



2021 ECSCA

Summer Sailing Camp

Parent Handbook



Dear Parents,

Welcome to the 2021 ECSA Summer Sailing Camp. As you read this, the entire summer camp staff is busy preparing for the eight weeks of fun and learning that lie ahead. We are very excited for another great summer of sailing!

We have a staff of qualified Sailing Instructors and Junior Instructors excited for the program to start.

It is our hope that the skills learned in our classes will provide the foundation for a life-long recreational hobby because sailing is one of the few sports where size, physical strength, and gender are equalized on the water. Furthermore, many of the skills learned on the water are transferrable to daily life: responsibility, seamanship, confidence, problem solving, social skills and others. ECSA prides itself on providing the safest and most-exciting experience for new sailors.

As the first day of camp approaches, we anticipate that you may have questions about our program. The following pages provide detailed information, including the Camp's schedule, what personal gear sailors should bring, and important policies relating to safety both on and off the water. Please take a minute to review them and share this important information with your son or daughter. It is designed to help you understand what to expect, what to bring, where to be, and when to be there.

On behalf of the staff, instructors, and Board of Directors, we welcome you to Emerald Coast Sailing Association Summer Sailing Program and look forward to a summer of fun.

Paul Beaudry

Paul Beaudry

Sailing Director

sailingdirector@ecsasailing.com

cell phone 828-736-1119

2021 ECSA Summer Sailing Camp Schedule

It is **IMPORTANT THAT WE START PROMPTLY**, so please have your child arrive on time, and their ride home be there promptly at the end of session. They will be taking the swim check on the first day. You might want to have them practice up on their swimming skills before the start of the camp.

SCHEDULE: Camp is M - F, 9am – 3:30pm (kids will be swimming and available for pickup at 3:15pm)

LOCATION: Fort Walton Yacht Club (www.fwyc.org). Address is 180 Ferry Rd. NE, FWB, FL 32548

SAILBOATS: Opti, Taz, Sunfish, Laser, 420, FEVA's and Flying Scots

Enroll now for kids aged 7 - 17 for \$295. Learn to Race is \$310.

Week 1	June 14 – 18, 2021	Beginner I & II
Week 2	June 21 – 25, 2021	Beginner I & II
Week 3	June 28 – July 2, 2021	Beginner I, II, & Learn to Race
Week 4	July 5 – 9, 2021	Beginner I & II
Week 5	July 12 – 16, 2021	Beginner I, II, & Learn to Race
Week 6	July 19 – 23, 2021	Beginner I & II
Week 7	July 26 – 30, 2021	Beginner I, II, & Learn to Race
Week 8	August 2 – 6, 2021	Beginner I & II

Typical day will have on-shore, then on-the-water: learning, fun activities, and skill building. They will rotate on and off the water with a shaded lunch break. It will be the **BEST** Summer Camp in Okaloosa County! COVID-19 procedures will be in place as recommended by the CDC, State of Florida, FWYC, and US Sailing.

SAILORS DAILY ITEMS TO BRING

Please label all equipment and clothing with the sailor's First and Last name in large block letters (Names should be on the back of Life Jackets). ECSA is not responsible for lost items. Sailors are solely responsible for keeping track of the personal equipment they bring and use.

- Coast Guard Approved Life Jacket and whistle
- Appropriate Shoes (closed-toe shoes: soft/boat/water shoes) must be worn at all times. Flip-flops or open toe shoes are NOT ALLOWED per US Sailing Regulations)
- ECSA Water Bottle – refillable (included with camp and given to the student the 1st day)
- Sun screen, lip block, hat, sunglasses
- Extra clothes, towel, bathing suit
- Rain gear if weather suggests
- Daily medicine must be provided and given by the parents. If close monitoring of the child is required for medical reasons, the parent can ask to join a sailing instructor on the powerboat for close observation.

