**BAHAMAS SAILING ASSOCIATION**

**SAILING INSTRUCTOR COURSE – LEVEL 1**

**REGISTRATION FORM AND HOLD-HARMLESS**

**NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ DOB: \_\_\_\_\_ / \_\_\_\_\_\_ / \_\_\_\_\_\_\_**

**D M Y**

**ADDRESS:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**E-MAIL: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**PHONE: (C) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (W)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (H) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**YEARS OF SAILING :\_\_\_\_\_\_ CLASSES OF BOATS: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**NUMBER OF YEARS RACING EXPERIENCE: \_\_\_\_\_\_\_\_ FEE: $350 Pd: \_\_\_\_\_**

**NAME OF SAILING CLUB / ORGANIZATION: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**CURRENT OCCUPATION: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**ALLERGIES/ MEDICAL CONDITIONS:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**IN CASE OF EMERGENCY CONTACT**: **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**- PHONE NUMBERS**: ( C ) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(W) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(H) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*The undersigned herby relieves and releases and forever discharges and agrees to indemnify and hold harmless jointly and severally The Nassau Yacht Club and The Bahamas Sailing Association, as well as their governing committees and members, shareholders and affiliates of the foregoing, and their agents and employees and any other company or person from any and all actions, proceedings, claims demands, losses and expenses whatsoever for injury to themselves or their child (including injury resulting in death) or damaged to their property as result of any incident or accident however caused while they or their child is participating in The Bahamas Sailing Association’s Instructor Training Course. Furthermore, the undersigned hereby authorize The Nassau Yacht Club and The Bahamas Sailing Association or their assigned to take pictures and videos of them or their child while participating in the course, reproduce these photos and films and use them for press coverage and any future promotion or dossier of presentation or televised documentary/presentation. Photos and videos shall remain the property of The Bahamas Sailing Association.*

**SIGNATURE OF PARTICIPANT: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**SIGNATURE OF PARENT / GUARDIAN IF REQ’D: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**WITNESS: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ DATE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**SAILING INSTRUCTOR COURSE – LEVEL 1**

**WHAT YOU NEED KNOW & BRING**

**READ / VIEW THE FOLLOWING IN ADVANCE OF THE COURSE:**

* **BNSS WEBSITS & BSA WEBSITE**
  + View all sections to become fully familiar with what is there
  + Read “About Bahamas Sailing Association”
* **WORLD SAILING WEBSITE**
  + View all sections to become familiar with what is there
  + Read **Racing Rules of Sailing, Parts 1 through 5 plus Definitions and basic Principles**
* **COURSE MATERIAL**
  + Excerpts from Learn Sailing Right – Beginning Sailing
  + Excerpts from Learn Sailing Right – Intermediate Sailing
  + Excerpts from Teaching Fundamentals of Sailing Instruction
  + Excerpts from Basic Powerboating Safety & Rescue
  + Excerpts from ISAF Coaching Fundamentals

**SCHEDULE:**

* To be announced
* See Course Outline

**PARTICIPANTS ARE EXPECTED TO BE ON TIME**.

**PARTICIPANTS MUST BRING THE FOLLOWING EACH DAY:**

* The course material as well as pen and pad for note taking.
* Life Jacket (US Coast Guard approved PFD). This will be supplied where necessary.
* Sailing boots or non-skid shoes. (BUT **NO FLIP FLOPS** )
* Water Bottle.
* Towel & change of clothes

**CELL PHONES ARE NOT TO BE USED DURING TRAINING SESSIONS. THEY MUST BE TURNED OFF DURING THESE PERIODS**

**SAFTY FIRST**

* Life jackets must be worn and done-up at all times when on the water.
* Shoes must be worn at all times. Participants must have sailing shoes/boots. **NO FLIP FLOPS !!!**