

Summer 2010 Youth Sailing Lessons



About lessons

NOSA offers 2 opportunities for Youth Learn to Sail. Youth Camp for 3 day ages 8-10 & 11-17. NOSA's sailing lessons provide a thrilling and active environment for your kids. 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.

Location

Located in Paddlewheel Park as part of the old Okanagan Landing, NOSA brings spirit and fun to a perfect summer location. NOSA is only 10 minutes west of downtown and provides accessibility to everyone.

General Information

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, Mistrals, CLUB 420's and Lasers.. 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. Students are also encouraged to take their parents for a sail.

Youth

Youth Ages: 8 -10 Cost \$150.
Youth Ages:11- 17 Cost \$150.

3 day camp 9 am – 3 pm Wed – Fri

Courses June 30 – August 27th

Dates available:

8-10 yrs Class size limit 6 students
 8-10 yrs **C1 3 day Kids Camp** [Pico 1 & 2] June 30 - July 2; 9 am - 3 pm
 8-10 yrs **C2 3 day Kids Camp** [Pico 1 & 2] July 7 - 9; 9 am - 3 pm
 8-10 yrs **C3 3 day Kids Camp** [Pico 1 & 2] July 14-16; 9 am - 3 pm
 8-10 yrs **C4 3 day Kids Camp** [Pico 1 & 2] July 21-23; 9 am – 3 pm
 8-10 yrs **C5 3 day Kids Camp** [Pico 1 & 2] July 28-30; 9 am – 3 pm
 8-10 yrs **C6 3 day Kids Camp** [Pico 1 & 2] August 4-6; 9 am – 3 pm
 8-10 yrs **C7 3 day Kids Camp** [Pico 1 & 2] August 11-13; 9 am – 3 pm
 8-10 yrs **C8 3 day Kids Camp** [Pico 1 & 2] August 18-20; 9 am – 3 pm
 8-10 yrs **C9 3 day Kids Camp** [Pico 1 & 2] August 25-27; 9 am – 3 pm

11-17 yrs Class size limit 10 students
 11-17 yrs **Y1 3 day Youth Camp** [White Sail 1, 2, & 3] June 30 - July 2; 9 am – 3 pm
 11-17 yrs **Y2 3 day Youth Camp** [White Sail 1, 2, & 3] July 7 - 9; 9 am – 3 pm
 11-17 yrs **Y3 3 day Youth Camp** [White Sail 1, 2, & 3] July 14-16; 9 am – 3 pm
 11-17 yrs **Y4 3 day Youth Camp** [White Sail 1, 2, & 3] July 21-23; 9 am – 3 pm
 11-17 yrs **Y5 3 day Youth Camp** [White Sail 1, 2, & 3] July 28-30; 9 am – 3 pm
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 11-17 yrs **Y9 3 day Youth Camp** [White Sail 1, 2, & 3] August 25-27; 9 am – 3 pm

3 Day Camp Ages 8 – 10 & 11 -17

Wed	Thurs	Fri
9:00am – 3:00pm	9:00am – 3:00pm	9:00am – 3:00pm

Dates

NOSA operates their lessons weekly throughout July and August with a 3 day camp all day.

Requirements:

In order to ensure your child is 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 sandals please)
- Sun hat / ball cap, sunglasses, water proof sunscreen and towel
- Complete change of clothing
- Windproof/rainproof jacket and pants

Please note: Students can leave the premises only if picked up by their parent or they have a note of permission.

SKILL BUILDING
& **new FRIENDSHIPS**



Summer 2010 Youth Sailing Lessons

Registration Information and Prerequisites

Junior White Sail Level I & II or III: This program will introduce new sailors to the sport and will provide the fundamental skills to rig and sail a small boat. The focus will be on boat rigging, knots, launching/landing, tacking, gybing and safety. Juniors attending this course will learn basic sailing techniques and sailing safety rules. Successful students will receive their Canadian Yachting Association (CYA) White Sail Levels I/II or III certificate. Prerequisite for level II is level I. Prerequisite for Level III is Level II.

Cost: \$150.00 per student

Total hours: Approximately 15

Suitable for: Male or Female ages 11-17

Class size Max: 10 students

Bronze IV & V: Advanced sailing and trapezing. Please note that this course is double the length of a White Sail I/II or III program and will be offered once only. Prerequisite for Bronze IV is White Sail Level III.

