

Youth Sailing Camp Packet

Program Information

Sailing Camp at Lake Arlington is designed to provide a safe and fun environment where children can learn and practice the sport of sailing through strategic classroom instruction, land-based activities, and on-water exercises. We want campers and their parents to be aware of this balance and understand that much of the classroom curriculum is just as valuable as time spend on the water.

What to bring to Camp

Closed-Toed Shoes: All participants must have a pair of closed-toed shoes (with hard bottoms) to wear while sailing. Water shoes (“aqua-socks”), Crocs/Keens or an old pair of gym shoes are acceptable. Remember these shoes will get wet. A second pair of footwear, such as flip-flops, should be brought and worn at camp while not on the beach or sailing. There are small square lockers for campers to store bags, lunchboxes and other belongings.

The following items are what we recommend each child to bring to camp:

- Beach towel
- Dry change of clothes
- Sunscreen
- Water bottle
- Hat/visor
- Sunglasses with strap (the lake floor is home to many expensive pairs of eyewear!)
- Lunch, snack or money for concession stand
- Sailing Waiver – last page of packet

*Items are often left behind when camps ends, so we encourage you to write your last name on all personal belongings.

Cell Phones

These days, many young people have cell phones. We strongly encourage campers to secure phones in their bag in the classroom/lockers, or to not bring them to camp at all. Phones should never be brought onto the water. Lake Arlington has multiple land lines which campers may use if needed. In addition, Sail Camp counselors typically have their cell phones on them in order to check the time, monitor the weather, or to communicate with other staff.

The First Day

Drop Off: Each day campers should be dropped off and picked up in the front circle drive and wait on the stairs leading down to the waterfront. Counselors will meet the campers at the top of the stairs approximately 5-10 minutes before camp begins. If special circumstances arise and you need to arrive early, please contact the camp coordinator. If a camper has a temperature or is not feeling well, please stay home for the health and safety of everyone.

Pick-Up: Checkout will begin when all equipment has been properly put away. A counselor will walk the campers upstairs at the end of each day. To ensure each participant is checked-out and accounted for, we ask

that you please wait in or near the circle drive (and not outside of the classroom) when you are picking them up.

Lake Arlington staff is on site long after camp ends. If you need to pick up your child late, please let us know and we will be happy to have them stay inside under adult supervision until you arrive.

Swim Test and Capsize Recovery Drill: It is well-known amongst veteran sailors that **you will get wet!** We will perform a swim test on the first day of camp to ensure all participants are comfortable when capsizing and recovering their boat while wearing a life jacket. Please send them with appropriate swimming attire every day.

Life Jackets (PFDs): We require all participants to wear US Coast Guard approved life jackets (or “Personal Floatation Devices”), regardless of their swimming ability, when on or near the water. Staff will clean and sanitize life jackets throughout the week but if you own a life jacket, we suggest you use it during camp. If you do not have a life jacket we will be providing life jackets for every camper.

Sailing Groups: Campers will be put in groups of two to three depending on the boat being used and sailing experience. If you or a camper is uncomfortable with another sailor we have smaller boats the campers can single-hand.

INCLEMENT WEATHER POLICY

As with all outdoor activities, and sailing especially, there is a possibility of inclement weather. Air temperature, wind, rain, and thunderstorms are the main areas of concern for the Arlington Heights Park District. Counselors and camp coordinators will use their discretion regarding all subjects listed below. Our policies are as follows:

Temperature: Sailing poses the risk of persons falling in the water. As you may know, even if the water feels nice, it can be very cold and uncomfortable once you leave the water. In general, we will not sail unless the temperature is at or above 65 degrees.

Wind: Due to the size and shape of Lake Arlington, when winds reach or surpass 15 Knots (approx. 17 mph), conditions can become exceedingly treacherous for our small fleet of dinghies. For the safety of all participants, no one will be allowed to sail in winds reaching or exceeding 18-20 mph.

Rain: So long as the air temperature remains above 65 degrees, and the wind conditions are safe, we will sail – rain or shine. Come prepared to sail on days when it’s raining or forecasted to rain. Light, weather-proof jackets or clothing made out of fleece is recommended over cotton.

Thunder and Lightning: In the event of severe weather, no individual will be allowed on the water for a period of 15 minutes since the last sign of lightning or until camp staff has deemed it is safe. As we sail on boats with tall metal masts, we take these situations very seriously, and always use caution. Storms can form quickly in the hot summer months, so we utilize radars, maps and on-site weather radio to track and monitor any severe conditions. All camp participants will be taken to the classroom (which acts as a below-ground storm shelter) for the duration.

Unfortunately, there may be some instances when fair sailing conditions are not met throughout the entire camp day. On these days we often play indoor games, give classroom instruction, or watch movies that are appropriate for the age level. Refunds will not be provided for days when no sailing occurs due to inclement weather.