- Lunch from home (ECSA will provide a pizza party and awards ceremony on every Friday of camp)

Cool drinks and snacks will be served during the session, but the water bottle may be handy when you are out on the water. Parents are welcome to stay and watch. In case of emergency, you can reach us at Fort Walton Yacht Club main office 850-243-7102 or the Sailing Director's cell phone 828-736-1119.

CAMP POLICIES

Summer sailing camp instructors will be on premises to receive sailors at 8:45 am every morning. Since ECSA instructors will not be on premises prior to that time, sailors cannot be dropped-off earlier. While at ECSA, sailors must always remain under the supervision of either an instructor or responsible adult. To complete drop-off, sailors should be accompanied to the patio. There, an instructor will be waiting with a clipboard and pen. Every camper must be signed into camp by the adult dropping him/her off. Sailors should be dropped off by 9:00am. Please read the COVID-19 Policies and Procedures section for additional check-in information.

By 03:10 pm, sailors will be available for pick-up. The ECSA instructor may require a valid form of government-issued photo identification to verify the identity of any picking-up adult that was listed on the registration. Under no circumstances will the ECSA instructor release a camper to any individual not previously identified in the camper's corresponding Pick-up Form. Should your camper ever require pick-up with an unlisted adult, please be sure to preemptively amend or supplement the Pick-Up form on-file for your child. Please notify the Sailing Director or Head Sailing Instructor if you plan on picking your child up before 3:00 pm.

Instructors will provide pick-up supervision until 3:45 pm. Sailors must be picked-up by that time. If, under extenuating circumstances, you cannot arrange pick-up prior, ECSA will provide continuing supervision of your child. ECSA reserves the right to charge fees for late supervision of up to \$50.00/hour, including a full \$50.00 for any fraction of the first hour.

SAFETY AND OTHER PROTOCOL

Below please find a list of important camp protocols to ensure safety during all camp activities:

- 1) Proper close-toe footwear must be worn at all times. Helmets are available upon request and will be required to wear at the Sailing Director or Sailing Instructor's discretion based on wind speed.
- 2) Lifejackets must be worn by sailors anytime they are on the water or around the docks/ beach.
- 3) Sailors must remain under instructor supervision whenever they are on premises. Sailors are not to venture into the Main Clubhouse, parking lot, dry dock, or otherwise outside of instructor supervision.
- 4) Sailors must be closely accompanied by instructors whenever they are on the Docks or near the water. No unsupervised swimming is allowed.
- 5) NO HEAD-FIRST DIVING! Since depth varies with tide, and since it is sometimes difficult to see the Bay bottom, head-first diving is always prohibited during camp.
- 6) Running is prohibited on and around the docks and parking lot.
- 7) Horseplay is prohibited on and around the docks and beach.
- 8) Sailors must report any equipment breakdowns to their supervising Instructor. Such breakdowns may arise from time to time due to regular wear and tear.
- 9) Sailors must report to their instructor any & all injuries or illnesses that may arise over the course of the session.

- 10) Sailors must be comfortable in and around the water and be able to swim unaided and tread water. A swimming check-out will be given on the first day of class.
- 11) Sailors will first be taught, but then must demonstrate the ability to independently right a capsized boat if they wish to sail independently.
- 12) While sailing, sailors must always stay near their instructor and the other sailboats in their group.
- 13) Sailors shall not operate or manipulate boat hoists or be near them.
- 14) Sailors shall treat fellow sailors, parents, instructors, and all ECSA/FWYC staff and members with respect, courtesy, care, and consideration.
- 15) Sailors shall treat the facilities and premises of ECSA & FWYC with respect and care. This includes:
 - a) prohibition against the deliberate mistreatment/reckless destruction of property
 - b) the responsibility to avoid creating hazards, messes, and other damage by negligence
 - c) the responsibility to track-down and dispose of any and all trash created either by him/herself or other negligent sailors
 - d) the responsibility to return all used equipment to the location, and in the condition and configuration in which it was originally found.
- 16) ECSA strongly discourages sailors bringing any type of valuables or electronics (including video games, cellphones, iPad, iPod), or any form of currency to camp. ECSA will not be responsible for the loss or destruction of such items.
- 17) Students will treat other students, instructors, and adults with courtesy and respect. NO BULLYING or any form of physical, emotional, or sexual harassment. This will be grounds for immediate removal.

