

# Junior Sailing Program - 2023

Application, Medical Forms, and Liability Release



John Bergland - Sailing Committee Chair  
Holland Erickson – Head Instructor

Dear Parents,

From June 26th through August 11<sup>th</sup>, Spindle Rock Club will sponsor summer sail training programs on Cockeast Pond and the Westport River. Program activities are designed to satisfy a wide range of skills and interests, from a basic introduction to sailing on the pond, to racing instruction and an introduction to competitive sailing for more experienced sailors. We will use Vanguard 420s and Sunfish on the river and Hunter X-cites on the Pond. Following an initial swimming test and skill evaluation, we place participants in the most appropriate program level. To participate, children must be at least eight years old on May 1<sup>st</sup> 2023. We will consider applications for younger children provided they have had previous sailing experience and successfully pass a swimming test administered by a sailing instructor.

Our program also includes special events such as pirate days and a final cookout.

The program will begin on June 26th and end on August 11th. Private lessons can be arranged throughout the summer and will still be available after August 11<sup>th</sup>. Please provide an email address so we may send notices about where and when to report, as well as scheduled times for lessons. We will also post them on bulletin boards at Spindle Rock Club and Elephant Rock Beach Club.

Holland Erickson, an experienced sailing instructor, will be leading the Junior Sailing Program for the 2023 sailing season. Holland came up through the Spindle Rock program initially as a student, and has been a leading member of the instructor team here for four years. She is very experienced with our boats and the Westport River. She understands the needs of junior sailors and is very knowledgeable in teaching. Other returning instructors include: Brice Giblin, Brogan Panos, Beatrice White, Willy Underwood and William Bergland. We are thrilled to have their experience and enthusiasm again going into the coming summer. Three new Junior Instructors who are coming onboard are Anders Broge and Griffin Alleyne and Stella Laird. All Spindle Rock Club instructors have been certified in CPR and first aid training. All instructors have either completed, or are actively working toward, certification in the U.S. Sailing Instructor's Program.

To enroll child(ren) in the 2023 Pond/River Program, please visit <https://www.spindlerockclub.org/sailing-program> where you can enroll directly and pay online. **For information about tuition assistance, which is available on a limited basis, please contact me at 508-298-9206 or [sailing@spindlerockclub.org](mailto:sailing@spindlerockclub.org).**

We do our best to place students in their chosen classes, but from time to time, factors such as scheduling, space, and equipment make it hard to accommodate all requests. In those situations we will try to find a suitable alternative. If there is enough interest for a class at a time that is not on our schedule, we can add another class. Since our program is designed not only to provide basic sailing instruction and an opportunity to develop sailing skills, but also to encourage collegiality and collaboration among participants, we require registration for a minimum of four classes.

We look forward to seeing you and your junior sailor this summer.

John Bergland

## Notes on Program:

The Spindle Rock Sailing Program begins June 26<sup>th</sup> and ends August 11<sup>th</sup>. On August 11<sup>th</sup> there is a cookout and awards ceremony for students and their parents. All sailing staff will be at the cookout, so this is a great chance to discuss a student's progress and say goodbye for the year. During July and August there will be at least one pirate day for each sailing class, the dates of which will be determined based on student and instructor availability.

We have tried to create the class schedule such that there are enough classes and times to support our load of students each year based on past enrollment. However, if you find there is not a time that works for you or your student at their level in the available classes, or you have any other questions, please do not hesitate to contact the sailing program using the information below.

E-mail Inquiries: [sailing@spindlerockclub.org](mailto:sailing@spindlerockclub.org) (John Bergland, Sailing Committee Chair, Holland Erickson)  
[hjanee1636@gmail.com](mailto:hjanee1636@gmail.com) (Holland Erickson, Head Sailing Instructor)

Phone Inquiries: [508-636-5422](tel:508-636-5422) (Spindle Rock Club Phone)  
 (774) 328-4741 (Holland Erickson, Head Sailing Instructor)

## Class Levels and Times

### *Explanation of Student Skill Levels*

**Beginner** – Little or no prior instruction and/or sailing experience. Will be introduced to relevant parts of the boat, operation of a sailboat, and points of sail. Must sail with an intermediate student or instructor until confident enough to operate the tiller or main sheet (or both) without instruction.

**Intermediate** – Demonstrates effective boat steering and sail operation and can explain them to a beginner sailor. Understands basic points of sail and can tack/jibe. Can rig and tie a proper cleat. Able to right a capsized boat by themselves or with a fellow student. Has had exposure to effective docking techniques at the floating dock in the pond.

**Advanced** - has passed knots, rigging, tacking, jibing, reaching, beating, and running. Can handle most landings and mooring pickups, and can recognize wind and current force and direction. Can right a capsized boat on their own and get out of irons.

