

WESTWIND SAILING – ADULT PROGRAM & SAFETY INFO (LMVA)

1. The typical format for our courses is: classroom review and new skills instruction, land drills and demos as necessary, on the water guided practice with instructors in safety boats or on the dock, post sail classroom review. Students should be prepared everyday for classroom instruction and dressed appropriately for on the water practice. There will generally be a short break scheduled everyday.
2. All level 1 students will receive a US Sailing Association 'Little Red Book' (certification record book to document skills competency.) Your instructor has available the US Sailing Start Sailing Right learn to sail manual for students to purchase at a discount rate. Purchase of this manual is optional.
3. Most courses have an additional materials / charter fee. Your instructor will collect this from you in the form of cash or check made out to Westwind Sailing.
4. Students must complete and sign a liability / medical release waiver prior to participating in activities. Minors must have the waiver completed and signed by a parent or legal guardian.
5. Water, sports drink, soda and a light snack are allowed. Glass containers, smoking and alcohol are not allowed. There are concessions at LMVA however students should not rely on these always being available.
6. We have restrooms, drinking fountains and vending machines at the lake for your convenience.
7. "Sailing is a lifelong sport for people 6 – 60 (and beyond)." However, small boat sailing does require some physical strength and agility. In addition there are a few health precautions that should be considered in order to perform the necessary tasks in sailing. If you are in general good health, you should be fine to take this course. Please let your instructor know if you have some physical condition or limitation that may effect your learning experience as we may need to arrange alternative activities or make adaptations to your instruction.
8. Although the Capri 14s at LMV have weighted keels to reduce the risk of capsize, capsizing is still possible. In addition, you can fall off the boat or merely step off the dock into the water. There is no guarantee that you will not 'swim' in this course and you must be aware of that possibility.
9. Plan to get wet. Always wear clothes you are not concerned about getting wet, including watches and jewelry. Bring a change of clothes (including shoes) and a towel daily. Comfortable clothes you can move in are preferable and layer to compensate for the weather. Sunglasses with a leash or retainer are recommended. Hats are a good idea but can blow in the water – consider wearing a hat with a neck strap. Long hair should be tied back and dangling jewelry is discouraged.
10. Students are highly encouraged to wear a life jacket before stepping on a boat. Lifejackets should not be removed until the student is out of the boat. Life jackets will be provided. You may wear your own if it is US Coast Guard approved.
11. Shoes must be worn at all times. Thongs and aqua sox are acceptable.
12. Do not bring personal valuables to class. Westwind is not responsible for loss or damage of personal items.
13. Please be aware of the moving parts of the boat (boom, tiller, running rigging, cleats). Also take care when boarding and disembarking. Boats can 'bite' so please listen to your instructor and use common sense to minimize the risk of injury.
14. No running or horse play allowed on the docks at any time.
15. You must stay seated in the cockpit of your boat while boating – no standing.
16. You must stay in your boat while boating (unless of course you capsize).
17. We expect each participant to be respectful of our equipment as well as their own and other participants' personal safety while using the equipment. We reserve the right to dismiss a participant from our boating activities for failing to respect the stated rules.
18. The boats must stay at least 20' from the shores of the lake or any private dock. Your instructor will monitor and maintain control of the fleet however you are responsible to avoid sailing in the restricted areas.
19. Registered students only will be allowed to participate in boating activities.
20. There are no 'make ups' for personal absences. Group 'make ups' will be scheduled for canceled classes due to weather or other conditions. There are no refunds.
21. Questions or comments may be directed to our Westwind office: (949) 492-3035, or LMVA recreation: (949) 770-7049.