Behavior and Discipline Policies and Procedures

General Procedures: Participants are expected to exhibit appropriate behavior at all times. The following guidelines have been developed to help make the Lake Arlington Sailing program safe and enjoyable for all. Furthermore, sailing presents scenarios that necessitate strict compliance of important rules and procedures. The safety of campers and counselors is at the heart of these guidelines. Additional rules may be developed and integrated as deemed necessary by the staff. Expectations will be clearly communicated to all participants on the first day of camp. The general rules as follows:

Participants shall:

- Show respect to all peers (other campers) and staff. This includes following all directions given by the staff
- Refrain from using abusive, foul, or threatening language
- Abstain from causing intentional bodily harm to self, staff, or other participants
- Respect equipment, supplies, and the facility. Boats and boat parts are particularly expensive and must be treated properly

If a child is acting inappropriately, the problem will be discussed and attempts to modify and eliminate the behavior will be made. If the behavior continues a conduct report will be filed.

Conduct Report: A conduct reports are formal written documents. A report is written by staff and will be discussed with the parent/guardian of the child, and a copy of the report will be provided. The camp coordinator will be notified and facilitate further action if necessary. If inappropriate behavior continues a report has been filed, the child may be suspended or permanently removed from the camp program.

Safety Reminder: If a camper is not feeling well or has any signs or symptoms of any sickness, we ask that you stay home for the safety of everyone. If you have more specific questions, please contact Kevin Keister – kkeister@ahpd.org.

Please fill out the waiver on the next page and bring to the first day of camp.

PARTICIPATION WILL BE DENIED if the signature of participant or parent/guardian and date are not on this waiver.



WAIVER

Participants Name(s) _____ Program Dates/Season _____

Address _____ City _____ Zip _____

Home Phone _____ Cell _____

Please give the names of two adults other than parents that could be contacted in the event of an emergency

Name _____ Phone _____

Name _____ Phone _____

Family Physician _____ Phone _____

List specific allergies, chronic illnesses, daily medications or other conditions _____

IMPORTANT INFORMATION

The Arlington Heights Park District (AHPD) is committed to conducting its recreation programs and activities in a safe manner and holds the safety of participants in high regard. The AHPD continually strives to reduce such risks and insists that all participants follow safety rules and instructions that are designed to protect the participants' safety. However, participants and parents/guardians of minors registering for this program must recognize there is an inherent risk of injury when choosing to participate in recreational activities.

You are solely responsible for determining if you or your minor child/ward is/are physically fit and/or adequately skilled for the activities contemplated by this agreement. It is always advisable, especially if the participant is pregnant, disabled in any way or recently suffered an illness, injury or impairment, to consult a physician before undertaking any physical activity.

WARNING OF RISK

Sailing is intended to challenge and engage the physical, mental and emotional resources of each participant. However, despite careful and proper preparation, instruction, medical advice, conditioning and equipment, there is still a risk of serious injury, including drowning. Understandably, not all hazards and dangers can be foreseen. The very nature of sailing is hazardous and risky, including but not limited to being hit by the boom, getting fingers caught in winches or blocks, inadequate or defective equipment, striking other water craft or stationary objects, falling or being thrown overboard, capsizing, hypothermia, sunburn, sunstroke, high winds, inexperience, failing to wear a life jacket or personal floatation device, failure to monitor weather changes and to adjust the rigging appropriately, horseplay, carelessness, acts of God, inclement weather, inadequate supervision or instruction, and all other circumstances inherent to the sport of sailing and water activities. In this regard, it must be recognized that it is impossible for the AHPD to guarantee absolute safety.

WAIVER AND RELEASE OF ALL CLAIMS AND ASSUMPTION OF RISK

Please read this form carefully and be aware that in signing up and participating in this program, you will be expressly assuming the risk and legal liability and waiving and releasing all claims for injuries, damages or loss which you or your minor child/ward might sustain as a result of participating in any and all activities connected with and associated with this program (including transportation services and vehicle operations, when provided)

I recognize and acknowledge that there are certain risks of physical injury to participants in this program, and I voluntarily agree to assume the full risk of any and all injuries, damages or loss, regardless of severity, that my minor child/ward or I may sustain as a result of said participation. I further agree to waive and relinquish all claims I or my minor child/ward may have (or accrue to me or my child/ward) as a result of participating in this program/activity against the Arlington Heights Park District, including its officials, agents, volunteers and employees.

I have read and fully understand the above important information, warning of risk, assumption of risk and waiver and release of all claims. If registering online or via fax, my online or facsimile signature shall substitute for and have the same legal effect as an original form signature.

PLEASE PRINT Participant's Name _____

Date _____ Parent's Signature _____

PARTICIPATION WILL BE DENIED if the signature of participant or parent/guardian and date are not on this waiver