

BVBC-MHPYC WOW Program

The Bay View Boat Club and Mariposa Hunters Point Yacht Club program is run by dedicated volunteer members of the Bay View Boat Club and Mariposa Hunters Point Yacht Club of San Francisco, CA. The lessons take place inside cove between Pier 50 and Pier 54 where the water is protected and calm. This area of the port is roughly 15 acres in size, and is well protected from the conditions of the San Francisco bay.

Close monitoring, instruction and guidance are provided on the water by Sailing Instructors riding in the boat with you or on safety boats. The students are constantly close at hand, and are encouraged to not sail if they feel uneasy about it. The motto is "if in doubt, don't go out". This saying is stressed over and over again during the preliminary, on-shore "chalk talks" where we discuss safety and seamanship.

The classes emphasize safety conscious FUN sailing, considering weather, tides, traffic, etc. at all times. Besides learning general seamanship, like knots and equipment care, students learn boat nomenclature, rigging, boat handling, proper upwind sailing, tacking, downwind sailing, jibing, teamwork and sportsmanship.

There are a total of 4 program days, starting at 11:30 and ending at 4:00 PM.

The Program

The 4 days are organized in a way so that the participants can build upon skills, both on land and on water, with plenty of time to practice on the water. Our goals for the WOW program is to have students at many levels participate at their own pace and to improve overall skills at each meeting time. There will be opportunities for more advanced students to challenge themselves on the water with different boats - FJ boats, lasers, and power boats. Also, the program is set up in a way that not only do we have wonderful volunteers who will be helping with guidance and coaching, and also, we encourage peer to peer support as well.

WOW's classroom time is geared to the novice and beginner student who has done a little sailing and is familiar with the parts of a boat and sail. The land classroom, begins with review of nautical terminology, handling sheets and sails when tacking and jibing. Learn basic sail shape when wind direction and strength changes. Learn boat rigging and knots, i.e., figure eight, bowline, square knots, round turn, half hitches and clove hitch. Depending on how much is covered on one given day, will depend on what will be covered on the other days.

The Sailboats and Boats

There are several types of boat you will be using as part of the class, this will give you the chance to rig and sail a variety of boats. Most are single handed or double handed. Some will be crewed and if our schedule allows you will be given the opportunity to spend some time on larger boats. The WOW Program also includes - Kayaks, Paddle Boats, Canoe, and Power Boats

Course Requirements:

- Class material:
 - Start Sailing Right! The National Standard for Quality Sailing Instruction (US Sailing Small Boat Certification) by Derrick Fries available on Amazon,

<https://www.amazon.com/Start-Sailing-Right-Instruction-Certification/dp/1882502485>

- Must wear a Coast Guard approved life vest, Personal Floatation Device, rated for their weight
- Must wear closed toe shoes, hat and sunscreen
- The fee for the 4 day session is \$35 per drop in day or \$125 for all 4 days. This includes the use of a Bay View Boat Club and Mariposa Hunters Point Yacht Club sailboat. Please contact bvbc.mhpyc.youth.sailing@gmail.com.

Student Name _____ Date _____

Prior to “going on the water” every student must complete the following:

This will be checked off and dated by Program Staff.

€ Course and Venue Spring 2018 - 4/28, 4/29, 5/5, 5/6

€ Payment Check # _____ Cash _____

€ Participation Agreement

€ Medical Information

€ Code of Conduct

€ Photo Release

Photo Release

The undersigned student _____, do hereby authorize agents of Bay View Boat Club or Mariposa Hunters Point Yacht Club to photograph myself while under their care, and agree they may use the negatives or prints prepared for such purposes and in such manner as may be deemed desirable for the support and promotion of the Bay View Boat Club or Mariposa Hunters Point Yacht Club. Photo use may include, but not limited to, posting on the Bay View Boat Club or Mariposa Hunters Point Yacht Club website, placement in the yacht club newsletter, inclusion in sailing camp promotional flyers etc.

This Authorization Shall Remain in Effect Until Revoked in Writing

Signature _____

Date__

Participation Agreement

This Sailing course you are about to begin is an exciting, demanding & challenging, but you need to be aware of what will be involved and be willing to study and practice to achieve success.

The items on the STUDENT CLASS CHECKLIST form must be completed and signed by you and turned in no later than first class.

- You will be required to wear a life jacket (vest type) which is Coast Guard approved, the proper size for your weight and build, and that is form fitting and comfortable, as you will be wearing it at all times during the course. If you don't have one, one will be provided for you.
- Close-toed shoes must also be worn at all times, both on land and on the water. Bring a hat, sunscreen, a change of clothes, a towel, to each lesson.
- The fee for this course is \$35 per drop in day or \$125.00 for all 4 dates.
- Lessons begin on Saturday, 4/28, Sunday, 4/29, Saturday, 5/5, Sunday, 5/6, starting at 11:30AM and ending at 4:00PM.

I understand that in entering the WOW Program, I agree to all program rules as set forth by the program and the instructors, that I will use utmost care in the use of the boats and equipment.

Student Signature _____ Date _____

I assume full responsibility for any loss or damage, except loss or damage covered by insurance, that may come to any person, boat, sailboard, equipment, pier, float, or other property used in conjunction with this course as the result of improper use, negligence, violation of the rules, and other acts of sailors/boaters, or other representatives of the BAY VIEW BOAT CLUB and MARIPOSA HUNTERS POINT YACHT CLUB, instructional program or host location in connection herewith. I accept that the sport of sailing/boating and the conduct of this course entail and are subject to certain inherent risks and assume all risks on land and on the water of participation in this program. I further agree to hold BAY VIEW BOAT CLUB and MARIPOSA HUNTERS POINT YACHT CLUB, the instructional program or host location and their representatives harmless for personal injuries and/or property damage.

Student Signature _____

Date _____

Medical Information

This form must be completed and signed by you and turned in prior to the start of your course.

Course					Date			Accepted	
Participates Name					Birth Date			Sex	
Address									
No	Street	Apt No	City		Zip				
Do you have a history of or do you currently have, any physical limitation that might prevent you from fully participation in this course?									
If yes, please specify missing or injured bodily parts, weakness, eyeglasses, contacts, hearing aids, etc.									
Do you have any of the following that might prevent you from fully participation in this course?									
If yes, please specify									
CHRONIC AILMENTS:					ALLERGIES				
Current medication or pertinent information									
Who should be notified in case of emergency?									
Name					Relation				
Phone w/AC			Work			Home			Cell
Signed	Applicant					Date			

Code of Conduct

While we think that you will have an amazing and fun experience; it is important that we all start the class with the same expectations. In order to ensure that everyone has a safe experience and that the class does not disrupt the Clubhouse atmosphere, we have set forth the following rules:

- The boat that you are using will be your responsibility. You will be held financially responsible for replacement parts and repairs necessary as a result of neglect.
- Life jackets **MUST** be worn while on the dock and in a boat.
- Treat people fairly with dignity and respect, without regards to race, sex/gender, religion, disability, or national origin. Disrespectful behavior toward other classmates will not be tolerated.
- Dangerous behavior will not be tolerated.
- Verbal and physical arguments are prohibited.
- Closed toed shoes must be worn at all times.

Should any of the above codes be broken, the participant may be asked to leave the program.

I have read the rules and agree to abide by them:

Student's Name
Date

Student's Signature