For the safety of all sailors, and to avoid all types of unnecessary difficulties, it is very important that sailors understand and continue to respect the above ECSA Summer Sailing Camp policies. Please discuss them with your child. This list of policies is not intended to be exhaustive. Instructors may advise sailors of other important policies from time to time.

COVID-19 VIRUS Policy and Procedures

Parents and Students MUST AGREE to follow all Sailing Instructor and Sailing Director instructions concerning COVID-19 safety procedures as instructed by the CDC, State of Florida, US Sailing Organization, Fort Walton Yacht Club, and Emerald Coast Sailing Association. If an instructor tells the students to wear a mask or buff, then they must comply. ECSA will provide 1 free buff at the beginning of sailing camp. If the student refuses to wear a mask as instructed, he will be expelled, and the parents will be called to pick up the child.

1. The students' temperature will be taken every morning. If it is over 100.4F, the student will not be allowed to participate and must go home.
2. Please wear a mask for check-in. The student will be given 1 free buff the 1st day of camp and is expected to bring it back every day.
3. Any participant or household member of a participant, who is not feeling well, has been exposed to a person with COVID-19 within 14 days of practice/play, or has traveled to/from any foreign country/domestic area identified by CDC or local health officials as a hot spot within the past 14 days, should not attend camp.
4. Participants and parents should continuously monitor their own health while attending camp.

5. ECSA will have hand sanitizer and wipes available during camp. The instructors will disinfect the boats daily after use.
6. Signed waivers are required at check-in. They are at the end of this handbook and can be printed and signed ahead of check-in to speed up the process.
7. The Sailing Director will send an email with additional information several days prior to the start of camp.

CAMPER DISMISSAL

ECSA reserves the right, in the exclusive discretion of ECSA Management, to dismiss any sailor who repeatedly interferes with the welfare/safety of others and/or the success of the program. Dismissal from camp results in a complete forfeiture of session fees. ECSA policies ensure the safety and comfort of all sailors, optimizing their learning and protecting both ECSA, FWYC and sailor property. Above all, ECSA wants sailors to be safe and have fun.

ECSA ZERO TOLERANCE STATEMENT

The safety of our sailors is of paramount importance to ECSA. ECSA has a ZERO TOLERANCE for abuse and misconduct. This includes not only on-water safety, but also safety ashore in any part of ECSA's programs. ECSA is committed to creating safe and fun environment for all our athletes, youth, and adults. Everyone has a role to play in creating a healthy setting in our sport of sailing, so help to raise awareness about misconduct in sport, promote open dialogue, and provide training and resources for our individual members, member organizations, athletes, coaches, parents, and volunteers. Please read The US Sailing SafeSport Handbook which is intended to inform and provide guidance to our sailing constituents about SafeSport policies to protect our sailors from all types of misconduct and abuse. In addition, we have Codes of Conduct applicable to Staff, Instructors, sailors, parents, and spectators.

FEE POLICY AND SCHOLARSHIP

ECSA cannot/ will not pro-rate, refund or otherwise discount session fees based on planned or unplanned absences. ECSA cannot/ will not offer "split" session fees. To secure a sailor's participation for any specific camp date, payment in full for the corresponding session(s) is required. This policy is non-negotiable and uniformly enforced.

Written permission (email) by the Sailing Director or ECSA President is required for any valid refunds or cancellations. If a parent requests a refund from PayPal without ECSA permission, then the family will not be able to participate in any future ECSA camp, event or activity until the payment is paid back in full.

