

# SAILING

in the Okanagan

## Adult Learn-to-Sail

Indulge in evening sailing with the sunset at your back.

## General Information

### We teach Canadian Yachting Association (CYA) accredited courses.

This unique program brings together all levels of sailing experience including those who have never sailed before. Sailors first learn how to sail in our fleet of PICOs, Flying Juniors, CLUB 420's and Lasers for individuals. Students are taught the basics of navigation on water, boat terminology and the theory behind how a boat sails. The focus will be on rigging, knots, tacking/gybing and sailboat maneuvering. They will also gain valuable leadership skills and make friendships. This program emphasizes safety, fun and learning, and provides preparation for solo sailing.

The Canadian Yachting Association (CYA) has adopted the standard to take account of different skill levels available in a single group. This allows different people with different skills to progress at their own pace. From this new idea, we have eliminated all written tests! That's right, no final exams! Within this curriculum, you will be responsible for your own focus. This gives room for students to learn on different boats, learn different skills and move into a sailing specialty independent of others.

Students will experience the first 2 evenings together in common sessions and then may be able to specialize for the duration of time, allowing each student to complete their chosen skill set checklist. Lessons will cover theory such as parts of a boat, points of sail, knot tying, safety, basic seamanship, navigation, wind prediction, and gain skills both as crew and as a skipper.

## About Lessons

Adult White Sail lessons will be in Flying Juniors and Club 420's. These dinghy boats provide room for two persons maximum. The lessons may also use NOSA's fleet of one person Lasers. All of NOSA's dinghy sailboats have center boards that can be raised or lowered for added stability.

NOSA's sailing lessons provide a thrilling and active environment. Students will meet new friends and gain excellent skills in safety and sailing. The classes are directed by certified CYA instructors who bring fun and interest into the sport.

### Requirements:

In order to ensure you are registered, we must receive:

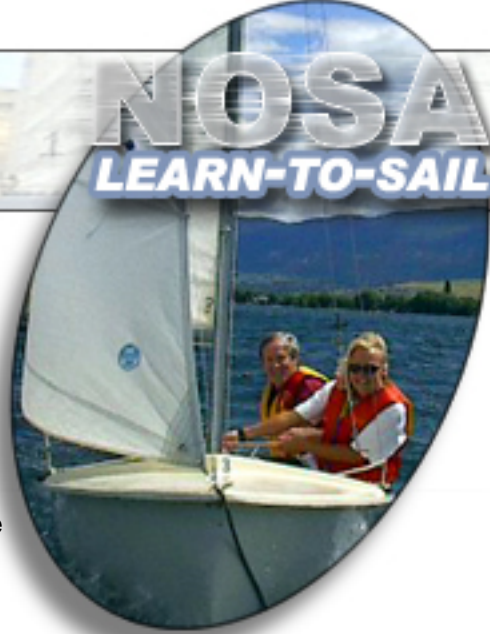
- Payment in full (by mail or in person)
- Completed registration and waiver forms

### Required Items: (To be brought each day)

- Lunch and snacks, Microwave access is available.
- Closed-toe shoes that can get wet (NO open-toe sandals)
- Water, sun hat / ball cap, sunglasses, water proof sunscreen and towel
- Complete change of clothing
- Windproof / rainproof jacket and pants

# NOSA

## LEARN-TO-SAIL



### Dates Available For 2012:

#### Adult White Sail I & II 18+ Years

Class size limit of 10 students **\$175.00**

A1 White Sail 1, 2, & 3:	June 28	-	July 1
A2 White Sail 1, 2 & 3:	July 5	-	8
A3 White Sail 1, 2 & 3:	July 12	-	15
A4 White Sail 1, 2 & 3:	July 19	-	22
A5 White Sail 1, 2 & 3:	July 26	-	29
A6 White Sail 1, 2 & 3:	Aug 2	-	5
A7 White Sail 1, 2 & 3:	Aug 9	-	12
A8 White Sail 1, 2 & 3:	Aug 16	-	19
A9 White Sail 1, 2 & 3:	Aug 23	-	26

#### Adult White Sail III 18+ Years

Over the course of two weeks (sets) **\$300.00**

Instruction book **\$20.00/each**

\*\* Please Note: Thursday & Friday Classes are from 6 - 9pm & Saturday & Sunday Classes are from 9am - 3pm.