**Expert/Racer** – an accomplished sailor who can dock, moor, get out of irons, and sail backwards. Can easily tack, jibe, and correctly trim sails. Knows sailing rules and is working on perfecting sail trim, boat handling, right of way and reading tide/currents. Can maneuver effectively in close proximity to other boats.

### *Available Class Times*

	Class Level	Days	Times	Location	Boats used	Maximum Students
Classes	First Time Sailors	Mon & Wed	9:00 - 10:30	Pond	X-cites	10
		Tue & Thurs	9:00 - 10:30			10
	Beginner-Intermediate	Mon & Wed	10:30 - 12:30			15
		Tue & Thurs	10:30 - 12:30			15
(All Levels) - Afternoon on the Pond	Mon & Wed	1:30 - 3:30	10			
	River Intermediate-Advanced	Tue & Thurs	10:30 - 12:30	River	Sunfish	10
	River Advanced-Expert	Tue & Thurs	1:00 - 4:00		420s	8
Adventure/ Make-up	Pond Adventure-Day/Make-up	Friday	10:00 - 12:00	Pond	X-cites	15
	River Adventure-Day/Make-up	Friday	1:00 - 4:00	River	Sunfish/420s	8

**\* Note – the instructors will work with your child to assess their appropriate skill level and form the classes for optimal learning Due to typical wind conditions, beginner lessons occur in the morning and intermediate/advanced classes in the afternoon.**

# Junior Sailing Enrollment Application – 2023

Spindle Rock Club

Box 451, Adamsville, RI, 02801



*Student and Parent Information:*

PLEASE COMPLETE ALL QUESTIONS

Sailor's Name: _____	Date of Birth: _____		
Parent or Guardian Name: _____			
Permanent Mailing Address: _____			
City: _____	State: _____	Zip: _____	Home Phone: _____
Local Mailing Address: _____			
Local Phone: _____	Cell Phone: _____		
Email: _____			

**Student Sailing Ability Level:**

First Time Sailor

Beginner - Intermediate

Intermediate - Advanced

Advanced - Expert

**Student Boating Experience (check any that apply):**

Power Boat

Small Sailboat (1 Person)

Small Sailboat (2 Person)

Large Sailboat

**Parent Club Membership Status:**

**Spindle Rock Yacht Club:**

Yes

No

**Elephant Rock Beach Club:**

Yes

No

**Years Spent Taking Lessons at Spindle Rock Club:**

**Pond:** \_\_\_ years for \_\_\_ weeks per year

**River:** \_\_\_ years, for \_\_\_ weeks per year

**Other Sailing Experience from Other Programs:**

\_\_\_\_\_ Camp/Yacht Club

for \_\_\_\_\_ years.

**Please describe the student's swimming ability**

\_\_\_\_\_

*Before classes begin an instructor will determine each applicant's swimming ability either by administering a swimming test or by viewing a current, acceptable Red Cross swimming certification.*

## Class Time, Day, and Week Selection:

A weekly rate chart is listed below for all available classes:

Class	Days per Week	7 Weeks	6 Weeks	5 Weeks	4 Weeks	3 Weeks	2 Weeks	1 Week
First Time Sailors (Pond, X-Cites)	2	\$485	\$454	\$441	\$403	\$340	\$239	\$126
	3	\$662	\$619	\$602	\$550	\$464	\$327	\$172
	4	\$828	\$774	\$753	\$688	\$581	\$409	\$215
Beginner - Intermediate (Pond, X-Cites)	2	\$527	\$493	\$480	\$438	\$370	\$262	\$137
	3	\$728	\$680	\$662	\$605	\$510	\$368	\$189
	4	\$909	\$851	\$827	\$756	\$638	\$462	\$236
All Levels (Pond, X-Cites)	2	\$527	\$493	\$480	\$438	\$370	\$262	\$137
Intermediate - Adv. (River, Sunfish)	2	\$527	\$493	\$480	\$438	\$370	\$262	\$137
Advanced - Expert (River, 420s)	2	\$574	\$536	\$522	\$477	\$402	\$283	\$149

Please circle which classes you plan to attend (student must sign up for at least 2 days out of the week):

Day of Week	9:00 - 10:30	10:30 - 12:30	1:30 - 3:30/1:00 - 4:00
Monday	First Time Sailors (Pond, X-Cites)	Beg.-Int. (Pond, X-Cites)	All Levels (Pond, X-Cites) (1:30 - 3:30)
Tuesday	First Time Sailors (Pond, X-Cites)	Beg.-Int. (Pond, X-Cites) OR Int. Adv. (River, Sunfish)	Adv.-Exp. (River, 420s) (1:00 - 4:00)
Wednesday	First Time Sailors (Pond, X-Cites)	Beg.-Int. (Pond, X-Cites)	All Levels (Pond, X-Cites) (1:30 - 3:30)
Thursday	First Time Sailors (Pond, X-Cites)	Beg.-Int. (Pond, X-Cites) OR Int. Adv. (River, Sunfish)	Adv.-Exp. (River, 420s) (1:00 - 4:00)

Please select which weeks your student will plan on sailing:

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
6/26 - 6/30	7/03 - 7/07	7/10 - 7/14	7/17 - 7/21	7/24 - 7/28	7/31 - 8/04	08/7 - 08/11

Total Cost: \$\_\_\_\_\_.

