

Elwood Sailing Club

Elwood Sailing Club Green Fleet

2015/2016 Winter Sailing Training Agreement



**Join us on
Facebook**

Information Session	Friday 18th March: 1800 – 1930 at Elwood Sailing Club	This session will provide an overview of the off- season and provide you with all resources prior to first session
On water coaching	Saturday	Rigged and ready for briefing at 0900. Finish at 1400
On water sessions	Saturdays 2 coaches will be available at each session	April 16 May 21 June 25 July 30 August 20 September 24 – Make Up Session
Lecture- straight after on water sessions		5 lecture topics included: - Rules - Weather - Tactics - Strategy - Health/ Nutrition
Booklet		Training book for notes and resources will be included in the price
Equipment		Please provide your own boat. If you do not have a boat an OziOpti or Laser will be provided to you.
Age		Junior and Youth: 7 – 17 years
Pre-requisite		Must have completed Tackers 1 and 2 or Start Sailing 1 and 2
Sausage Sizzle		Sausage sizzle included after each program day
Limited Spaces		There are only 12 places available in this program. Places are based on first come, first served.
Entry		Online Entry Available Here***
Cost per person		\$250

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MARCH 2016						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
29	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18 Information Session at ESC	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3
4	5	6	7	8	9	10

MAY 2016						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
25	26	27	28	29	30	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21 Training + Lecture	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5

APRIL 2016						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16 Training + Lecture	17
18	19	20	21	22	23	24
25	26	27	28	29	30	1
2	3	4	5	6	7	8

JUNE 2016						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25 Training + Lecture	26
27	28	29	30	1	2	3
4	5	6	7	8	9	10

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JULY 2016						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
27	28	29	30	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	19	17
18	19	20	21	22	23	24
25	26	27	28	29	30 Training + lecture	31
1	2	3	4	5	6	7

AUGUST 2016						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20 Training + Lecture	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4
5	6	7	8	9	10	11

SEPTEMBER 2016						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24 Make Up Session	25
26	27	28	29	30	1	2
3	4	5	6	7	8	9

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Declaration and Indemnity:

- I agree to be bound by the current racing rules of sailing and by all other rules that govern the series and I acknowledge that rule 4 - Decision to Race, places sole responsibility for a boat deciding to participate in a race or to continue racing as hers alone. The organizing authority, its associates and appointees will not accept any liability for material damage or personal injury or death or inconvenience sustained in conjunction with or prior to, during, or after the regatta.
- Risk Disclosure: Elwood Sailing Club wishes to inform you that we will take all measures to ensure the safety of all participants, however we ask that you are made aware that there are risks involved in the sport of sailing, these risks may include: - Drowning - Sunburn or heat illness - Cuts and abrasions - Insect or animal bites and stings It is the individual's responsibility to ensure that they follow all directions and instructions given by safety and coaching staff, supervision is provided to ensure that children comply with such directions.
- I confirm that my boat is covered by insurance for third party risks for \$10 million recommended including racing risk extension.
- I confirm that I am a current member of Elwood Sailing Club and if I am not that I agree to complete a daily 'Discover Sailing Indemnity Form' prior to any activities.
- I understand that the above calendar does not account for any updates to the schedule. This is the original schedule of events and any updates will be made via email, Facebook and/or the club website and it is my responsibility to stay up to date with this.
- Elwood Sailing Club reserves the right to amend any training sessions:
 - Training Session Content: with no prior warning
 - Change of training day, including cancellation of session: with minimum 6 hours notice unless an emergency situation arises.
- I agree that when I sign up and pay for Winter Season Training online that I agree with the aforementioned declaration and indemnity.
- I consent to my child's photo being taken for promotional purposes. (If you do not consent please contact the Training Manager directly).

Responsibilities of sailor:

- I acknowledge that it is my responsibility to bring sailing gear and equipment to every session
- I acknowledge that it is my responsibility to bring my fitness gear to every session
- (if under 18) I acknowledge that it is my responsibility to inform my parents and/or guardians of any lectures held at Elwood Sailing Club and their attendance is encouraged
- I acknowledge that all communications for the Elwood Sailing Club Winter Program will be made through the Elwood Sailing Club Facebook Page. If Facebook is unavailable, then I will provide my form of contact to the Training Manager. Once this is done I acknowledge that special request will be made and I will be communicated to by this form of communication.
- I agree that when I sign up and pay for Winter Season Training online that I agree with the aforementioned responsibility of sailor(s).



Click here to
REGISTER