

Medical/ Emergency Waiver

Medical Liability Information

AUTHORIZATION TO CONSENT TO TREATMENT OF A MINOR

As the parent or guardian of the registered sailor, I hereby authorize any x-ray examination, anesthetic, medical or surgical diagnosis or procedure supervised by any member of the medical staff or of a dentist licensed under the State Education Law and/or Public Health Law of the State and of the staff of any hospital holding a current operating certificate issued by the State Department of Health. This authorization is given in advance of any specific diagnosis, treatment or hospital care being required in order to provide authority to render care, which the aforementioned physician in his best judgment may deem advisable; and neither said agent or any organization involved assumes any financial responsibility for exercising this action. Effort shall be made to contact me before rendering treatment to the patient, but any of the above treatment will not be withheld if I cannot be reached.

PARENT'S CONSENT AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

The parents or legal guardians (hereafter referred to in the singular) of any child or children (herein referred to as the "child"), participating in any Severn Sailing Association (SSA) program and/or junior activity (herein referred to as the "activities"), including supervised travel to local events and competitions, request that the child be allowed to participate in any of these activities. This agreement shall remain in effect until the Severn Sailing Association Junior Committee receives written notice of the cancellation of the consent or until the end of the activities described above. In return for the child being permitted to take part in the activities and to use the facilities and property of the Severn Sailing Association, each of us makes the following promises and warrants the truth of the following facts:

1) I am familiar with the programs included in the activities, and I understand officers and employees of the Severn Sailing Association are available to discuss the activities if I should wish additional information. I also understand I am solely responsible for the prompt arrival and departure of my child at the beginning and end of each day's activity. I will not allow my child to remain on the premises of the Severn Sailing Association after each day's program without appropriate supervision or the written permission of SSA. I agree that the Severn Sailing Association will have no responsibility for the supervision of my child at times other than during the scheduled activities. I will inform my child that he/she is expected to cooperate with, and follow the directions of, the persons in charge of the activities and to act in a manner consistent with the spirit of good sportsmanship and respect for the rights of others.

2) My child is in good health, and I know of no reason why he/she would be incapable of participating in the activities. My child knows how to swim. I will immediately notify the Severn Sailing Association Junior Program Director, if a change in my child's health or other condition would affect my child's ability to participate in the activities.

3) WAIVER OF LIABILITY I waive and release any right I, my heirs, guardians, and legal representatives may have or acquire to make a claim against, sue, attach the property of or prosecute the Severn Sailing Association and/or any of its members, directors, officers, agents, employees and affiliated organizations (herein referred to as "the releasees") for monetary damages caused by injury to my child or damage to the property of my child or myself arising from participation in the activities and use of the

facilities and property of the Severn Sailing Association, whether or not the injury or damage results from the negligence or other action, except intentional acts, of any of the releasees

4) ASSUMPTION OF RISK I am aware that the activities may involve maneuvering a boat, sailboard or other watercraft on deep waters in potentially hazardous conditions which may include, among other things, strong wind and high waves, sudden and unexpected immersion in deep waters and collision with other watercraft or stationary objects such as docks, pilings and buoys. With knowledge of the dangers involved, I voluntarily ask that my child be allowed to take part in the activities. I ACCEPT ANY AND ALL RISKS TO MYSELF AND MY CHILD OF INJURY, DEATH AND PROPERTY DAMAGE ARISING FROM PARTICIPATION IN THE ACTIVITIES AND THE USE OF THE FACILITIES AND PROPERTY OF THE SEVERN SAILING ASSOCIATION, WHETHER OR NOT CAUSED BY THE NEGLIGENCE OR OTHER ACTION, EXCEPT INTENTIONAL ACTS, OF ANY OF THE RELEASEES.

5) INDEMNITY AGREEMENT I agree to indemnify and hold the releases harmless from any loss, liability, damage or cost, including reasonable attorney's fees, they may incur due to my child's participation in the activities whether or not such loss, liability, damage or cost results from the negligence or other action, except intentional acts, of any of the releases.

