



Squantum Yacht Club

2023 SUMMER ADULT PROGRAM

MISSION STATEMENT:

Since 1890, Squantum Yacht Club has been a pillar for sailing education, competition, and community among Quincy's twenty-seven miles of coastline. This year, we are offering an adult learn to sail program on J/22s and J/24s. This is a learn-to-sail course offered to adult sailors (18+) that are beginning their sailing careers. Sailors will learn parts of the boat, rigging/derigging independently, leaving and returning to a mooring, proper tacking, and the ability to sail a proper course. This program is geared to teach sailing safely and skillfully; to develop confidence for sailing keelboats, and to instill a respect for the sea.

GENERAL INFORMATION:

The program run for 3-hour sessions on Sundays and Wednesdays every other week begin on **Sunday, June 25th** and end **Wednesday, August 10th, 2023**. Program hours begin at **6:00 PM on Wednesdays** and **3:00 PM on Sundays**. If inclement weather occurs, lessons will be rescheduled accordingly to the next best day that same week.

All policies and procedures will be upheld throughout the program, this ensures it runs as smoothly and safely as possible. Suggestions and assistance by sailors and families is always welcomed and **must** be discussed with and approved by Nina Meltzer before any implementation.

WHAT TO BRING:

Life Jacket (coast guard certified with whistle). **Suggested Clothing:** Quick dry UV protective shirt and shorts/pants, warm layers, light rain coat. **Shoes:** closed toed shoes (must be worn at all times). **Gear:** sunscreen, hat, and sunglasses with flotation strap. **Food:** packed snack or beverage. Cooler will be available.

REGISTRATION AND FEES:

The following paperwork must be completed and submitted electronically to Nina Meltzer at nmeltzer028@gmail.com.

- 2023 Registration Form, Authorization to Consent to Treatment, Waiver and Release Form, Statement of Understanding, Covid-19 Warning and Liability Waiver

Fees for 2023 are as follows:

Non-Members / Social Members of SYC: \$500 for 7 on-water lessons.

- \$250 will be credited to regular membership initiation fee, if membership application is received prior to Friday, August 10th, 2023.

SYC Regular Members: \$250 for 7 on-water lessons.

These fees are due in full with registration and are non-refundable.

SCHEDULE:

<i>Lesson</i>	<i>Date</i>	<i>Time</i>	<i>Cost</i>
US Sailing Online Course (<i>Must be completed before Lesson 1</i>) Registration			\$50 to US Sailing
First Sail Registration	Sunday, June 25 th , 2023	3:00 PM to 7:00 PM	\$50
Lesson 1	Wednesday, June 28 th , 2023	6:00 PM to 9:00 PM	Included with course fee
Lesson 2	Sunday, July 9 th , 2023	3:00 PM to 7:00 PM	Included with course fee
Lesson 3	Wednesday, July 12 th , 2023	6:00 PM to 9:00 PM	Included with course fee
Lesson 4	Sunday, July 23 rd , 2023	3:00 PM to 7:00 PM	Included with course fee
Lesson 5	Wednesday, July 26 th , 2023	6:00 PM to 9:00 PM	Included with course fee
Lesson 6	Sunday, August 6 th , 2023	3:00 PM to 7:00 PM	Included with course fee
Lesson 7	Wednesday, August 9 th , 2023	6:00 PM to 9:00 PM	Included with course fee

Opportunities to Race with Your Instructors / Members of the Club (no additional fee) on Thursdays:

- Chase Race: Every Other Thursday on:
 - July 13th, 2023
 - July 27th, 2023
 - August 10th, 2023
 - August 24th, 2023



Squantum Sailing 2023 Registration Form

Participant Last Name: _____ First Name: _____ Age on 6/28/2023 _____

Address: _____

Home Phone: _____ Cell Phone: _____

Emergency Contact Information. In case of emergency the instructors/sailing committee will call the phone numbers in the order listed.

Name: _____ Relationship to Participant: _____

Daytime Number: _____ Cell Number - Mandatory _____

Email(s) - Mandatory: _____

Name: _____ Relationship to Participant: _____

Daytime Number: _____ Cell Number - Mandatory - _____

Email(s): _____



Squantum Sailing

Authorization to Consent to the Treatment

Dated and Effective as of June 18, 2023

The undersigned participant

(Print Participant Name)

do(es) hereby consent to any emergency x-ray, anesthetic, medical or surgical diagnosis or treatment and hospital care which is deemed advisable by and/or is to be rendered under the general or special supervision of any physician or surgeon licensed under the applicable provisions of the Massachusetts General Laws and any regulations promulgated thereunder.

