL

**Sponsored by the Lake Diefenbaker Yacht Club
Elbow Harbour
Elbow, Saskatchewan
July 27 to 31, 2009**

Learn to rig, launch and sail a boat. Instruction on safety, seamanship and terminology. Theory and practical instruction. Boats are provided. Taught by certified Canadian Yachting Association instructors. Practical session will take place in 420 dinghies. Participants must have been born in 1998 or earlier.

Cost:

LDYC Members: \$175.00

Non-Members: \$200.00

For additional information / registration contact:

**Stefan Oerlemans
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Saskatoon SK
S7H 5C2
306-955-7606
or email Stefano@sasktel.net**

Lake Diefenbaker Yacht Club

Sponsors

The Mobile Sailing School

Saskatchewan Sailing Clubs Association is entering its third decade of sailing instruction. The program has been developed by the Canadian Yachting Association and adheres to the CYA proficiency levels and course guidelines.

Sailboats Provided

All sailing courses are taught using stable and sturdy 420 sailboats. The focus of the program is to provide individuals with the basic proficiency to become a competent sailor who may continue to develop as a personal boat owner, use club boats at member clubs or crew with others.

Certified Instructors

Instructors are certified with CYA credentials. The instructors and coaches have achieved the Bronze Sail 5, Level 1 NCCP theory, first aid, Bronze Medallion and have passed a weeklong instructor evaluation course. Level 2 instructors have achieved the Silver Sail Standard, and have their Level 2 NCCP theory.

What will I learn?

Learn to rig, launch and sail a boat. The course provides instruction on safety, seamanship and the ever-intriguing sailing terminology. Theory and practice enables you to sail with confidence.

What Will I Need?

For the safety of participants and all those that go on the water, we are mandated by the Canadian Coast Guard to have life jackets onboard. Some life jackets are available for participants but they may also be purchased locally. Rubber-soled shoes or running shoes are good footwear. Remember that it may be cooler on the water. A wet suit, if you own one would ensure your warmth on the water. Also bring extra clothing and shoes to stay warm. A nylon shell jacket, hat and sunscreen are a good idea. Knowledge of swimming (level AquaQuest 8) is recommended and if not attained must inform instructor.

LAKE DIEFENBAKER YACHT CLUB SAILING SCHOOL REGISTRATION FORM

Name: _____ **Date of Birth:** _____ (must be born in 1999 or earlier)

Address: _____

Phone Number: _____ **Email Address:** _____

Fee: (Select One)

Non-Club Member: \$200.00

LDYC Club Member: \$175.00

Practical Session Boat:

420

Participants must provide their own life jackets. All other equipment is supplied.

Registrant's Signature: _____

Parent / Guardian Signature (if participant is under 18 yrs of age): _____

Please fill in the waiver form attached.

Saskatchewan Sailing Clubs Association Waiver Form
For
Club Membership, Regattas, and Mobile Sailing Schools / Camps
&
“Physical Activity Readiness” Questionnaire

RELEASE:

Name _____ Sail Number _____

Address _____

Member of the _____ Sailing Club for the _____ Regatta/Event

Host Member Club: *Lake Diefenbaker Yacht Club* Date of Event: *July 27-31, 2009*

I realize that participation in athletic endeavors including sailing and racing entails the risk of injury. I will wear a DOT approved lifejacket-personal floatation device while on the water, have read the rules and regulations issued for this event and agree to be bound by them.

In consideration of acceptance of this entry (or my children being permitted to take part in this event), I agree to save harmless and keep indemnified any and all event sponsors, the Canadian Yachting Association, the Saskatchewan Sailing Clubs Association and the respective Sailing / Yacht Club, its organizers and their respective agents, officials, servants and representatives from and against all claims, actions, costs, expenses and demands in respect to death, injury, loss or damage to me (or my child or his property), howsoever caused arising out of or in connection with me (or my child) taking part in this event, notwithstanding that the same may have contributed to or caused or occasioned by the negligence of the same bodies, or any of them, or their agents, officials, servants or representatives.

I further understand and agree that this Release is binding upon myself, my heirs, executors and assigns. I understand that I am responsible for my own behavior and liable for any damages to property caused by myself. I also understand that I am responsible for the behavior of my child competing in the event, and liable for any damages to property caused by him/her. If my child competing in this event causes property damage, he/she may be sent home by the Organizing Committee for unacceptable conduct on or off the water.

NOTE TO PARENTS/GUARDIANS: A parents or guardian’s signature is required where the participant is under 18 years of age. The parent/guardian also understands and agrees with the above release as well as understands that he/she is responsible for the behavior of his/her child and is liable for any damages to property caused by him/her.

Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____

“Physical Activity Readiness” Questionnaire

Please read carefully.

1. Has your doctor ever said that you have a heart condition?
2. Do you have chest pain brought on by physical activity?
3. Have you developed chest pain at rest in the past month?
4. Do you lose consciousness or lose your balance as a result of dizziness?
5. Do you have a bone or joint problem that could be aggravated by the proposed physical activity?
6. Is your doctor currently prescribing medication for you blood pressure or heart condition? (e.g. Diuretics or water pills)
7. Are you aware, through your own experience or doctors advice of any reason against your exercising without medical approval?
8. Are you pregnant?

If you answered YES to any of the above questions, you may face a higher degree of risk to your health in participating in the program. **YOU ARE STRONGLY RECOMMENDED TO CONSULT WITH YOUR DOCTOR.**

If you answered NO to all of the above questions but are 70 years of age or over, **YOU ARE STRONGLY RECOMMENDED TO CONSULT WITH YOUR DOCTOR.**

Skipper's Signature: _____ Date: _____

Skipper's Parent/Guardian Signature _____ Date: _____

Mail to:

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