Parent/Guardian Signature

Parent/Guardian Signature

Date

Sailors Code of Conduct

PLEASE READ AND SIGN:

I promise to maintain a positive attitude and to be responsible for my conduct at all times while participating in Severn Sailing Association Junior Program activities and will follow these rules and regulations and any other rules given by my coach:

- I will not use, or tolerate the use by other team members; alcohol, tobacco, or non-prescribed drugs, understanding that a drug-free environment is necessary in order to achieve individual and team success.
- I will maintain appropriate behavior towards opposite gender team members, and will not tolerate unseemly conduct by other team members.
- I will dress appropriately both on and off the water, recognizing that my appearance at all times reflects not only on myself; but also on my team and SSA.
- I will respect the property of others, by not stealing, damaging, destroying or borrowing another's property without permission, nor tolerating such behavior by other team members.
- I will treat my team members, coaches, competitors, regatta officials, hosts and all others with respect, regardless of race, religion, gender, national origin or abilities.
- I will treat the staff and facilities of SSA, as well as other clubs I visit, with respect and care.
- I will follow all safety procedures given by my coaches and other responsible adults, understanding the paramount importance of safety. I will notify a coach or other responsible adult if I feel that another sailor is in danger.
- I will not abuse my teammates, whether verbally, physically, or emotionally, nor tolerate such conduct in others, understanding that every team member has a right to enjoy their participation. I understand that swearing, in any context, is unacceptable behavior.
- I will encourage good sportsmanship from fellow sailors, coaches, and parents.
- I will attend every practice and clinic that is reasonably possible and will notify a coach if I cannot.
- I will strive to listen and learn from my coaches.
- I will be responsible at all times for the transportation, safe storage, maintenance, and setup of my boat and other equipment.
- I will never leave my training site or lodgings without first obtaining my coach's or host's personal permission.

Sailors Signature _____ Date _____

Parent/Guardian Signature _____ Date _____

Disciplinary Actions

PLEASE READ AND SIGN:

Severn Sailing Association Junior Program employs a zero tolerance policy with regards to prohibited activities during program hours, on program premises and during travel events. This includes the use of illegal drugs, alcohol, tobacco, inappropriate use of controlled substances, and the carrying of firearms. Violation of the zero tolerance policy could result in immediate dismissal from the program. There will be no refunds or pro-rating of fees for suspensions or expulsions in connection with misconduct.

The SSA Junior Program Director, staff, and coaches are responsible for enforcing certain rules and may discipline SSA Junior Program participants when rules are broken at practices or while coaching at regattas. When a sailor is under the supervision of a parent team leader, the parent team leader has been provided guidelines to enforce rules and regulations consistent with the SSA Junior Program disciplinary action contained herein. In addition to the infractions and disciplinary actions below, the SSA Junior Program Director and/or the Junior Board may invoke disciplinary action on any other behavior of the participants or their parents the Director and/or Board deems inappropriate. Final disciplinary action, including expulsion, shall be at the sole discretion of the SSA Junior Program Director and the Junior Board. The guidelines are as follow:

Level 1 Infractions - Disciplined at coach discretion.

- Failure to obey coaches' instructions.
- Failure to display good sportsmanship including foul language.

Level 2 Infractions - Review for suspension from one or more future program days.

- Failure to obey coaches' directions after repeated warnings.

Level 3 Infractions - Possible removal from practice and review for expulsion.

- Purposely damaging or destroying property of others.
- Repeated incidents of behavior unbecoming a member of SSA.
- Lying to Judges or Jury about Racing Rules of Sailing violations.
- Behavior or conduct which reflects poorly on SSA. These behaviors could include, but are not limited to: bad treatment of or talking back to judges, coaches, regattas officials, hosts, team members' or other competitors.

Level 4 Infractions - Removal from practice and review for expulsion.

- Stealing.
- Fighting and/or serious threats of violence
- Using drugs, alcohol, tobacco or non-prescribed drugs.

Sailors Signature _____ Date _____

Parent/Guardian Signature _____ Date _____

Travel Team Policy

PLEASE READ AND SIGN:

The Travel Team Policy extends to any SSA Junior Program Sailor who participates in an event under the supervision of a SSA coach or parent team leader away from SSA premises. This includes single day regattas/events to local area clubs. The same general rules apply for all - from Opti Green Fleet to High School Seniors.