Cost: \$300.00 per student

Total hours: 33

Suitable for: Male or Female ages 14-17

What you Should Know

Life jackets (Canadian Coast Guard Approved) and sailboats are provided by NOSA. Students should bring shorts, sandals or old shoes, change of dry clothes, windproof rainproof pants/jacket, sunglasses, lunch and snacks, lots of liquids, and sunscreen to lessons. Courses are taught from our clubhouse at the east side of Paddlewheel Park, next to the new Okanagan Landing Park Hall.

Courses are taught by an instructor certified by the **Canadian Yachting Association**. Our instructors has been subjected to a criminal record check, and is a certified red cross boat safety coach, and cleared 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.

NOSA Learn to Sail Registration Form



Complete this form and return to NOSA

Student Information:	
Student Name:	Telephone:
Address:	Work Phone:
Postal Code:	Email Address:
City:	Date of Birth:
Age:	YYYY/MM/DD

Guardian Information	
Mother's name:	Email Address: use as primary contact <input type="checkbox"/>
Res#:	Bus#: Cell#:
Father's name:	Email Address: use as primary contact <input type="checkbox"/>
Res#:	Bus#: Cell#:
Emergency contact (if different from above):	Relation:
Res#:	Bus#: Cell#:
Will student be walking home?	

Medical Information:	
Does your child 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 they carry an:	
Epipen	Yes <input type="checkbox"/> No <input type="checkbox"/> Medication type
Inhaler	Yes <input type="checkbox"/> No <input type="checkbox"/> Medication type
Is your child on any medication? Please list:	

Sailing	
Please outline student's previous sailing experience:	
Previous CYA Standards achieved: (submit copies for verification)	
Swimming Ability:	

Sign-up																															
Course code:	Course dates: Cost Total: \$_____																														
<table border="1"> <tr> <td colspan="5">Kids Kamp \$150.00 8 -10 yrs 3 day camp</td> <td colspan="5">Youth Camp \$150.00 11 -17 yrs 3 day camp</td> </tr> <tr> <td>C1</td><td>C2</td><td>C3</td><td>C4</td><td>C5</td> <td>Y1</td><td>Y2</td><td>Y3</td><td>Y4</td><td>Y5</td> </tr> <tr> <td>C6</td><td>C7</td><td>C8</td><td>C9</td><td></td> <td>Y6</td><td>Y7</td><td>Y8</td><td>Y9</td><td></td> </tr> </table>		Kids Kamp \$150.00 8 -10 yrs 3 day camp					Youth Camp \$150.00 11 -17 yrs 3 day camp					C1	C2	C3	C4	C5	Y1	Y2	Y3	Y4	Y5	C6	C7	C8	C9		Y6	Y7	Y8	Y9	
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NOSA 2010 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 my child to participate in courses noted on my application, I, on behalf of myself and my child, 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 my child or my property, howsoever caused, arising out of or in connection with my child 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 my child may be subjected to risks of injury of every nature. My child's activities may include the maneuvering 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 my child or other family member or anyone on behalf of my child 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 the participation of my child and agree that it is my responsibility to determine whether my child should be participating. I also agree that my child and I are also bound by the rules, which may govern my child's 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.

Signed: _____ (child) _____
(print name)

I grant permission for any photographs taken of my children or myself to be used in NOSA's Web page development or program promotion and advertising for NOSA. YES NO

Signed: _____ (parent) _____ Date: _____

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 8 am – 4:30 pm. Please phone ahead to 250 260 4255 to arrange a meeting with the registrar to ensure NOSA can receive your registration..
2. **In person, you can bring your in your registration to Briteland Farm and Garden at 3208 28th Street, Vernon B.C.,** behind Bearisto Elementary School. – Can be received at Registrations will be received with payment by cash or cheque. Registration forms are also available at Briteland. Ask the front counter that you wish to register with NOSA Sailing.
3. **In person, you can bring your in your registration to the North Okanagan Sailing Association at Paddlewheel Park, in Vernon.** Business hours 8 am till 4 pm. Please call ahead to arrange a meeting, this insures that someone will be there.
4. **By mail, to NOSA P.O.Box 4, Vernon, BC V1T 6M1** please include payment by cheque. Please allow for sufficient lead time for you registration to **arrive 5 days before course.**
5. **By Phone** – Phone us at 250 260 4255 to make enquiries.
6. **By Email** – enquiries can be made to info@nosa.bc.ca
7. **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.**

Make all cheques payable to NOSA.