



St. Mary's River Yacht Club Women's Sailing Classes 2010

On behalf of SMRYC, we welcome your interest in our Women's Sailing Classes. Our evening classes will provide instruction in basic dinghy sailing techniques, expose you to different types of sailboats, and include a mixture of on and off-the-water activities. Please read the following general information and the registration forms attached.

WHEN? The 2010 SMRYC Women's Sailing Classes will consist of 8 classes, held **four evenings a week for 2 weeks, Monday through Thursday, July 5 to 15, 2010, from 5 to 9 pm. We will be in and off the water by 8:30 pm.**

WHAT? Your primary sailing experience will be in Flying Junior (FJ) sailboats with 2 women per boat, and you will sail as both crew (helper) and skipper (driver). The 14' FJ sailboats are self-rescuing and offer the perfect combination of stability and easy performance for beginning sailors. Class size is limited to 12 women.

Our goal is to teach you the things you need to know to make a sailboat go where you want it to, and develop your confidence in being on the water in a small sailboat. We will assume you've never sailed before and start at the beginning. We will focus on:

- Sailboat parts and how you use the wind to make the boat go (no fuel bills!).
- Basic skills like rigging, de-rigging, launching, etc.
- Steering and sailing – first with 1 sail (the bigger mainsail).
- Departing from and returning to a dock – both as crew and skipper.
- Sailing with 2 sails, adding the jib (the front sail) as your skills grow.
- Water safety, capsize recovery, knots, etc. (Capsize recovery skills will be taught on land. We won't dump you in jellyfish!)
- We may also provide you experience in at least one sail in larger, keel boats (such as Ensigns or a cruising boat) during the second week. If there is interest, a Saturday sail on a cruising boat might be a possibility for July 17, the Saturday after the class concludes.

On a **typical evening**, you can expect the following, however the instructors will rearrange activities based on your skills, the weather, and other factors, as needed.

5:00 – 6:00 pm	On-shore instruction: parts of a sailboat, boating safety, rigging a boat, how wind and sails work, knots, review, etc. (You can eat a quick sandwich while we talk if you've come straight from work.)
6:00 – 8:30 pm	Sailing practice: points of sail, tacking and gibing drills, capsize drills, sailing around St. Inigoes Creek, dock & beach landings, etc.
8:30 – 9:00 pm	De-rigging, review, questions, clean up, etc.
Homework	Reading a short chapter for the next day's class.

HOW? First and foremost: There will be *No Yelling!* 😊

Second: There will be no men in the class or teaching. 😊 😊

Third: Your safety and security will be emphasized. If you get frightened in the boat, the chase boat with the instructors will be right there to help you out, no problem! 😊 😊 😊

Fourth: We'll make it fun! 😊 😊 😊 😊

WHERE? Instruction will be at the privately-owned **Milburn Creek Marina** at the end of Bauer Road in St. Mary's City. Sailing in the FJs will take place in the vicinity of St. Inigoes Creek. Our **class facilities are rustic**: a large tent will remain set up for inclement weather with picnic tables, and there is a flush toilet, porta-potties, and a changing room.



WHO? Your experienced instructors will be **Lani Clark** and **Barbara Ives**. Both are lifelong, dedicated sailors and SMRYC members, with decades (we won't go into just how many...) of sailing and racing experience on boats of all sizes.

YOU? You will need to bring the following: water, sunscreen, sunglasses, bug repellent, and a properly fitting personal flotation device (PFD). You are required to wear a PFD at all times on the water, and those without a PFD will not be allowed in the boats. Bring a sandwich or snack if you want a quick bite to eat at the beginning of class (but no food in the boats please). Please label your gear.

Clothing: U.S. Sailing requires closed-toe shoes, however, water sandals with a toe covering at the front are okay. Your shoes provide your contact with the sometimes slippery, moving boat, so make sure they are secure on your feet! (Keen makes a great pair—model “Venice H²O”, but they're a bit pricey; Keds will be just fine!) Your feet, shoes, and calves may get wet during beach launches and landings. Wear comfortable clothing, you'll be bending and climbing around in the sailboats; and bring a jacket in case it's windy, wet, or cool.

You will need to pass a basic **swim test** (swim 50 yards and tread water 5 minutes in a pool) at the first class. Tuition will be refunded for those who cannot pass the test.

You will receive U.S. Sailing instructional materials: Sailing and water safety books, a “log book” to record your sailing skills as you master them, a T-shirt, and a certificate when you're an accomplished sailor! Your tuition also includes a 1-year membership in the Sailing Center Chesapeake, so you may use their facilities and boats during organized events.

HOW MUCH? **Tuition** for the 8 classes is \$125 for SMRYC members and \$175 for non-members. Your tuition payment is due with your registration to hold you a place in class.