Participating in events away from SSA is both fun and very beneficial to improving your overall sailing skill level. It teaches organization and boat transportation care, it provides greater competitive challenges and promotes team camaraderie. However, it is a privilege that must be treated as such. The planning and logistics even for a single day can be significant. Someone has to transport boats, coach boats, equipment, sailors, personal gear, food, drinks, and other items needed for extended stays. Your participation requires not only yourself but coaches, parent volunteers, and chaperones for overnight trips.

When representing SSA on trips, you are responsible for your actions. You must continue to abide by the Sailors Code of Conduct. To amplify this overarching Code, additional guidelines have been developed that are particular to your expected behavior while traveling with the SSA Junior Program. These policies are:

- Sailors are not permitted to be driven by SSA coaches
- During sailing activities, sailors are under the supervision of coaches. Sailors are under the supervision of chaperones and/or parents/guardians at all other times.
- All bags and belongings are subject to inspection
- Beverages brought by sailors must be sealed and labeled; subject to chaperone inspection
- Sailors are required to stay with the team/teammates at all times, including the ride to and from the event unless the parent or guardian has made other travel arrangements prior to the trip
- Curfews set by chaperones must be adhered to; they are for the protection of the sailors and necessary for the welfare and reputation of the team
- After curfew hours sailors must return to their assigned room
- Do not use the phone or TV in a frivolous manner; do not order movies or room service without permission
- Noise levels are to be kept to a minimum including TV, radio, and talking
- Sailors are not permitted to swim unless the chaperone is aware and an adult is present
- Sailors should engage in team activities only.

Sailors Signature _____ Date _____

Parent/Guardian Signature _____ Date _____

You are responsible for your actions!

When in doubt ask the chaperone or adult responsible.

Social Media Code of Conduct

PLEASE READ AND SIGN:

At SSA we strive to maintain a sense of good sportsmanship on and off the water. SSA has a zero tolerance policy for bullying and/or offensive behavior from its sailor on and off the water. Regarding social media, SSA will not tolerate any offensive behavior that involves SSA or its sailors associated with the program on or off campus.

You never know who will ultimately be reading content online, always assume that anyone might have access. If you do not know who will be reading it, ask yourself if you would be okay with a parent or relative reviewing your content. If not, there might be a better way to get your point across.

A digital footprint is the reputation you leave online and can include material posted on blogs, mentions on websites, and videos that are uploaded onto sharing sites. Online actions leave a permanent record and remain online, even if you click "delete." Be thoughtful about what you share online and consider how it would appear to family, friends, college's, and future employers.

If you experience cyberbullying here at SSA, please inform your coach, Sailing director or parent immediately. If you are unfamiliar with what is considered Cyberbullying:

Cyberbullying is the use of electronic technologies to hurt or harm other people.

Examples include:

- Sending offensive text messages or emails;
- Posting statements that are not true and create rumors; or
- Circulating embarrassing photos of a classmate online.

Sometimes, it may be difficult to draw the line between a harmless joke and one which goes to far and becomes hurtful.

The following principles apply to the use of social media on behalf Severn Sailing Association as well as personal use of social media when referencing Severn Sailing Association on or off the property

- Sailors need to know and adhere to the SSA Handbook when using social media in reference to SSA.
- Sailors should be aware of the effect their actions may have on their images, as well as SSA's image. The information that sailors post or publish may be public information for a long time.
- Sailors should be aware that SSA may observe content and information made available by them through social media. Sailors should use their best judgment in posting material that is neither inappropriate nor harmful to SSA, its members, teammates, or competition.
- Although not an exclusive list, some specific examples of prohibited social media conduct include posting commentary, content, or images that are defamatory, pornographic, proprietary, harassing, libelous, or that can create a hostile environment.
- If Sailors encounter a situation while using social media that threatens to become antagonistic, he/she should disengage from the dialogue in a polite manner and seek the advice of a coach, Sailing Director or parent.
- If sailors publish content on or off campus that involves SSA or subjects associated with SSA, and violates that SSA Code of Conduct and Jr. Program Handbook, the individuals involved with the content and posting may be subject to disciplinary action or termination.

Sailors Signature _____ Date _____

Parent/Guardian Signature _____ Date _____