

Mt. Baker Open

Mt Baker Rowing & Sailing Center (MBRSC)
3800 Lake Washington Blvd. S.
Seattle, WA
Saturday March 28th 2015

1. RULES

- 1.1 The regatta will be governed by the Racing Rules of Sailing for 2013-2016, the prescriptions of US SAILING, the ISSA Procedural Rules, this Notice of Race, and the Sailing Instructions. However, the US Sailing prescriptions to rules 60, 63.2, and 63.4 will not be in effect.

2. ELIGIBILITY

- 2.1 Current ISSA and NWISA membership is required and may be verified at the time of final registration at the regatta site.
- 2.2 A responsible adult leader must accompany teams at all times

3. ENTRY AND COMMUNICATIONS

- 3.1 Eligible schools shall email: Mount.Baker@seattle.gov their intent to participate and total number of sailors attending no later than March 23, 2015
- 3.2 Teams that have stated their intent to compete and are then unable to do so shall notify the Regatta Chair as soon as possible.
- 3.3 Entry fee includes lunch & staffing

Entry Fee: \$10 per person

4. BOATS

- 4.1 Races will be sailed in V15s.

5. SCHEDULE

Saturday, March 28, 2015

0830 Report Time and Final Registration

0930 Competitors Meeting

1000 First Warning: Racing will continue throughout the day.

Eat during boat rotation – no lunch break.

1700 No Race started after this time

Any changes to the schedule will be posted on the Official Notice Board.

6. RACING AREA

- 6.1 The racing area will be the waters of Lake Washington near MBRSC.
- 6.2 Rotations for both fleets will be located at MBRSC finger piers inside the cove jetty.

7. COURSES

7.1 Based on conditions, the Race Committee will determine the courses. Short collegiate style courses will be used.

8. SCORING

8.1 The regatta will be scored in accordance with ISSA Procedural Rules.

9. FORMAT

9.1 The format will consist of two races in A division, followed by boat rotation, and two races in B division.

10. LODGING

10.1 Housing is not applicable.

11. TRAVEL

11.1 The address of the MBRSC is:

3800 Lake Washington Boulevard South

Seattle, WA. 98118

<http://www.seattle.gov/parks/boats/mtbaker/directions.htm>

12. COACHING

12.1 Team leaders, chaperones, coaches, parents, advisors and other support personnel shall not go afloat in the sailing area from the start of racing Saturday to the end of racing Saturday UNLESS an exception has been explicitly permitted by the regatta chair or PRO.

12.2 Competitors may receive coaching including instructions, assistance, equipment or sustenance only while on the designated rotation float or on shore.

13. OFFICIAL NOTICE FOR ALL PARTICIPANTS

13.1 No contestant shall use, either on or off the water, alcoholic beverages (beer, wine, distilled spirits), or use any controlled substance (marijuana, cocaine, etc.), the possession of which is unlawful. An alleged breach of this rule and/or other disciplinary matters that occur may be the basis for a hearing under rule 69.1. The protest committee for such a hearing will be the Regatta Chairperson, a member of the NWISA Board of Directors and the chairperson of the protest committee.

14. REGATTA CONTACTS

Regatta Chair Wright Wataoka w.wataoka@comcast.net

Sasha Nollman, snollman@gmail.com

Boathouse Number: 206-386-1913

Emergency Number: 206-612-1387

Fax Number: 206-386-1914

**Seattle Parks and Recreation
Small Craft Programs**

ASSUMPTION OF RISK AND RELEASE FORM

Participant Name _____

Address _____

City _____ State _____ Zip _____

Phone-home (___) _____ Phone-work/cell (___) _____

Emergency Name _____ Emergency Phone (___) _____

E-mail _____ (All addresses are kept under strict confidentiality)

Sex: M F Birthdate: _____ Ethnic Origin** _____

****ETHNIC ORIGIN:** Information is used for statistical purposes and is not required for participation. A=Asian; B=Black/African American; H=Hispanic; M=Mixed; N=Native American; P=Pacific Islander; W=Caucasian; O=Other.

Injuries to participants in small craft programs may occur from risks inherent in the sports or activities; from placing stress on the body that it has not been prepared for; from accidents in learning or practicing techniques; from failing to follow training, safety or racing rules; from the use of transportation to and from regattas, races and other events and from administration of first aid. For example, I might slip and fall; I might be struck by part of a boat; my boat might capsize or I might be thrown overboard into cold water; it may hit another boat or run into an obstruction or the shore, and the collision injure me. The severity of the injury can range from minor cuts, scrapes, or muscle strains to catastrophic injury such as paralysis or even death. I will be exposed to the weather, including rain, wind, cold, and sun, I might become ill through chill or suffer sunburn and heat exhaustion. In order to avoid injuries I will obey the directions of my instructors and will follow all safety rules. I will tell my instructor/coach about any limitations or medical restrictions on my participation.

In consideration for my acceptance as a participant, I agree to assume the risks, release and hold the City of Seattle, its advisory councils, and sponsoring organizations, and their employees and agents harmless from claims for injuries and damages, which may occur from or as a result of my participation in the program. I agree that this assumption of risk and release shall bind my heirs and my estate.

Participation authorized; risks assumed; and release granted. Authorizing signature below acknowledges having read all statements above. Participant's signature required, or the signature of a parent or guardian is required for participants under 18 years of age.

Signature of Participant (if 18yrs and older)

Date

***Parent or Guardian signature required for
participants under the age of 18.***

Seattle Parks and Recreation, the Associated Recreation Council, Boating Advisory Council may use stills/video photography of this participant for use in publications. **Yes No Initial Here**_____

How did you hear about our facility or programs? Drive/Walk by _____ Word of Mouth _____
Brochure _____ Parks Web-site _____ Other – please specify: _____



Mount Baker
ROWING and SAILING
— CENTER —

3800 Lake Washington Blvd S.
Seattle, WA 98118

phone 206.386.1913
fax 206.386.1914
email mount.baker@seattle.gov

www.mbrsc.org
www.seattle.gov/parks/boats/mtbaker.htm

Programs at the Mount Baker Rowing and Sailing Center are co-sponsored by Seattle Parks and Recreation and the Mount Baker Boating Advisory Council, a member of the Associated Recreation Council (ARC), a non-profit organization.



Mount Baker Rowing and Sailing Center
3800 Lake Washington Blvd S
Seattle, WA 98118
www.mbrsc.org

BOAT USE AGREEMENT

Please Print:

Name: _____

Address: _____

City, State,
Zip: _____

E-Mail
Address: _____

Contact Phone: _____

In consideration of the agreement by the Mount Baker Rowing and Sailing Center, a Seattle Parks and Recreation facility, to offer use of a boat to me, I agree to release, indemnify and hold harmless Mount Baker Rowing and Sailing Center, Seattle Parks and Recreation, the City of Seattle, their advisory council, officers, members, agents, employees and insurers in the event of any accident, damage or injury resulting from my use of said boat. I further agree that I am solely responsible for any expenses incurred due to damage, loss of property or personal injury suffered at Mount Baker Rowing and Sailing Center, members of my party or any third parties, resulting from my use of this boat.

I am aware of and familiar with the risks and dangers inherent in Sailing. I am familiar with the class of boat MB has made available to me or my child, its use and operation. I, or my child, will wear a life jacket at all times while operating said equipment.

I have read and understand the above agreement and sign this document by my own desire, demonstrating my agreement.

Signature: _____ Date: _____

*(*If under 18 years, must be signed by parent or designated legal guardian)*

Name of Sailor: _____
Please print