Here's the Registration Nitti-Gritty

1. **Participation** in the Women's Sailing Classes will be on a first-come-first-served basis, based on our receipt of the attached registration forms and your tuition. SMRYC members will have priority. Please provide an email address for notification of registration and general or emergency notifications.
2. **Registration:** Due to the limited number of participants, a check/money order for your **\$125 (\$175) tuition** must be included at the time of registration for us to hold you a place. This will be fully refundable until June 1, 2010 if you can't attend, but **is non-refundable after June 1, 2010**, unless we can fill your place. Tuition paid for anyone put on a waiting list will be fully refunded if we can't get you in class.
3. Checks should be made out to “**SMRYC Sailing Camp.**” Please provide payment in a check or money order; we are not able to accept credit cards.
4. Complete, sign, and mail the attached registration forms along with your tuition payment to:
St. Mary's River Yacht Club
Women's Sailing Class Registration
P.O. Box 6
St. Mary's City, MD 20686

5. To ensure your safety when involved in the SMRYC Women's Sailing Classes please complete and sign the following forms:
 1. 2010 SMRYC Women's Sailing Class Registration Form
 2. Consent and Waiver of Liability Form
 3. Medical Information Form
 4. Code of Conduct Agreement



The instructors will keep the forms at the Milburn Creek Marina and with them on any trips away from the marina. The forms are required for participation in any event.

6. **Sponsors:** A giant thank you to **Ed and Hal Cole and their families** for generously offering the use of **Milburn Creek Marina** for our sailing camp and class activities; to **St. Mary's College of Maryland** for their loan of the college's FJ sailboats; and to the **Southern Maryland Sailing Foundation** for the use of their boats and equipment! Thanks also are due to the volunteer instructors, who are giving up many hours of their time, and to our other adult volunteers from the SMRYC who will be helping out. Without this awesome support, we could not bring you these classes at such a reasonable price! Please thank them all when you see them.
7. **Milburn Creek Marina** is a privately-owned facility being loaned to the SMRYC for our sailing classes. You are not authorized to be at the Marina at any time other than official sailing class functions. Please respect the private property at the Marina and that of the nearby residents.
8. **Contact Information:** If you have additional questions, please contact:
 - **Questions about Classes:** Lani Clark, 301-863-1294 (home); email: laniclark@verizon.net
 - **Questions about Registration:** Lee Roberts 301-872-5652 (home) volunteered to handle registrations this year.

We look forward to introducing you to the wonderful experiences sailing can provide for a lifetime of fun and enjoyment on the water!





2010 SMRYC Women's Sailing Class Code of Conduct

(This is a duplicate copy of the text on Form #4, to keep for your home reference.)

The primary goal of the SMRYC Women's Sailing Classes is to teach you the basic skills of sailing and good seamanship. Learning safe boat handling skills and good sportsmanship are also important goals. To achieve these goals, some basic rules need to be followed.

A. GENERAL SAFETY RULES

1. U.S. Coast Guard-approved PERSONAL FLOATION DEVICES (PFDs) must be worn properly secured when in boats and at other times as directed.
2. You should wear clothing appropriate for prevailing weather conditions. Suitable boating shoes with toe coverage (tennis shoes, water shoes, teva-style sandals, etc.) must be worn at all times.
3. No glass containers are allowed on the grounds of Milburn Creek Marina or in the boats.

B. BEHAVIOR

4. Good sportsmanlike conduct is expected at all times, on and off the water. Foul language, disruptive behavior, or disrespectful comments or gestures will not be tolerated.
5. No running, pushing, or unauthorized swimming is permitted.
6. Piers, ramps, and electric hoists are to be used only for their specified purposes.
7. Everyone will help return boats and equipment to proper storage areas upon completion of class. All personal gear and items will be properly secured and the dock and ramp areas will be kept clean, neat, and free from obstructions.
8. Do not tamper with, use, or borrow equipment, boats, or other items that do not belong to you. Unauthorized use of another's property constitutes theft.
9. Please check in with the instructors when you arrive. You must remain in the designated class areas and under the direct supervision of the instructors at all times, and inform them when you are leaving.

C. RESTRICTED AREAS

10. The homes near the Marina are private residences and are off limits. The instructors will identify the Marina areas that you may use on the first day. All other areas are off limits.
11. All the boats at the marina, other than those used for the sailing classes, are private property and off limits.
12. **Milburn Creek Marina** is a privately-owned facility being loaned to the SMRYC for our sailing classes. You are not authorized to be at the Marina at any time other than during official sailing classes. Please respect the private property at the Marina and that of the nearby residents.

D. PARTICIPANT'S AGREEMENT:

I understand that by participating in the SMRYC Women's Sailing Classes I agree:

- To obey all program rules set forth by the staff.
- That I will use utmost care in the use of boats and equipment.
- That I will not engage in any horseplay or other disruptive behavior.
- That I understand the contents of this statement and agree to adhere to the program rules.
- That this agreement applies in and around both the time and location of the classes.
- To assume the obligation for the expenses of repair and/or replacement of club/program equipment that is attributable to my reckless or irresponsible behavior.

I understand that failure to attend regularly, arrive promptly, and abide by the rules here set forth may result in my being asked to leave the Women's Sailing Class.



