



SAILING SCHOOL
SYC, SUDBURY

**SYC SAILING SCHOOL LESSONS FOR ADULTS:
IMPORTANT INFORMATION FOR THE SAILORS**

WHAT TO BRING

- A Ministry of Transportation or Canadian Coast Guard approved PFD or life jacket that fits properly;
- Swimwear, towels and **closed-toed shoes** that can get wet;
- Waterproof sunscreen, hat and sunglasses (for weekend lessons).
- A refillable water bottle;
- A long sleeve shirt (synthetic) is recommended to protect from the sun (for weekend lessons);
- Have a change of dry clothes;
- Sailors are required to bring their own lunches as no food is available on the premises (for weekend lessons).

Also:

The sailing school teaches in various weather conditions, and appropriate clothing must always be worn. Dress for the forecasted weather (but try to avoid anything cotton): jacket, rainwear, windproof jacket.

LOCATION

Find a map on the SYC's website: www.syclub.com, click on Sailing School and then on Location

TIME

Weeknights: the lessons are from 6pm to 8:30pm;

Weekends: the lessons are from 9am to 4pm;

ABSENCE

Please let us know if you cannot attend by sending us an email the day before at: instructors@syclub.ca

DOCUMENTS TO READ AND COMPLETE*

Please read, complete and hand the following documents to the instructor:

- *CONSENT & LIABILITY WAIVER (Form 1)*;
- *AGE APPROPRIATE CONCUSSION AWARENESS RESOURCE (from our website) and confirm it reading (Form 2)*;
- *ONTARIO SAILING – CONCUSSION CODE OF CONDUCT (Form 3/D)*

INSTRUCTORS WILL HAVE PRINTED COPIES OF THESE FORMS WHICH CAN BE COMPLETED WHEN CHECKING IN.

CONCUSSION AWARENESS AND ROWAN'S LAW

The Government of Ontario recently adopted Rowan's Law (Concussion Safety), 2018.

Rowan Stringer was a 17-year-old rugby player, who suffered multiple concussions in a short period of time and died shortly thereafter. Rowan suspected she might have a concussion but didn't inform an adult.

The new law calls for an annual review of concussion awareness resources available to coaches and educators; a strict removal-from-sport and return-to-sport procedure to ensure athletes who have suffered a blow to the head have the time to heal and recover; and a code of conduct for athletes to minimize the number of concussions that occur in youth sports.

Certain aspects of Rowan's Law are coming into effect on Monday, July 1st, 2019. For the SYC Sailing School, it means that participant who registers with SYC Sailing School needs to do the following two things:

1. Read the Ministry Approved Concussion Awareness Resource and confirm its reading;
2. Confirm they have reviewed, and committed to, the Ontario Sailing Athlete Concussion Code of Conduct.

PLEASE PRINT OFF ONE FORM BY SAILOR



SAILING SCHOOL
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FORM **1**

CONSENT AND LIABILITY WAIVER

PHOTO/VIDEO CONSENT

The SYC Sailing School instructors and/or volunteers may take photographs and/or videos of participants alone or in groups for promotional, funding or instructional purposes. Unless you indicate otherwise, by checking the box below, you hereby grant the SYC Sailing School permission to use, publish and retain these materials. In no case will I or my child be identified by name without my explicit permission.

I do NOT grant permission to use photos/videos.

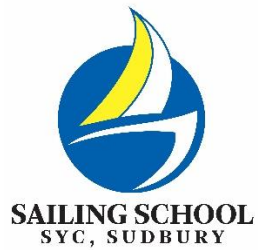
WAIVER

I acknowledge that the sport of sailing involves certain risks and that student sailors participate in the SYC Sailing School programs at their own risks. I relinquish any and all claims against the SYC, its members, volunteers or employees for any injury, loss or damage to my person or my child in connection with the participation in the SYC Sailing School programs.

I have read and understand fully the information on this form, and I agree to be bound by the PHOTOS/VIDEO and the WAIVER statements.

Signature: _____

Date: _____



FORM **2**

CONCUSSION AWARENESS RESOURCE

Age 18+

I, (name of the sailor) _____, have read the Concussion Awareness Resource provided by the SYC Sailing School.

Under age 18

I, (name of the sailor) _____, have read the Concussion Awareness Resource provided by the SYC Sailing School.

I, (name of the parent or guardian) _____, have discussed the content of the Concussion Awareness Resource provided by the SYC Sailing School.

Parent's or guardian's printed name: _____

Signature: _____

Date: _____



**Concussion Code of Conduct
Athlete and Participant**

In recognition of the potential seriousness of a concussion, I, _____,
commit to following the concussion protocols and expectations highlighted below

I will help prevent concussions by:

- Respecting the rules of my sport
- Being committed to fair play and respect for all, including other athletes, coaches, and officials.

I will care for my health and safety by taking concussions seriously, and I understand that:

- A concussion is a brain injury that can have both short and long-term effects.
- A blow to my head, face, neck, or body that causes the brain to move around inside the skull may cause a concussion.
- I don't need to lose consciousness to have had a concussion.
- I have a commitment to concussion recognition and reporting, including if I think I might have a concussion I should stop participating in further training, practice or competition immediately and tell a coach; as well as reporting to my coach if I think another participant has a concussion.
- Continuing to participate in further training, practice or competition with a possible concussion increases my risk of more severe, longer lasting symptoms, and increases my risk of other injuries.

I will not hide concussion symptoms. I will speak up for myself and others.

- I will not hide my symptoms. I will tell a coach, official, parent or another adult I trust if I experience any symptoms of concussion.
- If someone else tells me about concussion symptoms, or I see signs they might have a concussion, I will tell a coach, official, parent or another adult I trust so they can help.
- I understand that if I have a suspected concussion, I will be removed from sport and that I will not be able to return to training, practice or competition until I undergo a medical assessment by a medical doctor or nurse practitioner and have been medically cleared to return to training, practice or competition.
- I have a commitment to sharing any pertinent information regarding incidents of removal from sport with my school and any other sport organization where I am registered.

I will take the time I need to recover, because it is important for my health.

- I understand my commitment to following the return-to-sport process.
- I will respect my coaches, parents, health-care professionals, and medical doctors/nurse practitioners, regarding my health and safety.

By signing here, I acknowledge that I have fully reviewed and commit to this Concussion Code of Conduct.

Athlete: _____

Parent/Guardian (of athletes who are under 18 years of age): _____

Date: _____