



SAILING SCHOOL
SYC, SUDBURY

SYC SAILING SCHOOL CAMPS: IMPORTANT INFORMATION FOR THE PARENTS/GUARDIANS

WHAT TO BRING

- Students must have a Ministry of Transportation or Canadian Coast Guard approved PFD or life jacket that fits properly;
- Students should bring to class every day appropriate: swimwear, towels, waterproof sunscreen, hat, sunglasses and **closed-toed shoes** that can get wet;
- A refillable water bottle;
- A long sleeve shirt (synthetic) is recommended to protect from the sun;
- Have at least one complete change of dry clothes;
- Students are required to bring their own lunches (no food is available on the premises).

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**

CHECK IN & CHECK OUT

The camp is from 9:00am to 4:00pm.

Drop-off is between 8:30 – 9:00am.

Pick-up is between 4:00-4:30pm.

All parents must sign their child both in and out **each day** at the time of drop-off and pick-up;

All campers are to be released only to an authorized person (See the *RELEASE OF CAMPERS FORM*);

Please do not be offended if you are asked for identification.

THE FIRST DAY:

- Please aim to arrive 15-30 minutes before the start time of the camp (9am);
- Instructors will ask you to confirm if your child has any health condition they should be made aware of;
- Instructors will ask you to confirm the phone number(s) and email to use if they need to contact you;
- Please complete and hand to one of the instructors the following document(s):
 - *CONSENT AND LIABILITY WAIVER OF LIABILITY (Form A)*;
 - *RELEASE OF CAMPERS FORM (Form B)*
 - *CONCUSSION AWARENESS RESOURCE (Form C)*
 - *ONTARIO SAILING – CONCUSSION CODE OF CONDUCT (Form D)*

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

LATE ARRIVAL

Please let us know if your child is going to arrive after 9:30am by sending us an email at: instructors@syclub.ca and let us know your approximate time of arrival (our instructors verify emails in the morning). If we are advised your child will be late, one instructor will be waiting for him.

If you are late AND the instructors are on the water:

- Wave at the instructors if you can see them;
- If they do not see you or if you don't see the instructors on the lake, then try to find a steward (we usually have 2 stewards working daily at the SYC); the steward will call the head instructor and let him know that your child is at the SYC;

In any circumstance, DO NOT leave your child unattended.

ABSENCE

Please let us know if your child will be absent from the camp on a day by sending us an email at: instructors@syclub.ca

If you forget to advise us that your child will be absent, an instructor will call you. If there is no answer, the instructor will leave a voice mail or send you an email to let you know your child is not at the sailing school.

PLEASE PRINT OFF ONE FORM BY CHILD



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FORM 

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.

SWIMMING AREA

The Sudbury Yacht Club has a swimming area (delimited by markers with an anchored raft located to the west of the club house). Campers can use the swim area ONLY if authorized by the parents. As our instructors are not lifeguards all campers using the swim area MUST wear a personal flotation device (PFD) at all time when using the swimming area.

I authorize my child to use the swimming area.

I do NOT authorize my child to use the swimming area.

WAIVER

I acknowledge that the sport of sailing involves certain risks and that campers/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 my person or my child in connection with the participation in the SYC Sailing School programs.

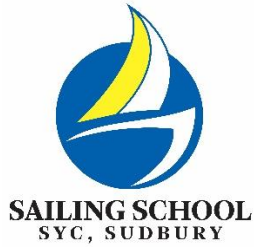
As a parent or legal guardian, I have read and understand fully the information on this form and I agree to be bound by the PHOTOS/VIDEO, SWIMMING AREA and WAIVER statements.

Camper: _____

Parent's or guardian's printed name: _____

Signature: _____

Date: _____



PLEASE PRINT OFF ONE FORM BY CHILD

FORM **B**

RELEASE OF CAMPERS FORM

All campers are to be released only to an authorized person. The parents or the guardians of the camper **MUST** complete and sign the *RELEASE OF CAMPERS FORM* authorizing the release of the camper to any other person than the parents or the legal guardians.

CAMPER: _____

I hereby authorize the following person(s) to pick up my child at the end of the day:

NAME	RELATIONSHIP
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Parent's or guardian's printed name: _____

Signature: _____ Date: _____

Campers aged 15 years and above will be able to sign themselves in/out every day if this section of the *RELEASE OF CAMPERS FORM* is completed and handed to an instructor. A camper can bring this form with him/herself.

CAMPER: _____ AGE: _____

I hereby authorize my child to check him/herself in/out.

I acknowledge that the instructors of the sailing school are only responsible for my child while he/she is on the site of the Sudbury Yacht Club.

Parent's or guardian's printed name: _____

Signature: _____ Date: _____

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 (attached with this document) and confirm its reading (**Form C**);
2. Confirm they have reviewed, and committed to, the Ontario Sailing Athlete Concussion Code of Conduct (**Form D**)

PLEASE PRINT OFF ONE FORM BY CHILD



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FORM



CONCUSSION AWARENESS RESOURCE

I, (name of the camper) _____, 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: _____