



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

On behalf of SMRYC, we welcome your interest in our Adult Sailing Classes. Our evening classes will provide instruction in basic sailing techniques, in 22' Ensign 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 Adult Sailing Classes will consist of 6-7 classes, held **over 2 weeks, Monday through Thursday, May 24 to June 4, 2010, from 5:30 to 9 pm. We will be in and off the water by 8:30 pm.**

WHAT? Your sailing experience will be in the 22' Full Keel, Pearson Ensign Sailboats. You will sail as both crew (helper) and skipper (driver). There will be one experience instructor per 3 students. The Ensign is a very stable and roomy(8' cockpit) sailboat that offers the perfect combination of stability and easy performance for beginning sailors. Class size is limited to 9 people on 3 boats.

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 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, etc.
- Steering and sailing.
- Departing from and returning to a dock – both as crew and skipper
- Water safety, seamanship, knots, etc.



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.

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 Ensigns will take place in the vicinity of St. Inigoes Creek. Our **class facilities are rustic**: a large tent or portable classroom for inclement weather with picnic tables, and there is a flush toilet, porta-potties, and a changing room.

WHO? Your primary U.S. Basic Keelboat certified sailing instructor will be **Alex Kampf** along with several other, experienced Ensign sailors and small boat U.S. Sailing certified instructors 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 or Crocs with a toe covering at the front are okay. (Keen and Teva both make a great pair, but they're a bit pricey; Keds will be just fine!) 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 receive two books: U.S. Sailing Basic Keelboat, and Sailing, the Basics by Dave Franzel, as instructional materials, a Sailing and water safety book, and an "official SMRYC Sailing Camp T-shirt to commemorate your experience. More importantly, the confidence to get on a sailboat as a crew or skipper and safely begin your sailing experience.

HOW MUCH? Tuition for the 6-7 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 Adult Sailing Class 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 May 1, 2010 if you can't attend, but **is non-refundable after May 15, 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
Adult Sailing Class Registration
P.O. Box 6
St. Mary's City, MD 20686
5. To ensure your safety when involved in the SMRYC Adult Sailing Classes please complete and sign the following forms:
 1. 2010 SMRYC Adult 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 SMRYC members who have loaned their Ensigns for the class; and to the **Sailing Center Chesapeake** for the use of their 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. **Questions about classes:** Please contact **SMRYC Camp Director:** Mr. Steve Bernard, (301-862-4772, bernsn@md.metrocast.net).
Questions about registration: Please contact **Camp Registrar:** Mrs. Lee Roberts, (301-872-5652, daveleeroberts@md.metrocast.net).

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 Adult 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 Adult 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 FLOATATION 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 Adult 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 Adult Sailing Class.



2010 SMRYC ADULT SAILING CLASS REGISTRATION

1

Note: **Please print legibly on all forms.** A copy of each form is required for each participant.

Your Name:		
Mailing Address:		
Your Home Phone:	Cell Phone:	Work Phone:
Emergency Contact Name / Relationship:	Emergency Contact's Phone:	
Your Email Address:	SMRYC Member Yes No	
Your Previous Sailing Experience (if any):		
Payment: Check/money order enclosed for:	\$125 tuition for SMRYC members. \$175 tuition for non-members.	
SMRYC Adult Sailing Class, office use only:		
1. 2010 SMRYC Adult Sailing Class Registration Form	Tuition Paid	
2. Emergency Medical Information		
3. Assumption of Risk and Indemnity Agreement		
4. Code of Conduct Agreement		
5. Added to Waiting List, Date: _____		
6. Accepted in Class, Date: _____		
Notes:		



2010 SMRYC ADULT SAILING CLASS Emergency Medical Information*

2

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 Adult 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 24, 2010.

Signature: _____

Date: _____



**2010 SMRYC Adult Sailing Class
Assumption of Risk & Indemnity Agreement**

3

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

participate in the St. Mary’s River Yacht Club’s 2010 Adult Sailing Classes from July 13 through July 23, 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 Adult Sailing Class Code of Conduct

4



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

1. Coast Guard-approved PERSONAL FLOATATION DEVICES (PFD) 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. 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

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.
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- 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 Adult Sailing Class.

Print Name: _____ Signature: _____ Date: _____