



## Summer Sailing Program

### Frequently Asked Questions

1. **What time should I be there?** Morning classes start promptly at 9 am and are over at noon. Please **BE HERE** ten minutes before the class starts. We'll meet at the Sailing Shack between the tennis courts and the pool.
2. **What should I bring to class?** Sunscreen, sunglasses, a hat, a whistle, a water bottle, and a towel. All of these things will fit easily into a backpack or small duffel bag. Your name should be written on each item in permanent black marker.
3. **What should I wear to class?** Wear a bathing suit. If the weather is cool or rainy, you should also wear or bring appropriate gear. Shoes should be closed-toe: typically old tennis shoes or aqua socks work the best. No sandals or flip-flops. They will get wet, don't wear clothing or shoes that can be damaged or will get very heavy when wet. Pack a change of clothes if you do not want to go home wet.
4. **Do I need my own life jacket? What kind should I buy?** All students, as well as their instructor, will wear a life jacket any time they are on the water or the docks. **You are responsible for bringing your own life jacket.** It needs to be comfortable, and have a snug fit. Please spend the time to select one that you will be happy to wear. The club has a few extras, but not enough for the entire class.
5. **What should I do if I have a problem in class? Who should I talk to and when?** If you have a problem please speak to their instructor first. At the start of class it is not always possible for the instructor to talk to you, however, you should be able to schedule a later appointment when there are no other students to supervise. If the instructor is unable to resolve the issue, the next level of intervention is to go to the General Manager of the Club.
6. **Pool Use?** The club understands that you may have others here with you and you are free to have them use seating by the pool as well as other areas of the club. However, Non-Members must pay a \$5 per day fee (or \$20 for 5 days) to use the swimming pool. Please have them sign in if you intend to swim and pay the fee at the Snack Shack. (Sailing Class enrollees can use the pool at no charge after the class.)
7. **Food & Beverages?** The Club does not provide meals as a part of class. You are welcome to take advantage of our Snack Shack but you'll need to pay cash as there is no credit card terminal in that building. Any credit card purchases in the dining room will have a 3% added surcharge and no jogging shorts, swim suits (even with coverall), tank tops or bare feet are allowed.



## Eastern Shore Yacht & Country Club

### MEDICAL AND EMERGENCY INFORMATION FORM

Name \_\_\_\_\_ Phone Number (H) \_\_\_\_\_ (W) \_\_\_\_\_

Address \_\_\_\_\_  
email \_\_\_\_\_

CHRONIC AILMENTS, MEDICAL CONDITIONS & ALLERGIES (i.e. Bee Sting Allergies, Hypoglycemia, etc.) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

DATE OF LAST TETANUS SHOT \_\_\_\_\_

CURRENT MEDICATIONS, if any \_\_\_\_\_

#### Preferred Personal or Family Physician

_____	_____
Name	Phone
_____	_____
Name	Phone

#### Health Insurance

_____	_____	_____
Name	Policy Number	Phone

#### Others to Call in an Emergency

1. _____	_____	_____
Name	Relationship	Phone
2. _____	_____	_____
Name	Relationship	Phone

#### EMERGENCY TREATMENT AUTHORIZATION

I, \_\_\_\_\_, authorize the program organizers, their employees, or other ESYCC employees to sanction emergency treatment if none of the above named (1,2) can be contacted at the time of the emergency.

\_\_\_\_\_  
Signature Phone Date



## Eastern Shore Yacht & Country Club

### LIABILITY RELEASE

#### Acceptance of Responsibility

I am \_\_\_\_\_, and I desire to participate in the Eastern Shore Yacht & Country Club Sailing Program.

I further understand that, by my participation, I am undertaking to indemnify and hold harmless the officers, employees, agents, and otherwise personnel of the Eastern Shore Yacht & Country Club from any and all liability, loss, or damage arising from my participation, including those resulting from claims, demand, costs, or judgments against me arising out of acts of negligence on my part committed while participating in the Sailing Program.

I further understand that my participation in the sailing program could result in injury to other person or damage to other water-craft, giving rise to suits or claims for compensation.

I further waive all rights to make claims or file suits against the Eastern Shore Yacht & Country Club, its officers, employees, agents, and otherwise for, and relieve the Eastern Shore Yacht & Country Club, its officers, employees, agents and otherwise from all liability or responsibility of any kind arising from such damage, loss, or expense.

As a condition of your acceptance into this program at Eastern Shore Yacht & Country Club, you agree that photographs may be taken of you, which photographs will be the property of Eastern Shore Yacht & Country Club and that Eastern Shore Yacht & Country Club may use such photographs for whatever purpose it deems appropriate. You further agree to release Eastern Shore Yacht & Country Club and that you will indemnify Eastern Shore Yacht & Country Club from any and all liability arising out of the use of such photographs.

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Sailing Program Participant

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Date