Partial or total scholarships (based on financial reasons) are available to kids and youth participating in our Summer Sailing Camps. Scholarships are awarded from the generosity of donors, who love to read the thank you notes from our scholarship recipients (so, please write!). Financial assistance is confidential, and a separate application form is required. Please email sailingdirector@ecsasailing.com to request a form.

FEEDBACK

We are always trying to improve the program. We welcome all suggestions, criticisms, and compliments. Problems need to be addressed as early as possible with the Sailing Director. Excluding safety concerns, any discussion must be taken up outside of class time and should be out of the presence of children and third parties. Complaints or suggestions, if they are either complex or serious, should be made or followed up, in writing. Having comments in writing helps us address the issue fully and reduces misunderstandings. It is important to us that the Sailing Summer Camp experience is the best that we can make it. Our staff is trained to deal with problems related to youth learning to sail and not necessarily for other issues. Lastly, please remember that completed medical treatment, pick-up authorization, and waiver forms must be received prior to the camper's first day in attendance. Blank forms are provided in the final pages of this Parents' Guide and on the website.

WEATHER

We will hold class every day regardless of the weather. Usually the weather is spotty, and we can get some time on the water. However, our classroom facility is limited so if the weather is awfully bad, you might consider arranging for an early pickup if possible. If that is not possible, our staff will be there until class is scheduled to end. There are no provisions for weather make up days. We will have indoor "Rainy Day" fun activities and skills to learn.

GRADUATION DAY

The last day of class we do a pizza party and awards ceremony (start time to be given during the week but usually it begins at 12pm). Parents are invited to come and participate. After awards we will have family sailing time where your kids can take you out sailing and show you what they learn. We also will have a power boat that you can go out and take pictures (parent participation may be cancelled due to COVID-19). We hope your child (or you) have a fun and enjoyable time learning about sailing. Have a fun-filled sailing camp and enjoy your learning experience.

FWYC and BBSC MEMBERSHIP

Please visit <http://fwyc.org/> or <http://www.bbsc.com/> to learn more about joining a sailing organization to continue your child's learning and enjoyment of sailing. Ask the Sailing Director about the various junior sailing programs that are available all year long.

THANK YOU

Please help us spread the word about the Summer Sailing Camp. We are a non-profit organization and rely on a successful program. If you have any further questions, please email sailingdirector@ecsasailing.com. We look forward to meeting you and your sailor(s) this summer!

ECSA MEDICAL & EMERGENCY INFORMATION FORM

(This form must be completed and signed by you or your parents (if you are a minor) and turned in prior to the start of your course. The form was provided by US Sailing.)

Participant's Name _____ Birth Date _____ Gender _____

Address _____
No. Street City State Zip

Do you have a history of or do you currently have, any physical limitations that might prevent you from fully participating in this Sailing Camp? Yes No

If yes, please specify missing or injured body parts, weakness, eyeglasses, contacts, hearing aids, etc. _____

Do you have any learning differences that might prevent you from fully participating in this course? Yes No If yes, please specify _____

Please check (X) those that apply and provide necessary information on reverse side of this form.

Chronic Ailments:

- Asthma, or other respiratory problems Circulatory or heart problems
- Diabetes or hypoglycemia
- Epilepsy
- Hemophilia, or other bleeding problems

Allergies:

- Insect bites
- Bee stings
- Foods Drug
- Others, if significant

Current medications or pertinent information:

Blood Type _____ Date of last tetanus shot _____

Family physician name: _____ Phone _____

Date of most recent physical exam? _____

Where are your medical records kept? _____

Insurance Carrier _____ Insurance ID # _____

Who should be notified in case of emergency?

