



2024 Oakcliff ENROLLMENT PACKET

Welcome to Oakcliff Sailing!

We're very excited to have you join us in the 2024 season. Review this document carefully to learn details about logistics and important information you need to know before you arrive.

FORM INSTRUCTIONS - COMPLETE ALL

Please Upload the forms attached to your [Oakcliff Account](#) or print and send using regular mail to: Oakcliff Sailing, 4 South St., Oyster Bay, NY 11771. Additionally bring a printed copy with you for your first day.

- Signed Acceptance Letter
- Medical Form (Needs to be completed by a Physician, F.N.P. or P.A.)
- Student Agreement
- T-shirt/Foul-weather gear form
- Insurance form
- Payment - Via Online Store through Oakcliff Account or 516-802-0368

HOUSING

Trainees will be provided with accommodation in the loft-style Bunkhouse above Oakcliff's Shop at 4 South St., Oyster Bay, NY. This will allow Trainees easy access to their clothing, snacks and a comfortable place to spend the rare moment of downtime. Trainees will be supervised by Residential Assistants from the Sapling Program during the evening and by Oakcliff faculty and the RAs during the day. They will share single-gender bunkrooms.

TRANSPORTATION

Most of Oyster Bay, including groceries, restaurants, banks and a variety of services are available by bicycle. We have some to borrow, but if you have your own you are welcome to bring it (there are some great mountain bike trails nearby). Make sure also to bring a helmet and a lock. Oakcliff has operational vehicles that are available for work purposes and we prefer that Trainees do not bring personal vehicles.

INSURANCE

Oakcliff requires all our students have medical insurance. Please complete the proof of insurance form attached.

ARRIVAL / DEPARTURE LOGISTICS

Plan to arrive by 0900 on the first scheduled day of the program. Trainees arriving by plane should schedule their travel to arrive at Islip, LaGuardia or JFK Airports. **Do not book flights into Newark.**

Instructions for public transportation from all airports can be found at <https://www.oakcliffsailing.org/about-oakcliff/getting-to-oakcliff>. Our address for UBER, Lyft or shuttle and taxi services is:

4 South St., Oyster Bay, NY 11771

Departure flights should be scheduled in the afternoon on the last day of the program. Departures between 4-6pm are best, but we understand that flight availability and pricing limit the choices.

TUITION PAYMENT AND REFUND/CANCELLATION POLICY

A 50% confirmation deposit must be paid two weeks unless other payment plans approved by Oakcliff Management.

- **High Performance Programs:** HP I \$1,225
- **Offshore:** Offshore I - \$1,225- Offshore II \$2,850 - Vineyard \$950
- **Midwest:** Midwest I - \$1,900 - Midwest II - \$950
- **Match 40 Tune up Week** - \$950
- **World Match Racing Program:** \$1,900
- **Sapling:** \$950 per week

- **USPA Semester:** \$20,346
- **Winter/Semester Sapling:** \$200 per week (Fall \$3,500 & Spring \$3,500)

Balance due must be paid two weeks before the start of the program unless specified. Payments can be made by credit card authorization to accounting@oakcliffsailing.org, checks made payable to "Oakcliff Sailing", or pay by credit card through the online store.

Cancellations 30 days prior to the start of the program will incur a 25% cancellation fee. If the program does not meet participation requirements and is canceled a full refund will be issued. Trainees that get cannot compete due to illness or injury 48hours before competition will receive a 25% refund.

MENINGOCOCCAL DISEASE

As part of this packet you will find a letter about meningococcal disease, which the New York Department of Health requires we provide to parents: please review it. If your child has not been vaccinated, New York requires that you sign an acknowledgement of meningococcal disease risks and refusal of meningococcal meningitis vaccination. For more information, the CDC has a podcast: <http://www2c.cdc.gov/podcasts/player.asp?f=9956>.

