

## SAILING CAMP

at the Oklahoma City Boat Club

### Essential Eligibility Requirements for Participation

Sailing is a mentally and physically challenging sport. We want every sailor at Sailing Camp to be safe, have fun, and learn to sail. Our goal is to make sure all youth who attend Sailing Camp have the life skills necessary to enjoy the camp experience and to successfully master new sailing skills. To that end, all youth must meet the following eligibility requirements to participate in Sailing Camp.

1. 8 through 18 years of age
2. Complete a swim check to the satisfaction of the Head Sailing Instructor
3. Learn and perform one- and two-man capsized drills to the satisfaction of the Head Sailing Instructor

#### AND

Demonstrate a positive ATTITUDE and responsible BEHAVIORS, as shown by the *ability and willingness* to:

- Listen to and obey authority figures
- Understand and follow instructions given at the individual and group levels
- Learn small boat and water safety rules and once learned, follow the rules
- Learn sailing skills and engage in tasks required to sail alone or with others
  
- Treat self, others, and the environment with respect, in both words and actions
- Keep self, others, sailboats and equipment, and the environment safe
- Take responsibility for self-care, including adequate hydration and sun protection
  
- Try new things and keep trying, even if something is challenging
- Interact cooperatively with others on an individual basis and as a team member
- Handle unexpected changes in daily routine or plans
  
- *Possess the focus, learning capacity and social/emotional maturity to learn about sailing with a diverse group of peers*

Be in good general HEALTH and PHYSICAL CONDITION, with the *capacity* to:

- Move about the facility at the same pace as peers
- Lift and carry the weight of personal belongings and sailing-related gear
- Wear all protective gear recommended or required by US Sailing
  
- Get on or off a wet or dry boat independently
- Change position on a sailboat quickly and independently
  
- Tolerate being outside and on the water several hours every day
- Tolerate variable weather conditions, including extreme heat, significant sun exposure, wind and rain
  
- *Possess the strength, fitness, balance, and agility to sail a boat on Lake Hefner*

Demonstrate effective COMMUNICATION skills, including the *ability* to:

- Speak English fluently
- Communicate (give and receive information) with others, verbally and with visual and/or sound signals
- Communicate (hear or be heard; see or be seen) over a distance of 50 yards, under challenging conditions such as high winds, rough water, or poor visibility