

**LISOT WAIVER, MEDICAL AUTHORIZATION AND CODES OF CONDUCT**

**LISOT WAIVER**

Sailor Name \_\_\_\_\_ Parent /Guardian \_\_\_\_\_

Home Club \_\_\_\_\_ Please Print  
Please Print

The undersigned is the Parent/Guardian of the Sailor named above and hereby acknowledges that the execution of this Agreement is a condition of the Sailor's participation in LISOT Sailing Foundation, Inc. (hereinafter referred to as the "LISOT") events. The undersigned acknowledges for himself/herself, and on behalf of the Sailor, that the sport of sailing and the conduct of LISOT entail and are subject to certain inherent risks, and therefore, the undersigned agrees as follows:

- 1) The undersigned accepts all risks on land and at sea which arise from Sailor's participation in LISOT events.
- 2) The undersigned consents to the participation of Sailor in all regattas, clinics, practices, and other sailing-related events (hereinafter collectively referred to as "Regattas") in which LISOT either organizes or participates, and acknowledges that said consent is without exception. The undersigned further agrees that this Agreement will extend to the benefit of any and all yacht clubs and/or sailing associations (hereinafter referred to as "Host Clubs"), which are the host to or venue of such Regattas, and to the Junior Sailing Association of Long Island Sound, Inc. (hereinafter referred to as "JSA").
- 3) The undersigned agrees to hold harmless, waives any claims against and releases any obligation of LISOT, each Host Club, the JSA and all of their respective members, employees, agents and all persons serving as members of the Race Committees or Juries or any other person acting in any capacity for the conduct of any Regatta in relation to any loss, injury or damage, on land or at sea, to the Sailor or to the boat or other property of the undersigned or the Sailor to the fullest extent permitted by law.
- 4) The undersigned agrees to reimburse LISOT, any other LISOT Sailor, any Host Club, the JSA and all of their respective members, employees, agents and all persons serving as members of the Race Committees or Juries or any other person acting in any capacity for the conduct of any Regatta or LISOT for any injury, or loss or damage to property caused by Sailor or the undersigned Parent/Guardian.

**By signing this document, I acknowledge that I have read, understood and agree to each of the provisions of this Agreement.**

Signature of Parent/Guardian \_\_\_\_\_ Dated \_\_\_\_\_

**MEDICAL AUTHORIZATION**

HOME ADDRESS \_\_\_\_\_

HOME PHONE (\_\_\_\_) \_\_\_\_\_ FAX (\_\_\_\_) \_\_\_\_\_ E-MAIL \_\_\_\_\_

DATE OF BIRTH \_\_\_\_\_ MALE / FEMALE \_\_\_\_\_

MOTHER'S NAME \_\_\_\_\_ FATHER'S NAME \_\_\_\_\_

MOTHER'S WORK PHONE (\_\_\_\_) \_\_\_\_\_ HOME (\_\_\_\_) \_\_\_\_\_ CELL (\_\_\_\_) \_\_\_\_\_

FATHER'S WORK PHONE (\_\_\_\_) \_\_\_\_\_ HOME (\_\_\_\_) \_\_\_\_\_ CELL (\_\_\_\_) \_\_\_\_\_

PHYSICIAN: \_\_\_\_\_ PHONE (\_\_\_\_) \_\_\_\_\_ NAME OF INSURED \_\_\_\_\_

INSURANCE CO. \_\_\_\_\_ POLICY # \_\_\_\_\_ GROUP # \_\_\_\_\_

Chronic illness, medical conditions, allergies or medication being taken (Please list, or write none) \_\_\_\_\_

I hereby authorize a LISOT coach, other LISOT Sailor's parent, or any other adult who bears this document, to authorize emergency treatment for the Sailor named above in the event that a parent or legal guardian cannot be reached at the above telephone numbers at the time of the emergency.

