

Helmet Policy

Due to the nature of sailing, there is a chance that the boom may cross the boat suddenly and cause head injury. This is especially true of beginners, so in the interest of safety, the CFSA Sail Training Committee requires that all students adhere to our following Helmet Policy:

“All students who are enrolled in the White Sail or Optimist program, or are under the age of 16, are required to wear protective headgear while sailing.”

We have a limited supply of helmets and so we ask that students bring a helmet if possible. We recommend kayak helmets, as they are designed to get wet. However, any other sports helmet should be sufficient, such as a bicycle, skateboard, or hockey helmet.

Parents/guardians who disagree with this Policy may feel free to sign and return the accompanying Waiver below.

If you have any questions, please do not hesitate to contact Erin Flanagan (CFSA Head Instructor) at 385-8873 or by email at cfsatraining@gmail.com

I, the Undersigned, recognize the dangers inherent with dinghy sailing, having read the previous Memorandum and Helmet Policy. I represent that I am over 18 and the legal guardian of _____. I realize that the Above Named is subject to injury from this activity and that no form of preparing can remove all of the danger to which they are exposed. The above has been offered a protective safety helmet, which can help prevent injury, permanent brain damage, and/or death in the event of an accident. Against the advice of the CFSA Staff and Executive, I am refusing this critical safety precaution. I am assuming all hazards of risk upon myself. I agree to save harmless and keep indemnified the Canadian Forces Sailing Association, their organizers, and their respective agents, officials, servants, and representatives from and against all claims, actions, costs, expenses, and demands in respect to death, injury, loss, or damage to property, howsoever caused, arising out of or in connection with taking part in this course notwithstanding that the same may have been contributed to or caused or occasioned by the negligence of the same bodies, or any of them, or their agents, officials, servants, or representatives. I further understand that this release is binding upon myself, my heirs, executors, and assigns.

Name (print): _____

Signature: _____ Date: _____