EQUIPMENT

It is ideal if you provide your own PFD and foul-weather gear. If you don't have gear, Oakcliff has some foul-weather gear in average condition, PFDs and offshore harnesses that our Trainees can borrow for inshore and offshore racing. You must own your helmet, wetsuit, dinghy boots, and rash-guards to sail the High-Performance boats. Also, if you have your own trapeze harness, please bring it. More information on the equipment checklist and forms attached.

OAKCLIFF POLICY

Whenever you are representing Oakcliff Sailing it is expected that you will behave in a professional manner. Any time you are wearing Oakcliff Sailing branded gear, at a sponsored event, at a sailing event as part of Oakcliff Sailing, at Oakcliff Sailing or on their boats, you are representing Oakcliff.

The community at large and specifically the sailing community, sponsors, suppliers, other employees and volunteers are to be treated with respect. There is to be no harassment or discrimination. No underage drinking or promoting of underage drinking or illegal drug use is permitted while you are on Oakcliff Sailing property or representing Oakcliff.

Lifejackets are encouraged at all times and they are **mandatory** when the water temperature is below 55F and when the wind is above 15 knots and all times at night, from dawn to dusk.

Oakcliff Office Use Only

Reviewer _____

Date _____

Initial Review _____

Detailed Review _____

Further Review Required

OAKCLIFF PROGRAM MEDICAL FORM

Student Name _____

Gender _____ Age _____ Height _____ Weight _____ Fitness level _____

Parent/Guardian Name _____

Daytime phone _____ Other phone _____

E-mail _____

Oakcliff Programs requires a high level of physical fitness. The purpose of this form is to ensure the safety of our students, to alert them to the physical demands of the course, and to allow Oakcliff to provide the best possible care to students who have existing medical conditions.

Physical Demands

Trainees can expect 10-12 hour days, with approximately six hours on or near the water every day, sometimes more. Sun protection is essential to prevent sunburn, dehydration and heat exhaustion, as well as to maintain energy. The keelboats at Oakcliff are significantly more strenuous than the dinghies most Trainees are accustomed to. In addition to regularly moving sails that can weigh in excess of seventy pounds, Trainees should be prepared for taxing upper body workouts every day as they raise, lower and trim large sails. Trainees are also led in regular workouts; just as professional sailing teams work out together. They can expect a variety of upper body, core, and leg exercises that rely primarily on bodyweight and interval training to increase cardiovascular and muscular fitness. You must be able to run at least 3 miles at jogging pace. Careful review and detailed comments will help expedite processing.

Physician, F.N.P. or P.A.: Please answer every question and provide detailed information with dates for "Yes" answers.

General Medical

Does the student have, or have a history of:

1. Gastrointestinal problems? Yes No
2. Blood pressure _____ Pulse _____

3. Diabetes? Yes No

If yes, please explain: _____

4. Bleeding, deep-vein thrombosis, or blood disorders? Yes No

5. Hepatitis or other liver disease? Yes No

If yes, please explain: _____

6. Neurological problems, migraines? Yes No

If yes, please explain: _____

7. Dizziness, fainting or seizure disorder? Yes No

If yes, please explain: _____

8. Asthma or other respiratory problems? Yes No

- Is it well-controlled with an inhaler? Triggers?

If yes, please explain: _____

9. Hypertension? Yes No

10. Cardiac problems or chest pain? Yes No

If yes, please explain: _____

Musculoskeletal

In the past three years, has the student injured, sprained or required surgery on any of the following? Please indicated whether there is full ROM/strength.

11. Shoulders, arms or back injuries? Yes No

If yes, please explain: _____

12. Knees, hips, ankles or other leg injuries? Yes No

If yes, please explain: _____

13. Head or skull injury? Yes No

- Was there a loss of consciousness? For how long?

