

LAKE EUSTIS YOUTH SAILING FOUNDATION

RULES OF COMMON SENSE CONDUCT AND OVERALL SAFETY

1. ALL JUNIOR SAILORS MUST BE AT LEAST AGE 8 by June 1, 2007.
2. All skippers must have turned in a properly completed medical treatment and emergency information form prior to the start of any junior sailing session.
3. All junior sailors will be required to pass a swim test and capsize drill. Capsize drills will be taught the first day of each course, bring towel and a change of clothes.
4. Each session will begin promptly on time in the clubhouse of the sailing club, unless instructed otherwise.
5. Junior sailors are assigned their own boat each day. At the end of the lesson each skipper has to put his "clean" boat and equipment away before doing anything else. Junior sailing is team work and all skippers assist each other in putting the boats back in the rack, this takes four skippers per boat, two on each side to lift the boat in the boat rack. Report broken equipment to your coach
6. Each junior sailor needs to take good care of his/her boat, keep it very clean and take good care of all assigned equipment. Our 'safety' rules are that you avoid bumping into objects and other boats. You may be held responsible for damage to any boat or equipment if you are behaving improperly.
7. Junior sailors must provide, wear their own personal flotation device while on our docks and in the boat while on the water. (write the sailors name on life jacket and on duffel bag)
8. Skippers must wear proper footwear at all times. Water shoes or booties are recommended. Flip-flops are not safe and are not permitted for safety reasons.
9. Stay with the coach at all times. While out on the water, all junior sailors need to stay with the group at all times.
10. Skippers may not run or play, for safety reasons, on the launching ramps, club drive ways, marine docks, boats and boat storage racks.
11. Parents of all skippers, regardless of sailing club membership, must pick up their children promptly upon conclusion of each junior sailing instruction session, our instructors are not being paid for overtime, we have to start charging extra if you are late!
12. Skippers must have permission from the coach before using any sailing club facility, including clubhouse. The instructor needs to know at all times where the sailors are.
13. Good behavior, manners and sportsmanship are important. Skipper who are disruptive or uncooperative may be suspended from a class session or the entire program.

OTHER IMPORTANT INFORMATION:

1. Sunscreen must be applied and light color shirts/ hats should be worn.
2. You should always carry one or two water bottles on your boat. Drink before you get thirsty!
3. A hat/visor and proper sunglasses are highly recommended to protect your eyes from the sun's harmful UV rays.
4. A bathing suit, towel, change of clothes are highly recommended for each day.
5. All personal property is the responsibility of each skipper and should be kept in a small zipper style duffel bag.
6. In poor sailing weather conditions, instruction will be held in the clubhouse with the aid of sailing instruction videos, regatta instruction videos, text material and practicing "knots" exercises.
7. The Lake Eustis Sailing Club graciously offers the use of its facilities to our Youth Sailing Programs in order to introduce the sport of sailing to the Youth of our area. Please respect this

generosity and conduct yourself accordingly and make sure not to leave any of your belongings in the club house.

If you have any questions, please contact Martin Zonnenberg, at 352-735-3298 or e-mail mbpz@comcast.net