

**NARRASKETUCK YACHT CLUB**  
**JUNIOR TRAINING STATEMENT OF UNDERSTANDING 2023**

The basic sailing course you are about to begin is an exciting and demanding challenge; therefore, you need to be aware of what will be involved in the course and be willing to practice, work as a team, and always act in a safe manner in order to achieve success.

\*A swim test is required of all junior sailors, which consists of swimming 50 yards in the waters of the area in which you will be sailing, wearing sailing clothing including shoes.

\*The attached medical information form and this statement of understanding must be completed and signed by your parents and returned by the first day of class. If not received by then, you will not be allowed to participate.

\*You will be required to provide your own personal floatation device (PFD) which must be Coast Guard approved, the proper size for your weight and build, and form-fitting and comfortable, as you will be wearing it at all times, both in the boats and on the docks and piers.

\*Bring a change of clothes, snack, drink, and a towel to each session.

\*There is no swimming allowed from the club docks.

\*Please arrive on time and be ready to sail. Please wait quietly for your session to begin.

\*After your session is finished, please wait quietly for your parents to pick you up. You must be picked up promptly. No one will be available to supervise you after your session is over.

\*Junior sailors are welcome to attend Wednesday night races at Narrasketuck from 5:30 p.m. until approximately 8:30 p.m. pending the approval of your sailing coaches. These events are weather permitting. Please check with your coaches if the weather is doubtful for the evening.

\*We encourage all sailors to participate in the Narrasketuck Junior Invitational Regatta to be held on Friday, August 11<sup>th</sup>. All Narrasketuck Junior Sailors are invited to attend. This is a premier event for junior sailors from all over the Great South Bay. Please let your head sailing coach know if you will be attending.

The Club provides training boats. Program fees include junior membership in Narrasketuck Yacht Club and US Sailing membership for one year.

***I understand that in entering this sailing course, I agree to obey all program rules as set forth by the program director and the instructors, I will use care when on the boats and in the boats and take care of the boats and equipment. I will not engage in any horseplay or other disruptive behavior. I understand that failure to attend regularly, arrive promptly and abide by the rules may result in my suspension from the program.***

Student Name (print) \_\_\_\_\_

Student Signature \_\_\_\_\_