



ADULT SAILING CLASS – FALL 2017

This class is designed for sailors who have some experience and want to learn more about racing and sailing different types of boats. The class will be taught in Toppers, 420's and our Cal 20. Instructed by Jenny Guzik and Maddy Kennedy.

Class schedule: Sundays Sept. 10 – Oct. 1
 9:15am – 12:15pm

Cost: Members \$160
 Non-members \$200

NAME	PHONE
EMAIL	HOME ADDRESS
EMERGENCY CONTACT	EMERGENCY CONTACT PHONE

Payment in full is required for class placement. Fee will be refunded up to 7 days prior to start of the session. No fees will be prorated for missed class time.

Class Requirements – Coast Guard approved Life Jacket (Type III) and Reef Walkers or closed toed shoes are required. These can be purchased at Costco, Walmart, K-mart, Sports Authority, West Marine and Windward Boats. A hat, sunscreen, sunglasses, water bottle, towel and change of clothes are recommended.

KYC Parking – Parking is reserved for members only. Non-members must park on the street and come to the pedestrian gate to be buzzed in. Please note that the office opens at 9:00am.

I agree to hold Kaneohe Yacht Club ("KYC"), its officers, employees, and all committees concerned, harmless and free of liability, of any nature whatsoever, for accident or injury to myself while participating in the 2017 Adult Sailing or Racing Program. In addition, I agree that I will be responsible for any damage to, or loss of, any property caused by myself.

Signature

Date

*****Please read and acknowledge the Concussion Fact Sheet for Sailors on page 2 of this form*****

OFFICE USE ONLY

TOTAL PAID: _____ CC/CASH/CHK # _____ DATE: _____ REC'D BY: _____



CONCUSSION FACT SHEET FOR SAILORS

CONCUSSION DANGER SIGNS:

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. A sailor should receive immediate medical attention if after a bump, blow or jolt to the head or body he/she exhibits any of the following signs:

- One pupil larger than the other
- Is drowsy or cannot be awakened
- A headache that gets worse
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Cannot recognize people or places
- Becomes increasingly confused, restless, or agitated
- Has unusual behavior
- Loses consciousness (even a brief loss of consciousness should be taken seriously)

HOW TO RESPOND TO A REPORT OF A CONCUSSION:

If a sailor reports one or more symptoms of a concussion after a bump, blow or jolt to the head or body, he/she should be kept out of athletic play the day of the injury. The sailor should only return on the water with permission from a health care professional experienced in evaluating for concussion. During recovery, rest is key. Exercising or activities that involve a lot of concentration (such as studying working on a computer, or playing video games) may cause concussion symptoms to reappear or get worse. Sailors who return to regatta participation after a concussion may need to spend fewer hours at the event, take rest breaks, be given extra help or time, spend less time reading, writing, or on a computer. After a concussion, returning to sports is a gradual process that should be monitored by a health care professional. Remember: concussion affects people differently. While most sailors with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer. To learn more, go to: www.cdc.gov/concussion.

CONCUSSION AWARENESS

EDUCATIONAL MATERIAL ACKNOWLEDGEMENT FORM

By name & signature below, I acknowledge that I have received the Concussion Fact Sheet for Sailors provided by the Hawaii Youth Sailing Association.

Print Name

Signature