

Quick Start Guide

General Schedule:

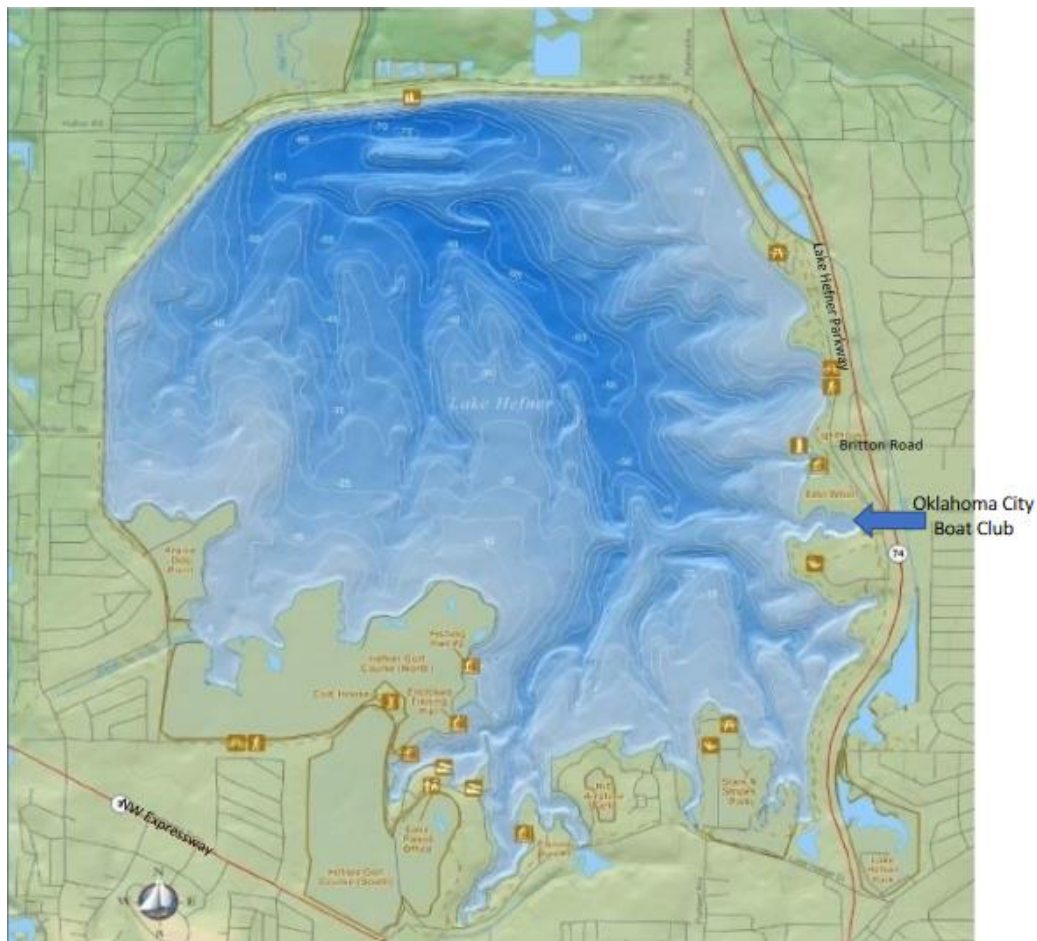
HOURS: 9:00 am to 4:00 pm, Saturday
1:00 pm to 5:00pm Sunday

On the first day of each session, the gate will open at 8:45am. Please try to arrive promptly at 8:45am to allow yourself time to get settled in before camp starts at 9:00am.

Physical Location & Directions:

OKC Sailing School is located on the grounds of the Oklahoma City Boat Club. The physical address is: **9101 Lake Hefner Parkway, Oklahoma City, OK 73156.**

From Lake Hefner Highway (OK-74), Exit west on Britton Road, Turn left at the T intersection near Louie's (frontage road), Take the first right into the East Wharf parking lot, Take the first left and enter through the gate. Once in the gate park in the parking lot on your left. The sailing school building will be to your right (towards Lake Hefner).



Daily Checklist for Sailors

Sailing is a mentally and physically challenging sport. You need to take care of yourself at home and during class. Please get a good night's sleep and eat a healthy breakfast before coming to class. You will need to bring some basic gear to camp every day. **Please write your name clearly on your belongings.** It is your responsibility to keep track of your items while at class. If you bring a hat and/or sunglasses, make sure you have a way to attach them to either your head OR to your shirt. You **DO NOT need to bring your life jacket** to class as one will be provided for you.

Use the following checklist to make sure you have everything you need for class every day. **MUST HAVES are essential items you MUST HAVE to participate in your class.** RECOMMENDED items are optional but are **highly** recommended!

Must Haves

- Reusable water bottle
- Cold lunch
- Sunscreen
- Appropriate sailing clothes/shoes
- Bag to keep all your stuff in

Recommended

- Hat with tether
- Sunglasses with tether
- Towel
- Change of clothes/shoes

Water Bottle: Bring a reusable water bottle. Please do not bring sports drinks, juices, or pop. We have plenty of water, ice, and Gatorade available for plenty of refills all day long!

Cold Lunch: Pack a nutritious lunch to help maintain your energy level for a full day of sailing. Add extra snacks (e.g., energy bar or fruit) if you tend to get hungry between meals. We have a refrigerator to keep lunches cold. Please don't bring anything that needs to be cooked or heated in a microwave.

Sunscreen: Any sunscreen lotion with at least 30 SPF is fine. Zinc oxide is good too. Use caution with spray sunscreen, it may not cover as intended.

Sailing Apparel: Quick drying clothing is best. Avoid cotton because it is heavy when wet and takes a long time to dry. Pack extra clothing as needed for rain or cooler weather. **Sailors must have shorts & a shirt to wear.**

Your shoes should either strap on or lace up so they will stay on your feet. **No flip flops!**

YES!



NO!