# North Okanagan Sailing Association

## NOSA Adult Learn-to-Sail Indulge in evening sailing with the sunset at your back

North Okanagan Sailing Association  
P.O. Box 4, Vernon BC V1T 6M1  
7812 Okanagan Lake Road  
Phone 250-260-4255  
[www.nosa.bc.ca](http://www.nosa.bc.ca)



## Registration Information & Course Prerequisites

**Adult Learn-to-Sail White Sail I & II:** This program will introduce new sailors to the sport and will provide the fundamental skills to rig and sail a small boat. Beginners are introduced to and taught the basic skills of sailing. These levels cover safety, seamanship and boat handling as a crew in winds to 0-9 knots velocity. Successful students will receive their Canadian Yachting Association (CYA) White Sail Levels I or II certificate. No prerequisite required.

**Cost:** \$175.00 per student  
**Hours:** Minimum 15 hours

**Suitable For:** Ages 16+ or Parent/Child (8+) combinations  
**Class Size:** 10 students maximum

**Adult Learn-to-Sail White Sail III:** This program will instruct experienced sailors to the sport and will provide the fundamental skills to rig and sail a small Club 420 sail boat. Progressing forward from White Sail II, the White Sail III course covers Canadian Lateral buoy system, hypothermia, safety hazards and weather, expanded parts of a boat, docking and towing, sail trim, man overboard procedures, self-recovery (from turtled capsize position) and boat handling and helming as a skipper in winds to 8-15 knots velocity. Successful students will receive their Canadian Yachting Association (CYA) White Sail III certificate. Prerequisite includes White Sail II and 15 hours on the water experience. CYA White Sail III standard is minimum 30 hours on the water.

**Cost:** \$300.00 per student  
**Hours:** Minimum 30 hours

**Suitable For:** Ages 16+  
**Class Size:** 10 students maximum

## Important Information

NOSA provides life jackets that are Canadian Coast Guard approved and the sailboats, but students should bring water bottle(s), shorts, close toed sandals/shoes, change of dry clothes, windproof/rainproof pants and jacket, sunglasses, lunch and snacks and sunscreen to lessons. Courses are taught from our clubhouse at the east side of Paddlewheel Park, next to the Okanagan Landing Park Hall.

**Courses are taught** by an instructor certified by the **Canadian Yachting Association**. Our instructors have cleared a RCMP criminal record check, and are a certified lifeguard/lifesaving coach or certified boat safety coach.

**Courses are taught** by an instructor certified by the **Canadian Yachting Association** and are certified Red Cross boat safety coach; as well they have each passed a RCMP criminal record check.

You must be at the club compound **15 minutes prior to the stated started time**. If your course is scheduled for 9am to 3pm, be at the compound at **8:45 am** – don't disappoint the other participants (who are also paying for their lessons) by being late!

Sorry – We do not accept registrations on the start date of the course.

# North Okanagan Sailing Association

## NOSA Adult Learn-to-Sail

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Student to complete Learn to Sail Registration and return to NOSA

Note: Learn to Sail registration is separate from Membership registration

Student Information			
Name:		Phone:	
Address:		Work Phone:	
City:		E-mail:	
Province	Postal Code:	DOB	
		YYYY/DD/MM	
Emergency Contact:		Phone:	

Medical Information			
Do you have any of the following conditions?			
Allergies <input type="checkbox"/>	Asthma <input type="checkbox"/>	Diabetes <input type="checkbox"/>	Epilepsy <input type="checkbox"/>
Heart Problems <input type="checkbox"/>			
Do you carry an:			
Epi-pen	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Medication type:
Inhaler	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Medication type:
Are you on any medication? Please list:			