Note: Again, we are flexible. If your students want/need to take a class at a certain time that is not available in the table above or you would like to sign up for different days each week, send us an e-mail detailing your issue and we will work with you to figure something out.

\_\_\_\_\_  
Please print name of parent or guardian

\_\_\_\_\_  
Signature of parent or guardian

\_\_\_\_\_  
Today's date

## SPINDLE ROCK CLUB JUNIOR SAILING PROGRAM 2023 Personal Health and Medical Summary



CHILD'S NAME: \_\_\_\_\_

In the event of an emergency, and a parent/guardian is not available, please notify:

NAME: \_\_\_\_\_ Relationship \_\_\_\_\_ Tel: \_\_\_\_\_

NAME: \_\_\_\_\_ Relationship \_\_\_\_\_ Tel: \_\_\_\_\_

Physician's Name: \_\_\_\_\_ Tel: \_\_\_\_\_

Health Insurance Carrier \_\_\_\_\_ Policy Number \_\_\_\_\_

### THE PARTICIPANT'S PARENT(S) MUST RESPOND TO THE FOLLOWING QUESTIONS AS ACCURATELY AND COMPLETELY AS POSSIBLE:

Please check those that apply and provide further information below.

CHRONIC AILMENTS:	ALLERGIES:	
ASTHMA, OR OTHER RESPIRATORY PROBLEMS	MEDICATION (please list below)	
DIABETES OR HYPOGLYCEMIA	LATEX	
HEMOPHILIA, OR OTHER BLEEDING PROBLEMS	BEE STINGS/INSECT BITES	
CIRCULATORY OR HEART PROBLEMS	<i>IF YES, DO YOU CARRY AN EPIPEN?</i>	
EPILEPSY/ SEIZURE	FOODS	
OTHER:	OTHER:	

DATE OF LAST TETANUS/ DIPHTHERIA/ TOXOID SHOT: \_\_\_\_\_

CURRENT MEDICATIONS (if any) AND DOSAGE: \_\_\_\_\_

FURTHER INFORMATION ON CHRONIC AILMENTS AND/OR ALLERGIES:

***PLEASE BE SURE TO HAVE FILLED IN ALL THE NECESSARY INFORMATION***

*If any of this information changes before or during your child's participation in the sailing program, please note those changes on an updated version of this form and submit it to the chair of the sailing committee, the lead instructor, or the club steward.*

**PARENT/GUARDIAN CERTIFICATION AND  
EMERGENCY TREATMENT AUTHORIZATION**

I believe my child is healthy and may safely participate in all activities related to the junior sailing program. In the event my designated emergency contact or I cannot be contacted promptly following an event or circumstance requiring immediate medical intervention for my child, I authorize the program organizers and/or their employees to sanction emergency treatment.

Parent/Guardian Signature \_\_\_\_\_ Today's date: \_\_\_\_\_



**SPINDLE ROCK CLUB**  
**Junior Sailing Program Waiver and Liability Release**

Student's Name: \_\_\_\_\_ ("Student")

I am the parent and/or legal guardian of the Student whose name is shown above. I request that the Student be permitted to participate in the SPINDLE ROCK CLUB junior sailing program (the "Program").

On behalf of the Student whose name appears above, I am aware that participation in sailing and related boating activities, both on the water and on shore, involves possible safety and health risks. Serious accidents can occur during sailing activities and may result in mortal or serious personal injuries and/or property damage. These risks include, but are not limited to those arising out of adverse weather conditions, collisions with natural and constructed obstacles, contact with rigging, equipment and furnishings of boats, collisions with moored vessels, and vessels operated by others.

I hereby assume any and all risk connected with the Student's participation in the Program and agree to indemnify and hold harmless the SPINDLE ROCK CLUB, INC., its Board Members, officers, employees, instructors, other program participants, members, and agents, from and against any and all expenses (including legal fees and costs), liabilities, claims or demands arising as a result of personal injury, death, or property damage which occur in connection with the Student's participation in the Program

I have fully read this WAIVER AND LIABILITY RELEASE; I understand it and agree with its terms.

\_\_\_\_\_  
Parent or Guardian's Name

\_\_\_\_\_  
Today's Date