

MOUNTAIN YACHT CLUB YOUTH SAILING

Sailing Instructions and Indemnity

SHARING BOATS:

To enable the rotating system to be implemented, which will allow good sailing skills to take precedence over better boats, all participants must agree to share their boats with all other participants. This sharing will be done on an "own risk" basis, with no participant allowed to make claims against another for loss, injury, or damage of any kind. Participants should arrange their own comprehensive insurance coverage should they require it.

SAFETY:

Each sailor must wear an acceptable personal flotation device or life jacket at all times while on the water. Each boat shall comply with the safety requirements for its class, as well as with any other requirements required by the Training Officer. Each Optimist and O-9er shall have a bailing bucket, small paddle and a five meter floating painter secured to the boat. All masts, rudders, and centerboards shall be secured to their hulls with retaining clips and/or ropes. Boats may be inspected for safety at any time, both on and off the water, by the Safety Officer, and any improvements that they direct must be implemented immediately before that boat can continue racing.

INDEMNITY

All participants and their family members agreed to participate in the MYC Youth Sailing Regattas and The Youth Training Program, **entirely at their own risk in all respects**, and indemnify:

(a) the Training/Race Officer, bridge officials, safety officials, catering officials, and all other regatta organizers, assistants, and volunteers;

(b) the Mountain Yacht Club, its sponsors, officers, members, and volunteer assistants.

(c) the Northvaal Sailing Association, South African Sailing, and their affiliates.

(d) all other registered participants, including their friends and family members, from any and every claim arising from any and all loss, injury, damage, destruction, disability, and/or death that may result in any way, directly or indirectly, from foreseeable or unforeseeable events, including any traveling to and from, accommodation and meals at, and/or sailing before, during, and after the regatta or instruction class, whether caused by negligence, incompetence, bad judgment, or any other reason whatsoever.

Participants and their families are strongly urged to arrange adequate levels of their own private boat insurance, medical aid, 3rd-party liability, and life insurance coverage, as, by entering MYC's premises and registering for and/or participating in the MYC youth sailing program and/or regattas, you agree not to institute any claim against the Race Officials, the Club, the Sailing Association, the sponsors, or any other participant under any circumstances or for any reasons whatsoever.

REGISTRATION:

Please complete the attached registration form and pay in advance for the year to ensure a place in the sailing programme.

CONTACTS: For more information, please contact:

MYC Training Officer	Theo Oosthuizen	Cell	082 527 9558
MYC Youth Coordinator	Susananh Cole-Hamilton	Cell	082 320 6722

MYCSPORTS1@GMAIL.COM

Shoreline Controller Responsibilities

- Check all participants are on list & have signed indemnity (both days)
- Assist with rigging & de-rigging boats
- Assist with Catching & pushing off boats from shoreline
- Ensure all participants are wearing life jackets
- Ensure max two children per boat
- Monitor who has sailed on each exercise and get kids to swop so all have chance to skipper a boat each session.
- Duty Times: Saturday 09H30 to 16H30, Sunday 10H00 to 12H30

Rescue Boat Person Responsibilities

- Assist any capsized boats
- Assist slower participants or any having difficulty.
- Place, move & retrieve marker buoys
- Arrange fuel & 2 stroke oil, test motor working & report any issues to Bosun.
- Supervise Saturday After tea free sailing
- Duty Times: Saturday 10H00 to 16H30, Sunday 10H00 to 12H30
- Ensure children only come up for a meal when the instructor has given the children permission.

Catering Duty

- Plan, purchase ingredients and prepare meals for the weekend. Saturday lunch and supper, Sunday breakfast and lunch
- Be available from the beginning of the sailing day Saturday until handover after supper to the sleep over parents at an agreed time or 8pm.
- Sunday have breakfast ready for 8am
- Repack blue trunk and make list of what is left in the trunk
- Check which kids are present as per the list of booked kids
- Hand over responsibility to sleepover parents after supper or at agreed upon time.

Sleep over Duty

- Be responsible for children from 8pm or whenever agreed with catering parents until 8am the following morning
- Hand over to the breakfast catering parent
- Ensure no child leaves the property without their knowledge.
- Ensure appropriate bed time 8pm of juniors and 10pm for seniors

Either catering, shore or sleep over parents must be on site at all times and must hand over to each other.

Timing :

Saturday

- start at 10h to rig this means kids must arrive at 9.30 to settle in.
- 10.30 on the water for 1,5 hours of exercise
- 12.30-13.30 lunch
- 13.30-15.00 on the water for 1,5 hours of exercise
- 15.00-15.30 tea time
- 15.30 sail for fun under supervision for those who want
- 16.30 pack up

Sunday

- start at 9.30h to rig this means kids must arrive at 8.30 to have their breakfast. Kids who sleep over can have a rusk while waiting to have breakfast at 8.00
- 10.00 on the water for 2 hours of exercise
- 12.00 clean up
- 12.30 lunch
- parents pick up at 14:00

MOUNTAIN YACHT CLUB YOUTH SAILING PROGRAM

REGISTRATION FORM

NOTE: Please complete a separate registration form for each sailor, even if from the same family.

First name(s) of sailor:

Surname of sailor:

Age: Birthday:

Gender:..... Disability:

Will you bring your own boat?..... Class:

Name/sail number: Colour(s) of main sail:

Parents' names:

Mother's cell: Father's cell:.....

Fax: E-mail:

Family's home address:

Parent's postal address:

Family Dr name: _____ Contact no: _____

Medical aid: _____ Medical aid no: _____

Duties I as a parent would be able to take on: 1 choice is _____

2 choice is _____

We, the youth sailor and parent(s)/guardian(s), declare that we:-

1. Have read, understood and agree to abide by the Notice of any Regatta, all Sailing Instructions and Indemnity on pages 1-3.
2. Respect the premises, facilities, members, staff, and rules of MYC as the host Club and if anything is damaged or broken undertake to replace or repair the damaged item.
3. Agree to participate entirely at our own risk and/or with our own private boat, medical, 3rd-party liability and life insurance; and
4. Agree not to take any action or institute any claim against any other participants or their families, the Race Officials, MYC, the Sailing Association, and the sponsors under any circumstances or for any reasons whatsoever.
5. Confirm that I am fully aware of the SA Sailing and Class Rules and Regulations governing the wearing and/or carrying of safety equipment in the yacht and that the yacht entered complies with the minimum buoyancy requirements.
6. Agree that competitors sail entirely at their own risk, and agree that none of the organizations or persons concerned in the running of these events accepts liability for damages or injury suffered at any time during the period of, or as a result of the event.
7. Agree to perform 2 MYC youth duties (catering, sleepover, or shore duty) per child per year.
8. The youth sailor will listen to and respect the duty parents and coaches at all times.
9. No child will be collected or dropped off without the parents checking in with the duty parents.

Signature of sailor

Signature(s) of parent(s)Guardians

Date