Name _____ Relation _____

Phone (C) _____ (W) _____

Name _____ Relation _____

Phone (C) _____ (W) _____

In the event of accident or injury to myself, my spouse or any child of mine (specifically including my child named above as "Participant") or in the event of illness of myself, my spouse or any child of mine while on or about the premises of Fort Walton Yacht Club while participating in an event under the auspices of Emerald Coast Sailing Association (ECSA) and Fort Walton Yacht Club (FWYC) where I am unable to consent or am not present:

1. I hereby voluntarily consent to the furnishing to myself, my spouse or any child of mine of such medical care and treatment by any hospital or physician(s) as the hospital or physician(s) deem necessary or advisable.
2. I authorize any officer or member of the Host to consent to such medical care or treatment.
3. I agree to pay the reasonable cost of such medical care or treatment and to indemnify and hold free and harmless of all liability for such cost ECSA, FWYC and US SAILING and its officers, volunteers and members.

I, the undersigned, do hereby authorize and consent to any x-ray examination, anesthetic, medical or surgical diagnosis or procedure rendered under the general or specific supervision of any member of her medical staff or of a dentist licensed under the provision of the Education Law and/or Public Health Law of the State of FLORIDA and on the staff of any hospital holding a current operating certificate issued by the Department of Health of the State of Florida. It is understood that the authorization is given in advance of any specific diagnosis, treatment of hospital care being required but is given to provide authority and power to render care which the aforementioned physician in the exercise of his/her best judgement may deem advisable. It is understood that effort shall be made to contact the above people prior to rendering treatment to the patient, but that any of the above treatments will not be withheld if any of these people cannot be reached. No agent or organization involved assumes any financial responsibility for exercising this action.

Parent/Guardian (if minor) Signature _____

Print Name _____

Date _____

(please print, sign, and bring to the 1st day of camp)

Participation Agreement (please print, sign, and bring to the 1st day of camp)

NOTE: Both the participant and parent/guardian must read and sign this form before the sailor may participate.

Sailing, like most sports, involves an element of risk to injury. Students will be sailing in water deeper than they can stand, a sudden wind gust could cause their boat to capsize, parts of the boat can cause injury, and exposure to the elements, if not properly prepared can cause problems. The water environment contains many sharp objects such as oyster shells, fish bones and other debris.

In an effort to make sailing classes as safe as possible, students will be instructed in rules which will reduce the risks. It is vital that the students follow the directions of the instructors and the rules/policies as described in the Parent Handbook. We have read the above information concerning the risk involved in sailing. We understand and assume the risk involved in participating in the sailing classes. We will abide by the rules of Emerald Coast Sailing Association and the Fort Walton Yacht Club and those rules established for the sailing program.

We further agree to hold Emerald Coast Sailing Association and the Fort Walton Yacht Club, instructional program or host locations, US Sailing, and their representatives harmless (including all costs of defense and attorneys' fees) from any claim we might otherwise have for personal injuries, death, and/or property damage even when any such injury, death, or property damage results in whole or in part from any form or degree of negligence on the part of the parties being held harmless and any of their officers, members, instructors, employees, and volunteers or subcontractors and also when such injury, death, or property damage is caused or contributed to by a defect in the premises, vessel, appurtenance, and/or equipment of any kind, even a defect that pre-exists the signing of this agreement. The sailing camp you are about to begin is an exciting and demanding challenge, but you need to be aware of what will be involved and be willing to study and practice to achieve success.

I understand that in entering this sailing camp I agree to obey all program rules as set forth by the sailing director and the instructors, that I will use utmost care in the use of the boats and equipment, that I will not engage in any horseplay or other disruptive behavior. I understand that failure to attend regularly, arrive promptly, or abide by the rules may result in my suspension from the program. I agree to wear a buff or mask if an instructor asks.

Participant Signature _____ Date _____

I assume full responsibility for any loss or damage, excepting loss or damage covered by insurance, that may come to any person, boat, sailboard, equipment, pier, or other property used in conjunction with this course as a result of improper use, negligence, violation of the rules, and other acts of sailors, or other representatives of the school, instructional program or host location in connection herewith. I accept that the sport of sailing and the conduct of this course entail and are subject to certain inherent risks and assume all risks on land and on the water of participation in this program. I further agree to hold the school, instructional program or host location, US Sailing, and their representatives harmless for personal injuries and/or property damage.

