

## Plymouth Yacht Club Sailing Program Requirements 2019

### **Plymouth Yacht Club Junior Sailing Registration Form**

A fully completed Plymouth Yacht Club Jr. Sailing Registration Form with parent/guardian signature indicating the understanding of liability and mandatory program requirements must be submitted.

#### ➤ **Medical**

1. A completed **Plymouth Yacht Club Health Record** must be completed and submitted with your registration. This form will provide the Club with emergency names and numbers, a brief medical history, and medication and allergy information that may be important should a medical emergency arise for your child.
2. A photocopy of both sides of your **Medical Insurance Card** should accompany the registration form in order to expedite any emergency room care.
3. A standard **Physician's Health Certificate** signed by your child's physician must accompany the registration. Massachusetts requires that all children participating in summer recreational programs receive a recent physical examination and provide a doctor's certificate of good health. A standard medical form should be available from your doctor's office or school. This certificate is required and will be necessary for your child to sail.

#### ➤ **Swimming**

A swimming test will be administered to all students on the first day of their lessons, consisting of **50 yard swim with a lifejacket**.

#### ➤ **Equipment - Life Jackets/Whistle/Shoes**

All PYC sailors will be required to wear a U.S. Coast Guard approved lifejacket with plastic whistle attached on a lanyard (string) while on the pier, in floats or in boats. Closed-toe, rubber-soled shoes, or non-skid shoes (boat shoes, sneakers or dinghy boots) are mandatory. No flip flops or Croc-type footwear are permitted.

#### ➤ **Conduct**

PYC wants its junior sailors to develop their individual strengths, to improve their skills, and to have fun while doing so in a safe environment. In order to function well, the Program requires a high standard of commitment, effort and personal conduct from its sailors. Decent, self-respecting behavior and true sportsmanship are expected of all sailors while participating in the PYC Junior Sailing Program, on Club property, or representing PYC at outside regattas. Students who cannot abide by these expectations will given one warning and parent notification for the first infraction, and asked to leave the program if further infractions occur.

#### ➤ **Parent Orientation/Handbook**

Parent/Guardians must attend the Junior Sailing Program Orientation Meeting on **Wednesday, June 19, 2019, at 7:00 p.m.**, (immediately following Sailing Program Kick-Off Cookout beginning at 5:30 p.m.) if their child is participating in the Junior Sailing Program. At this meeting parents should provide, if not already provided:

- Completed Registration Form
- Full Payment for Registered Class
- Plymouth Yacht Club Health Record
- Signed Physician's Health Certificate
- Photocopy of Medical Insurance Card

In addition to important information being provided at the orientation, a Parent Handbook with a guide to program will be distributed.