If yes, please explain: _____

14. Does the student have a physical, cognitive, emotional or sensory condition that would require a special teaching environment? Yes No

If yes, please explain: _____

Allergies

15. Is he/she allergic to any foods? Yes No

If yes, please explain: _____

16. Does he/she have any special dietary restrictions? Yes No

If yes, please explain: _____

17. Any other allergies? Yes No

If yes, please explain: _____

18. Is he/she allergic to any medications? Yes No

If yes, please explain: _____

Fitness / Swimming

19. How often does the student exercise, and to what intensity level? Please describe:

20. At what level does the student swim? Non-swimmer Recreational Competitive

Vaccinations & Medications

Oakcliff requires that students have up-to-date tetanus inoculations. Please fill out the student’s vaccination record below. We prefer Trainees be capable of administering their own medications, but we do not require it.

21. Is the student currently taking any medications? Yes No

- If yes:

Medication — Dosage — Side effects/Restrictions — Prescribed by? — For what conditions?

22. Vaccination Date

Examiner Information

General impression, appearance, and other comments:

Examiner's name Phone

Address City State Zip

Signature of Physician, F.N.P. or P.A. Date

By my signature, I attest that the information herein is factually true and honestly presented. I attest that I have examined the person named on the first page of this 5 pages form and found them physically capable of participating in a rigorous sail training experience as described on the first page of this form.

OAKCLIFF PROGRAM Trainee AGREEMENT

Trainee Name _____

Please read this document carefully. It must be signed by all students. If student is a minor, it must also be signed by at least one parent/guardian (henceforth "Parent") for ages under 18, as evidence of Parent's acknowledgement and agreement to the following, on Parent's behalf and on behalf of the minor student.

Activities and Risks

I understand that sailing, sailboat racing, and boat maintenance activities have risks, and that some of these risks are inherent. Inherent risks are those which cannot be eliminated without destroying the unique character of the activities. The same elements that contribute to the unique character of these activities can cause accidental injury, illness, or in extreme cases, permanent disability or death. Many of the activities Oakcliff students participate in are more than one hour from emergency life support services.

Oakcliff Sailing student programs can be physically and emotionally strenuous. Equipment may fail or malfunction. Traumatic injury, particularly of the hands, is possible on a sailboat. Environmental risks include seasickness, dehydration, sunburn, heat exhaustion and hypothermia. Decisions made by instructors, staff (including volunteers), and contractors will be based on a variety of perceptions and evaluations, which by their nature are imprecise and subject to errors in judgment. Misjudgments may pertain to, among other things, a student's capabilities, environment, water and weather conditions, natural hazards and medical conditions. Oakcliff programs are instructional, and students will be challenged to expand their skills and judgment.

Acknowledgement and Assumption of Inherent and Other Risks

I understand and acknowledge that the description above ("Activities and Risks") of the inherent risks of Oakcliff activities is not complete and that other, including unknown or unanticipated, risks, inherent and otherwise, may result in property loss, injury, illness or death. I acknowledge that my participation in this training program is purely voluntary, and I wish to participate in spite of and with knowledge of the inherent and other risks involved. I acknowledge and assume the inherent risks described above and all other inherent risks of my Oakcliff student program. In addition, I expressly assume ALL risks of enrolling and participating in an Oakcliff program, inherent or otherwise, and whether or not described above.

Photographic/PR Release

My child/I give permission to be photographed, videotaped and/or interviewed while attending Oakcliff Sailing. I understand these images may be used later for marketing (full names will not be used).

Agreements of Release and Indemnity

If I am an adult trainee, or the parent of a minor student I agree, for myself and on behalf of the minor student for whom I sign, as follows:

I hereby release, hold harmless and agree not to sue Oakcliff Sailing Center, its officers, trustees, agents, and staff including employees, volunteers and interns ("Released Parties"), with respect to any and all claims of loss or damage to person or property by reason of injury, disability, death, or otherwise, suffered by me

or by a minor student for whom I sign, arising in whole or part from my, or the minor student's, enrollment or participation in an activity of Oakcliff. I agree further to indemnify ("indemnify" meaning to defend, and to pay or reimburse, including costs and attorney's fees) Released Parties against any claim by a member of my, or the minor student's, family, a rescuer, another student, or any other person, arising in whole or part from an injury or other loss suffered by me or by the minor student, or caused by me, or by the minor student, in connection with my, or the minor student's, enrollment or participation in an activity of Oakcliff. These agreements of Release and Indemnity include claims of negligence of a Released Party, but not of gross negligence or intentionally wrongful conduct. These agreements are intended to be enforced to the fullest extent permitted by law.