I understand the contents of this statement and agree to see to it that my kid adheres to the program and COVID-19 rules and procedures. I agree to assume the obligation for the expenses of repair and/or replacement of program equipment that is attributable to my kid's reckless or irresponsible behavior. I agree to make an appointment for a parent-instructor conference if requested.

Parent/Guardian Signature _____ Date _____

PHOTOGRAPH AND VIDEO RELEASE

(please print, sign, and bring to the 1st day of camp)

I hereby grant permission to the rights of my image, likeness and sound of my voice recorded on audio or video without payment or any other consideration to Emerald Coast Sailing Association and Fort Walton Yacht Club. I understand that my image may be edited, copied, exhibited, published, or distributed and waive the right to inspect or approve the finished product wherein my likeness appears. Additionally, I waive the right to royalties or other compensation arising or related to the use of my image or recording. I also understand that this material may be used in diverse settings within an unrestricted geographic area.

By signing this release, I understand this permission signifies photographic or video recordings of me may be electronically displayed via the Internet or in a public setting. There is no time limit for the validity of this release nor is there any geographic limitation on where these materials may be distributed.

This release applies to photographic, audio or video recordings including digital images collected as part of Emerald Coast Sailing Association and Fort Walton Yacht Club promotional efforts.

By signing this form, I acknowledge that I have completely read and fully understand the above release and agree to be bound thereby. I hereby release any and all claims against Emerald Coast Sailing Association and Fort Walton Yacht Club.

Parent/Guardian Signature _____ Date _____

NON-REGATTA WAIVER AND RELEASE OF LIABILITY

For and in consideration of Emerald Coast Sailing Association, Inc. (the "Organization") allowing me, the undersigned, to participate in any capacity in a Organization sanctioned, licensed, or approved event or activity ("Event" or "Events"); I, for myself, and on behalf of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns, hereby agree to and make the following contractual representations pursuant to this Agreement (the "Agreement"):

- A. **RULES AND REGULATIONS:** I hereby agree to abide by the rules, regulations, and policies of the Organization, including any and all COVID-19 related safety measures required by the Organization.
- B. **ACKNOWLEDGMENT OF RISK:** I knowingly, willingly, and voluntarily acknowledge the inherent risks associated with the sport of sailing, and that participation in any Organization involves risks and dangers including, without limitation, the potential for serious bodily injury (including broken bones, head or neck injuries), sickness and disease (including communicable diseases such as COVID-19), trauma, pain & suffering, permanent disability, paralysis and death; loss of or damage to personal property; exposure to extreme conditions and circumstances; accidents involving other participants, event staff, volunteers or spectators; contact or collision with other participants or natural or manmade objects; adverse weather conditions; facilities issues and premises conditions; failure of protective equipment; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event organizers and competition management; and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks").
- C. **ASSUMPTION OF RISK:** I understand that the aforementioned Risks may be caused in whole or in part or result directly or indirectly from the negligence of my own actions or inactions, the actions or inactions of others participating in the Events, or the negligent acts or omissions of the Released Parties defined below, and I hereby voluntarily and knowingly assume all such Risks and responsibility for any damages, liabilities, losses, or expenses that I incur as a result of my participation in any Events. I also agree to be responsible for any injury or damage caused by me or any agents under my direction and control at any Event.
- D. **RELEASE AND INDEMNITY:** In consideration of my participation in any Event, I hereby release from liability and waive any claims against the owner or organizer of the Event, its licensees, competition managers, promoters, sponsors, advertisers, beneficiaries, venue providers, and supporting organizations, together with the officers, directors, employees, volunteers and contractors of them (the "Released Parties" or "Event Organizers"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss, or expense (including court costs and reasonable attorney fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Events, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties. Further, I agree to indemnify, defend, and hold harmless the Released Parties and Event Organizers against and from any and all Liability imposed on, incurred by, or asserted against any Released Party or Event Organizer resulting from, arising out of, in connection with, or relating to my breach of this Agreement.
- E. **COMPLETE AGREEMENT AND SEVERABILITY CLAUSE:** This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

I HAVE CAREFULLY READ THIS DOCUMENT IN ITS ENTIRETY, UNDERSTAND ALL OF ITS TERMS AND CONDITIONS, AND KNOW IT CONTAINS AN ASSUMPTION OF RISK, RELEASE, WAIVER FROM LIABILITY, AND INDEMNIFICATION.

