

The Mobile Sailing School is coming to Cedar Bay!



Children, Youths, Adults

Singlehanded Prams
Double handed boats
Windsurfers

Sessions are allocated on a
first come, first serve basis

Five Morning Sessions: 9:00am - 12:00pm (beginners)
Five Afternoon Sessions: 1:00pm - 4:00pm (advanced)



Cost: \$35 per participant for one week

For registration and further information contact the Sioux Lookout
Recreation Center at 807-737-1994 or visit our web site at
www.siouxlookout.ca/daycamp or www.newvisionunlimited.org

“SAILING TO WIN”  **“SAILING FOR LIFE”**
Sail Manitoba

STUDENT INFORMATION

Welcome to the mobile sailing school. As a brand new or returning sailor to our program, it is important that the following information is available to the instructors. We can then work to ensure the best possible sailing experience for you.

Previous Sailing Experience:

Level attained: (Please circle all that have been achieved)

GYBE Program Grey	Yellow	Blue	Emerald
White Sail I	White Sail II	White Sail III	
Bronze Sail IV	Bronze Sail V	Silver VI	Gold VII

Swimming Level:

Non- Swimmer

Beginner

Advanced

Medical Number: _____

Emergency Contact Name: _____

Emergency Phone Number: _____

Any Allergies? _____

Anything Else We Should Know? _____

Concerns? _____

ARE YOU PREPARED FOR YOUR SAILING EXPERIENCE?

The following is a list of clothing suitable for most weather conditions when sailing. Remember weather conditions can change quickly so it is always better to have too much rather than not enough.

Necessities: (There is a very good chance that these will get wet!)

- One pair of closed toe shoes that can get wet. (Quarks or water shoes are great)
- Bathing suit, shorts and t-shirt
- Long pants and long sleeve shirt **(No jeans please)**
- Sweater
- Rain gear

Extra Things

- Extra change of clothes
- Change of shoes to wear home
- Mosquito repellent
- WATER BOTTLE
- Sunscreen, hat, sunglasses
- Lunch and snacks

Other Interesting Information...

- All participants must wear a lifejacket. If you have your own please make sure your name is on it. If you don't own a lifejacket please check with your Club or it will be provided by us.
- All participants must fill out a Medical Information Sheet and Waiver, which must be signed by a parent or guardian for those under 18 before they can participate in our programs. The forms must be returned to the instructor before the start of the classes.
- If you are concerned about head injuries please feel free to bring a helmet.
- If you have any questions regarding the half day program please do not hesitate to contact our office at 204-925-5650



Sailing Program Waiver and Release

Participants Name: _____

Address: _____

City: _____ Province: _____ Postal Code: _____

Telephone home: _____ Telephone cell: _____

Email: _____

Age: _____

Porthole Magazine twice yearly: yes___ no___ Monthly MSA Newsletter: yes___ no___

I _____, hereby waive and release the Manitoba Sailing Association, its Trustees, Officers, servants, volunteers, representatives, and Agents from and against all claim, actions, demands, costs and expenses relating to death, injury, damage to person or property or loss of property howsoever caused arising out of or in connection with this course, lesson, or the use of the equipment used, notwithstanding that the same may have been contributed to, caused or occasioned by the negligence of said parties or any of them or their agents, officials or representatives.

This Waiver and Release shall be binding upon me, my heirs, executors and administrators. I acknowledge that I am of the full age of eighteen years or, if not, I have obtained the consent of my parents and/or legal guardian to participate in this sailing activity.

I have read and understood the Waiver and Release.

X _____
Signature of parent/guardian

Date: _____

X _____
Signature of participant

Date: _____