Drug and Alcohol Testing

Oakcliff is a smoke and drug-free environment.

The use of illegal drugs, controlled substances and alcohol can have a detrimental impact on behavior, interfere with academic and athletic performance, cause permanent physical and mental harm to the user and increase the risk of injury to teammates, athletic opponents and others with whom the user interacts.

Members of Oakcliff programs and employees are subject to either Oral Fluids (immediate test) or additional Urine (must be at a lab within 24 hours) tests on a random or suspicion basis.

If the results come back positive for the tested drugs, participation in the program will be put on stand-by while Oakcliff, the Trainee and the correspondent Parent/Guardian address what the positive was and whether there should be any accommodations made.

Other Provisions

If I am an adult student or the parent of a minor student I further agree, for myself and on behalf of the minor student for whom I sign, as follows:

I have verified with my or the minor student's physician and other medical professionals, or otherwise satisfied Oakcliff, that I, or the minor student, have no past or current physical or psychological condition that might affect my, or the minor's, participation in the program, other than as described on the health form submitted to Oakcliff. I am, or the minor is, able to participate without causing harm to myself, or to himself or herself, or to others. The medical information given to Oakcliff is accurate and all pertinent medical conditions have been disclosed. Prior to the commencement of the course, Oakcliff will be informed of any medical condition that has not been previously disclosed. I understand that Oakcliff's admission of me or the minor student to the course is not intended as a representation that Oakcliff staff will be able to manage successfully a medical event or emergency related to a disclosed, or undisclosed, medical condition. The responsibility for determining a student's suitability for a course is not Oakcliff's but, rather, the student's, guided by family and her or his physician. Oakcliff reserves the right to refuse admission or remove a student from a course for any reason it deems in the best interests of the student or of Oakcliff. Oakcliff is authorized to obtain or provide emergency hospitalization or other medical care for me, or for the minor student. I understand that situations may arise in which third-party medical care is not available and which require trained Oakcliff staff to provide first aid. Any third-party medical care provider is authorized to exchange pertinent medical information with Oakcliff. Costs reasonably associated with medical services, including evacuation, shall be borne by me. Oakcliff may share my or the minor student's contact information with other Oakcliff students or graduates and/or with sailing organizations or strategic partners in which Oakcliff graduates may be interested; and Oakcliff may use my or the minor student's name, contact information and photo or other image in promotional materials and press releases. Oakcliff is not responsible for loss, theft or damage to a student's personal belongings stored at Oakcliff facilities.

Any dispute between me, or the minor student, and Oakcliff will be governed by the substantive laws (not including the laws which might apply the laws of another jurisdiction) of the State of New York, and any mediation or suit shall occur or be filed only in the State of New York.

If any part of this agreement is found by a court or other appropriate authority to be invalid, the remainder of the agreement nevertheless will be in full force and effect.

The student and the parent(s) or guardian of a minor student have read this page and the previous 2 pages of this document and understand and voluntarily agree to its terms, which shall be binding upon them, their heirs, estate, executors and administrators. This agreement may be modified only in writing.

Printed name of student	Signature of student	Age	Date
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At least one parent/guardian must sign below if the trainee is a minor.

Printed name of parent/guardian	Signature of parent/guardian	Date
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OAKCLIFF Trainee PROGRAM INSURANCE FORM

Insurance Information

Carrier: _____

Name on policy: _____

Group Number: _____

ID Number: _____

Emergency contact name: _____

Emergency contact mobile number: _____

Meningitis Receipt / Waiver

This form is to indicate your meningococcal meningitis vaccination status. Please pick one of the following statements, fill it in, and sign your name.