By signing below, I (as the participant or as the Parent/Legal Guardian of the minor identified below) hereby accept and agree to the terms and conditions of this Agreement in connection with my (or the minor's) participation in any Event.

Participant Signature: _____ Printed Name: _____ Date: _____

Parent/Legal Guardian Signature (required if participant is under the age of 18): _____

Parent/Legal Guardian Printed Name: _____ Date: _____

NON-REGATTA WAIVER AND RELEASE OF LIABILITY

For and in consideration of _____ Fort Walton Yacht Club _____ (the "Organization") allowing me, the undersigned, to participate in any capacity in a Organization sanctioned, licensed, or approved event or activity ("Event" or "Events"); I, for myself, and on behalf of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns, hereby agree to and make the following contractual representations pursuant to this Agreement (the "Agreement"):

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B. ACKNOWLEDGMENT OF RISK: I knowingly, willingly, and voluntarily acknowledge the inherent risks associated with the sport of sailing, and that participation in any Organization involves risks and dangers including, without limitation, the potential for serious bodily injury (including broken bones, head or neck injuries), sickness and disease (including communicable diseases such as COVID-19), trauma, pain & suffering, permanent disability, paralysis and death; loss of or damage to personal property; exposure to extreme conditions and circumstances; accidents involving other participants, event staff, volunteers or spectators; contact or collision with other participants or natural or manmade objects; adverse weather conditions; facilities issues and premises conditions; failure of protective equipment; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event organizers and competition management; and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks").

C. ASSUMPTION OF RISK: I understand that the aforementioned Risks may be caused in whole or in part or result directly or indirectly from the negligence of my own actions or inactions, the actions or inactions of others participating in the Events, or the negligent acts or omissions of the Released Parties defined below, and I hereby voluntarily and knowingly assume all such Risks and responsibility for any damages, liabilities, losses, or expenses that I incur as a result of my participation in any Events. I also agree to be responsible for any injury or damage caused by me or any agents under my direction and control at any Event.

D. RELEASE AND INDEMNITY: In consideration of my participation in any Event, I hereby release from liability and waive any claims against the owner or organizer of the Event, its licensees, competition managers, promoters, sponsors, advertisers, beneficiaries, venue providers, and supporting organizations, together with the officers, directors, employees, volunteers and contractors of them (the "Released Parties" or "Event Organizers"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss, or expense (including court costs and reasonable attorney fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Events, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties. Further, I agree to indemnify, defend, and hold harmless the Released Parties and Event Organizers against and from any and all Liability imposed on, incurred by, or asserted against any Released Party or Event Organizer resulting from, arising out of, in connection with, or relating to my breach of this Agreement.

E. COMPLETE AGREEMENT AND SEVERABILITY CLAUSE: This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

I HAVE CAREFULLY READ THIS DOCUMENT IN ITS ENTIRETY, UNDERSTAND ALL OF ITS TERMS AND CONDITIONS, AND KNOW IT CONTAINS AN ASSUMPTION OF RISK, RELEASE, WAIVER FROM LIABILITY, AND INDEMNIFICATION.

By signing below, I (as the participant or as the Parent/Legal Guardian of the minor identified below) hereby accept and agree to the terms and conditions of this Agreement in connection with my (or the minor's) participation in any Event.

Participant Signature: _____ Printed Name: _____ Date: _____

Parent/Legal Guardian Signature (required if participant is under the age of 18): _____

Parent/Legal Guardian Printed Name: _____ Date: _____