Sailing
Please outline student's previous sailing experience:
Previous CYA Standards achieved: (submit copies for verification)
Where did you hear about us?
Swimming Ability:

Sign-up		
Dates Attending Course:	Total \$ _____	

Adult White Sail 1 & 2 & 3 16+ Years	Week of	\$175.00	\$300.00
A1	June 28 – July 1		
A2	July 5 – 8		
A3	July 12 – 15		
A4	July 19 – 22		
A5	July 26 – 29		
A6	August 2 – 5		
A7	August 9-12		
A8	August 16-19		
A9	August 23- 26		
A10	August 30 – Sept 2		

# NOSA 2012 RELEASE FORM

## RELEASE OF LIABILITY, HOLD HARMLESS, AND INDEMNITY AGREEMENT

In consideration of the British Columbia Sailing Association and the North Okanagan Sailing Association allowing me to participate in courses noted on my application, I, on behalf of myself, hereby release the Host venue, BC Sailing Association / North Okanagan Sailing Association, and their respective officers, directors and members, any volunteers, parents of other children, and other participants from any claims or causes of action that may arise as a result of my child's, or my, participation. This includes demands in respect to death, injury, loss, or damage to myself or my property, howsoever caused, arising out of or in connection with myself taking part in this course notwithstanding that the same may have been contributed to or caused or occasioned by the negligence of the same bodies, or any of them, or their agents, officials, servants, or representatives. I acknowledge that by participating in this course I may be subjected to risks of injury of every nature. My activities may include the manoeuvring of a boat or other watercraft in deep waters and in potentially hazardous conditions which could include, among other risks, cold water temperatures with exposure to hypothermia, strong winds and high waves, sudden and unexpected immersion in deep waters as well as collision with other watercraft or stationary objects such as docks, pilings and buoys. In the event myself or other family member should attempt to pursue any claim against any of the released parties, I hereby agree to hold harmless and to indemnify such parties from any and all claims that may be brought against them including actual attorneys fees or costs that may be incurred in defending such claims. I accept responsibility for my participation and agree that it is my responsibility to determine whether I should be participating. I also agree that I am bound by the rules, which may govern my participation in this event.

This Release, Hold Harmless and Indemnity Agreement is intended by me to be without exception. It applies to any and all claims that might arise under any theory of liability.

Name: \_\_\_\_\_ Signature: \_\_\_\_\_

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

I grant permission for any photographs taken of myself to be used in NOSA's Web page development or program promotion and advertising for NOSA.

Please Circle One: YES / NO

## SIGN THIS FORM AND RETURN TO NOSA.

Registrations should be received at least 5 days prior to the start of your course.

How to sign up:

1. **In person, you can bring your in your registration to the North Okanagan Sailing Association at Paddlewheel Park in Vernon.** Business hours 9am – 3pm. Please phone ahead (250-260-4255) to ensure NOSA can receive your registration.
2. **In person, you can bring your in your registration to Briteland Holdings at 3208 28th Street, Vernon BC,** behind Bearisto Elementary School. Registrations must be received with payment by cash or cheque. There are registration forms available at Briteland, just ask the front counter for registration with NOSA Sailing.
3. **By mail, to NOSA P.O. Box 4, Vernon, BC V1T 6M1,** please include payment by cheque. Also, allow for sufficient lead time for you registration to **arrive 5 days before course.**
4. **By Submit Button.** After filling out form online, press **Submit Registration**, this will only indicate that you have an interest in that lesson set, **to confirm registration, NOSA must receive paper copy with full payment.**

How to make an enquiry:

1. **By Phone** – 250-260-4255
2. **By Email** – [info@nosa.bc.ca](mailto:info@nosa.bc.ca)

**\*\* Please make all cheques payable to NOSA \*\***