



## **Welcome to the Mobile Sailing School Program!**

### **BE PREPARED FOR YOUR SAILING EXPERIENCE!**

The following is a list of clothing suitable for most weather conditions when sailing. Remember, weather conditions can change quickly so it is always better to have too much than not enough. It is most likely that these items will get wet, so it is a good idea to bring a change of clothes and footwear for the ride home!

#### **What to bring for all conditions:**

- Pair of closed toe shoes - Crocs are ultimate!
- Sunhat, sunglasses, sunscreen
- Towel
- Change of clothes and footwear
- Windbreaker
- Water bottle

#### **Cold/wet weather conditions:**

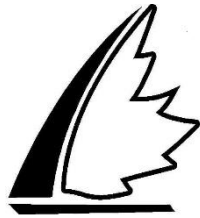
- Long pants and a long sleeved shirt - no jeans please
- Sweater
- Raingear

#### **Warm weather conditions:**

- Bathing suit
- Shorts and t-shirt

#### **Extra things:**

- Lunch and/or snacks
  - Mosquito repellent
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- All participants must wear a lifejacket, which will be provided. If you have your own and would like to bring it, please feel free to do so.
  - All participants must fill out a Medical Information Sheet and Waiver, which must be signed by a parent or guardian for those under 18 before they can participate in our programs. The forms must be returned to the instructor before the start of the class.
  - If you are concerned about head injuries, please feel free to ask for a helmet or bring your own if you'd like.
  - If you have any questions, please do not hesitate to contact our office at 204-925-5647 or at [sailing@sportmanitoba.ca](mailto:sailing@sportmanitoba.ca)



**Sail Manitoba**

## Medical Information Sheet

As a brand new or returning sailor to our program, it is important that the following information is available to the instructors. We can then work to ensure the best possible sailing experience for you.

Name of Participant: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_ Phone #: \_\_\_\_\_

Relation to Participant: \_\_\_\_\_ Medical Number: \_\_\_\_\_

Allergies (if any): \_\_\_\_\_

Any other important information: \_\_\_\_\_

Previous Sailing Experience:

No previous experience

WET FEET

CANSail 1

CANSail 2

CANSail 3

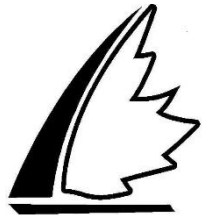
CANSail 4

CANSail 5

Swimming Level:  Non- Swimmer  Beginner  Advanced

Questions/Concerns? \_\_\_\_\_

**\*THIS FORM MUST BE BROUGHT TO THE FIRST CLASS IN ORDER TO PARTICIPATE\***



**Sail Manitoba**

**Mobile Sailing School Waiver and Release Form**

**Participants Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**City:** \_\_\_\_\_ **Province:** \_\_\_\_\_ **Postal Code:** \_\_\_\_\_

**Home phone:** \_\_\_\_\_ **Cell phone:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Date of Birth:** \_\_\_\_\_ **Club:** \_\_\_\_\_

**Porthole Magazine: digital version: yes** \_\_\_\_\_ **Monthly Newsletter: yes** \_\_\_\_\_  
**paper version: yes** \_\_\_\_\_

I, \_\_\_\_\_, hereby waive and release Sail Manitoba, its trustees, officers, servants, volunteers, representatives, and agents from and against all claim, actions, demands, costs and expenses relating to death, injury, damage to person or property or loss of property howsoever caused arising out of or in connection with this course, lesson, or the use of the equipment used, notwithstanding that the same may have been contributed to, caused or occasioned by the negligence of said parties or any of them or their agents, officials or representatives.

This Waiver and Release shall be binding upon me, my heirs, executors and administrators. I acknowledge that I am of the full age of eighteen years or, if not, I have obtained the consent of my parents and/or legal guardian to participate in this sailing activity.

**I have read and understood the Waiver and Release**

X \_\_\_\_\_  
Signature of participant

\_\_\_\_\_  
Date

X \_\_\_\_\_  
Signature of parent/guardian (if under 18)

\_\_\_\_\_  
Date

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