



## **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 having too much is always better than not enough. These items will most likely 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:**

- Life Jacket
- 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 snacks
  - Mosquito repellent
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- All participants must wear a lifejacket. Please be sure to bring one to your class.
  - All participants must fill out a Medical Information Sheet and Waiver, which a parent or guardian must sign 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 bring a helmet.
  - If you have any questions, please do not hesitate to contact our office at 204-925-5647 or [sailing@sportmanitoba.ca](mailto:sailing@sportmanitoba.ca)



## Medical Information Sheet

As a brand new or returning sailor to our program, the following information must be 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 TO PARTICIPATE\***



SAIL MANITOBA

**Waiver and Release Form**

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

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

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

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

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

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

I, \_\_\_\_\_, hereby waive and release Sail Manitoba, its trustees, officers, servants, volunteers, representatives, and agents from and against all claims, 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.

\_\_\_\_ I understand that the SAIL MANITOBA will collect, create, use, and disclose my personal information to establish and manage a volunteer relationship.

\_\_\_\_ I consent SAIL MANITOBA the use of my personal information to ensure the safety of SAIL MANITOBA participants, for statistical purposes, and to inform me about programs or services.

\_\_\_\_ I consent SAIL MANITOBA to use or disclose, without payment of any fee, charge, or compensation of any kind, including royalties, any and all non-focused, background, or otherwise unidentifiable photographs, videos, or other visual media (the Image\_ of myself taken by Sail Manitoba for promotional purposes.

\_\_\_\_ By signing this document below, I agree to be subject to and adhere to the policies and procedures of Sail Canada and SAIL MANITOBA, including but not limited to the Code of Conduct.

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.

Signature of Applicant: \_\_\_\_\_

Signature of Parent/Guardian (if applicable): \_\_\_\_\_

Date: \_\_\_\_\_

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

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

\_\_\_\_\_  
Date

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

\_\_\_\_\_  
Date