It is understood that this authorization is given in advance of any specific diagnosis, treatment, or hospital care being required or provided to the minor; however, it is given to provide authority and power on the part of the Squantum Yacht Club, its Sailing Program, its Sailing Program Chairman, its Sailing Program Instructors or other Squantum Yacht Club employees to give specific consent to any and all such diagnosis, treatment or hospital care which any physician or surgeon, in the exercise of that physician or surgeon's best judgment, may deem advisable. Neither the Squantum Yacht Club, its Sailing Program nor any of its aforementioned agents, servants or employees, assumes any financial responsibility for any treatment, care or services provided to or rendered for the minor as a result of the exercise of this authorization.

This authorization is given pursuant to the applicable provisions of the Massachusetts General Laws.

1. Participant's Doctor: _____ Doctor's Phone: _____

Doctor's Address: _____

2. Known Medical Problems/Conditions of Participant: _____

3. Known Allergies of Participant: _____

4. Current Medications: _____

5. Health/Hospital Insurance Plan for Participant: _____

Policy/Plan or Participant's Identification Number: _____

This authorization shall remain effective unless revoked in writing or until 11:59 pm August 12, 2023

Signature of Participant named above

Printed name of Participant

Date

Waiver and Release

For and in consideration of permitting

(Print Participant Name)

(the "Participant") to enroll and participate in the Adult Sailing Program at the Squantum Yacht Club (the "Program") in Quincy, Norfolk County, Massachusetts during June, July and August 2023 the undersigned, Participant and parent(s)/legal guardian(s) of the Participant, a minor under the age of eighteen (18), do, on the Participant's behalf, and for ourselves, and for our respective successors, assigns, heirs, next-of-kin, executors and administrators, do hereby release, discharge, waive and relinquish the members, officers, employees, committee chairmen and the Sailing Program instructor(s) of Squantum Yacht Club of an from any and all claims, actions or causes of action for property damage, personal injury or wrongful death sustained by the Participant or me/us arising from the Participant's participation in the Program or any activities in conjunction therewith. In addition, the Participant and we, ourselves, do hereby release, discharge, waive and relinquish the Squantum Yacht Club, a Massachusetts corporation, from any and all claims, actions or causes of action for property damage, personal injury or wrongful death sustained by the Participant or me/us arising out of the Participant's participation in the Program to the extent any such damages be in excess of the amount(s) if insurance coverage provided to Squantum Yacht Club for its officers, agents, servants, employees or volunteers by its/their insurer(s).

Signature of Participant

Date

Print Name of Participant



Squantum Sailing

PARTICIPANT'S STATEMENT OF UNDERSTANDING

The Sailing Program is exciting & challenging. It can be dangerous. Below are minimum requirements of a Participant in the Program:

- Each Participant must have their own U.S. Coast Guard approved **personal flotation device (PFD)** of the proper size for the Participant's weight and build. It should be form fitting and comfortable. A Participant is required to wear it at all times while participating in the sailing program. Be sure to put the Participant's name on it with waterproof ink.
- **Boat shoes or sneakers** should be worn at all times while participating in the program.
- While in the boats, all Participants must have a whistle attached to their life jackets that is capable of working when wet.

Program fees are nonrefundable. Class days or hours may be adjusted to accommodate low tides or severe weather conditions. When adjustments are necessary, Participants will be informed as far in advance as possible. It is the responsibility of each Participant to make themselves aware daily of the time of high and low tides, and weather forecasts. The Instructors and the Sailing Program Committee can answer questions about these matters.

FACILITY RULES:

- 1. All rules and by laws of Squantum Yacht Club will be strictly enforced. A [new member guide](#) is available on the website which contains all of the rules and by laws of the club. It is the duty of the participant to review and understand these rules prior to the program beginning.
- 2. Adult Program Members have no financial interest in the Club are not allowed to have guests unless they are registered as regular or social SYC members. Full rules and regulations are available upon request. Registration for and participation in the program shall be deemed to be consent to such membership and to abide by the rules and regulations of Squantum Yacht Club.
- 3. The Yacht Club has established rules for the use of the clubhouse and floats. It is your responsibility to know the rules and follow them. Minors are not allowed in the Tap Room / Bar area. No one is allowed in the sailing room without explicit prior consent from the program director, Nina Meltzer, outside of program hours.

○

Signature of Participant

Date

ENJOY THE SUMMER!

Signature of Participant

Date

Printed Name of Participant