2010 SMRYC WOMEN'S SAILING CLASS Emergency Medical Information*

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Your Full Name:		Your birth date:	
Family Doctor:		Phone:	
Emergency Contacts:			
Name / relationship:			
1.		Phone:	
2.		Phone:	
3.		Phone:	
Existing Medical Problems (we should be aware of):			
Known Allergies (e.g. bee stings):			
Health Insurance Co. Name:		Policy Holder Name:	
		Policy Holder Social Security Number:	
Health Insurance Plan and Group Number:			

*This information will remain confidential, unless you are accidentally injured and we need to call an ambulance, in which case the information will be given to the ambulance attendants.

I authorize the SMRYC Women's Sailing Class Instructors to call an ambulance if I am severely injured, and they may provide my information above to the attendants. This authorization shall remain effective through Friday, July 31, 2010.

Signature: _____

Date: _____



2010 SMRYC Women's Sailing Class Assumption of Risk & Indemnity Agreement

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I, the undersigned participant, _____, request to be allowed to
(print name)

participate in the St. Mary's River Yacht Club's 2010 Women's Sailing Classes from July 5 through July 15, 2010 (herein referred to as "the activities").

This agreement shall remain in effect until St. Mary's River Yacht Club receives written notice of the cancellation of the consent, or until the end of the activities described above.

In return for being permitted to take part in the activities and to use the facilities and property of the Milburn Creek Marina, I make the following promises and warrant the truth of the following facts.

1. I am familiar with the activities included in the program, and I understand the officers and instructors of the St. Mary's River Yacht Club are available to discuss the activities if I should wish additional information. I also understand I am solely responsible for my arrival and departure at the beginning and end of each day's program. I will not remain on the premises of Milburn Creek Marina after each day's program. I will cooperate with, and follow the directions of, the volunteers in charge of the activities and to act in a manner consistent with the spirit of good sportsmanship and respect for the rights of others.
2. I am in good health, and I know of no reason why I would be incapable of participating in the activities. I know how to swim and can pass the required swim test. I will immediately notify one of the designated St. Mary's River Yacht Club instructors, if a change in my health or other condition would affect my ability to participate in the activities.
3. **WAIVER OF LIABILITY:** I waive and release any right I, my heirs, distributees, guardians, legal representatives and assigns may have or acquire to make a claim against, sue, attach the property of, or prosecute St. Mary's River Yacht Club or any of its members, officers, agents, instructors, and affiliated organizations (herein referred to as "the releasees") for monetary damages caused by injury to myself or damage to my property arising from my participation in the activities and use of the facilities and property of Milburn Creek Marina, whether or not the injury or damage results from negligence or other action, except intentional acts, of any of the releasees.
4. **ASSUMPTION OF RISK:** I am aware that the activities may involve maneuvering a boat, sailboat, or other watercraft on deep water in potentially hazardous conditions which may include, among other things, strong winds and high waves, sudden and unexpected immersion in deep water, and collision with other watercraft or stationary objects such as docks, pilings, and buoys. With knowledge of the dangers involved, I voluntarily ask to be allowed to take part in these activities.
5. **INDEMNITY AGREEMENT:** I agree to indemnify and hold the releasees harmless from any loss, liability, damage or cost, including reasonable attorney's fees, they may incur due to my participation in the activities and use of the boats and property whether or not such loss, liability, damage or cost results from negligence or other action, except intentional acts, of any of the releasees.

I accept any and all risks to myself of injury, death, and property damage arising from participation in the activities and the use of the facilities and property of St. Mary's River Yacht Club, St. Mary's College of Maryland, Milburn Creek Marina, and St. Mary's Sailing Center whether or not caused by negligence or other action, except intentional acts, of any of the releasees.

I have carefully read this agreement and fully understand its contents. I am aware the agreement includes a waiver of liability, an assumption of risk, and an agreement by me to indemnify the releasees, and I sign it of my own free will.

Signature: _____

Date: _____

2010 SMRYC Women's Sailing Class Code of Conduct

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Please read the "Code of Conduct" carefully, then sign below and return with your other class registration forms.

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A. GENERAL SAFETY RULES

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2. You should wear clothing appropriate for prevailing weather conditions. Suitable boating shoes with toe coverage (tennis shoes, water shoes, teva-style sandals, etc.) must be worn at all times.
3. No glass containers are allowed on the grounds of Milburn Creek Marina or in the boats.

B. BEHAVIOR

4. Good sportsmanlike conduct is expected at all times, on and off the water. Foul language, disruptive behavior, or disrespectful comments or gestures will not be tolerated.
5. No running, pushing, or unauthorized swimming is permitted.
6. Piers, ramps, and electric hoists are to be used only for their specified purposes.
7. Everyone will help return boats and equipment to proper storage areas upon completion of class. All personal gear and items will be properly secured and the dock and ramp areas will be kept clean, neat and free from obstructions.
8. You will not tamper with, use, or borrow equipment, boats, or other items that do not belong to you. Unauthorized use of another's property constitutes theft.
9. Please check in with the instructor when you arrive. You must remain in the designated class areas and under the direct supervision of the instructors at all times, and inform us when you are leaving for the day.

C. RESTRICTED AREAS

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I understand that failure to attend regularly, arrive promptly, and abide by the rules here set forth may result in my being asked to leave the Women's Sailing Class.

Print Name: _____ Signature: _____ Date: _____