Signature of Parent/Guardian \_\_\_\_\_ Dated \_\_\_\_\_

**EMERGENCY CONTACTS IF PARENTS CANNOT BE REACHED:**

_____	(____) _____	(____) _____	_____
Name	Home Phone	Cell Phone	Relationship to Sailor

_____	(____) _____	(____) _____	_____
Name	Home Phone	Cell Phone	Relationship to Sailor

**PARENT CODE OF CONDUCT FOR LISOT EVENTS**

I promise to uphold the Racing Rules of Sailing and honor the spirit of Corinthian sailing, shall pledge honesty and integrity in general, encourage good sportsmanship, and shall not deviate from the truth, or break rules which govern our sport of sailing, nor tolerate such behavior in others.

I promise to maintain a positive mental attitude and be responsible for my conduct as a representative of LISOT, by at all times following the various rules and regulations given by LISOT coaches, the LISOT Coordinator, the LISOT Parent of Day (POD), and personnel from the host club.

I understand that any violation of these rules will allow LISOT to restrict my, and/or my sailor's participation in other LISOT events.

Parents must support the entire team, not just one, or several, sailors.

Parents may not arrange for private or semi-private coach to work with their sailor while that sailor is participating with LISOT at a LISOT event.

All team members will follow and support all safety procedures given by coaches and other responsible adults, understanding the paramount importance of safety. All will notify a coach or other responsible adult if another sailor is in danger.

Parents will respect the property of others, and neither steal, damage, destroy or borrow another's property without permission, nor tolerate such behavior by other parents or team members.

Parents will not use non-prescribed drugs or abuse alcohol, understanding that a drug-free environment is required to set proper standards for our young sailors.

All parents will treat LISOT team members, coaches, competitors, regatta officials, hosts and all others with respect, regardless of race, religion, gender, national origin or abilities. Any issue parents have with other team members must be taken to LISOT coaches, the LISOT Coordinator or the LISOT Parent of Day (POD), and NOT directly to the other team parent or sailor.

Parents must not abuse other competitors, members and personnel of the host club, race committee or jury, or other parents or sailors on the team, whether verbally, physically, or emotionally, nor tolerate such conduct in others. All understand that swearing, in any context, is unacceptable behavior for a representative of LISOT.

Parents will behave and dress at all times in a manner consistent with the high standards expected of LISOT.

By signing this code of conduct all parents agree that LISOT team membership is by invitation of LISOT and that this membership and invitation may be suspended or revoked unilaterally by LISOT for violations of this code with or without a hearing.

\_\_\_\_\_  
Team Member Name

\_\_\_\_\_  
Parent Signature

Date

\_\_\_\_\_  
Parent Signature

Date

**SKIPPER CODE OF CONDUCT FOR LISOT EVENTS**

I promise to maintain a positive attitude and to be responsible for my conduct as a representative of LISOT, by at all times following the rules and regulations given by LISOT coaches, the LISOT Coordinator, the LISOT Parent of Day (POD), and personnel from the host club.

I understand that any violation of these rules will allow LISOT to restrict my participation in other LISOT events.

I will not use, or tolerate the use by other team members, of alcohol, tobacco, or non-prescribed drugs, understanding that a drug-free environment is necessary in order to achieve individual and team success.

I will respect the property of others, and neither steal, damage, destroy or borrow another's property without permission, nor tolerate such behavior by team members.

I will treat team members, coaches, competitors, regatta officials, hosts and all others with respect, regardless of race, religion, gender, national origin or abilities.

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 or other international competitors, whether verbally, physically, or emotionally, nor tolerate such conduct in others, understanding that every competitor has a right to enjoy their participation at LISOT events.

I understand that swearing, in any context, is unacceptable behavior for a representative of LISOT.

I will encourage good sportsmanship from fellow sailors, coaches, and parents.

I will attend every practice possible, and will strive to listen and learn from my coaches at all times, especially during briefings. I will not bring or use a video/music device or video game at a LISOT event.

I will not participate in LISOT events together with a private coach.

I will not leave the site of a LISOT event without first obtaining my parent's, coach's, the LISOT Coordinator's or LISOT Parent of Day's personal permission. I understand that it is not permissible to have another person convey a message that I am leaving, and that I am solely and personally responsible for obtaining prior consent.

I will behave and dress at all times in a manner consistent with the high standards expected of my team and of myself.

\_\_\_\_\_  
Team Member Name

\_\_\_\_\_  
Team Member Signature

\_\_\_\_\_  
Date