I, _____, have read, or have had explained to me, the information regarding meningococcal meningitis disease. My child, _____, has been vaccinated.

I, _____, have read, or have had explained to me, the information regarding meningococcal meningitis disease. I will obtain immunization against meningococcal meningitis for my child, _____, from my private health care provider prior to 30 days before the start of my child's Program.

I, _____, have read, or have had explained to me, the information regarding meningococcal meningitis disease. I understand the risks of not receiving the vaccine. I have decided that my child, _____, will not obtain immunization against meningococcal meningitis disease.

Printed name of Student

Signature of Student

Date

Signature of Parent/Guardian

Date

OAKCLIFF PROGRAM T-SHIRT/FOULIES

Foul-weather Gear

Don't worry about me, I've got my own

What do you have (brand, type, etc.)?

I don't have my own, I will need to use Oakcliff's

Jacket size (men's) _____

Bibs size (men's) _____

T-Shirt size (men's) _____

Trainees have access to our partnership discount on www.GillNA.com.

Contact regatta@oakcliffsailing.org with details of what you need to get pricing and place an order.

OAKCLIFF CREDIT CARD AUTHORIZATION FORM

Please complete all fields. You may cancel this authorization at any time by contacting us. This authorization will remain in effect until cancelled.

Student Name: _____

Card Information

Type: MasterCard VISA Discover AMEX Other _____

Cardholder Name: _____
(as shown in card)

Card Number: _____

Expiration Date (mm/yy): _____ CCV (3-digit code): _____

Cardholder ZIP code: _____
(from credit card billing address)

I, _____, authorize Oakcliff Sailing to charge my credit card above for agreed upon tuition costs. I understand that my information will be saved to file for future transactions on my account.

Customer Signature

Date

OAKCLIFF Trainee EQUIPMENT CHECKLIST

Below is our recommended list of equipment. Remember that you'll be on the road a lot so it's important that you 'pack smart'. Starred items are mandatory.

- Photocopy of Health Insurance Card
- Five days of summer clothing*
 - board shorts/work shorts
 - t-shirts
 - bathing suit
 - flip flops
 - 1-2 long sleeved shirts
 - 1 pair pants
 - 1 dress clothing/awards outfit/yacht club attire (blue blazer and tie/appropriate length dress and no denim whatsoever)
 - sneakers & work out gear
- Closed-toed, non-marking shoes*
- Foul-weather gear / rain jacket
- Offshore boots or waterproof socks (offshore* inshore optional)
- PFD
- Sunglasses*
- Keeper strap for sunglasses
- Sunscreen*
- Sun hat*
- Digital watch with countdown function*
- Racing Rules of Sailing Rule Book or phone App installed
- Synthetic long underwear - highly recommended for the distance races + fleece layer
- Sailing gloves
- Sailing helmet (for HP boats*)
- Trapeze harness (for HP boats)
- Wetsuit / skiff suit (for HP boats*)
- Dinghy boots (for HP boats*)
- Knife/Multitool*
- Notebook/pens*
- Toiletries
- Spending money

We have complimentary shared laundry facilities on site that you can access.

All bedding is provided. You will be responsible for making your bed daily and washing your sheets.

Make sure that we have all your travel details and you have researched public transportation options from the airport.

MENINGOCOCCAL DISEASE - INFORMATION LETTER

Dear Trainee, Parent or Guardian:

This document provides some information about meningococcal disease, a potentially fatal bacterial infection commonly referred to as meningococcal meningitis. New York State Public Health Law (NYS PHL) §2167 and Subpart 7-2 of the State Sanitary Code requires overnight children's camps to distribute information about meningococcal disease and vaccination to all campers who attend camp for 7 or more consecutive nights.

Oakcliff Sailing is required to maintain a record for each camper, signed by the camper's parent or guardian, which documents the following:

A response to receipt of meningococcal disease and vaccine information;

AND EITHER

A record of meningococcal meningitis immunization; OR

An acknowledgement of meningococcal disease risks and refusal of meningococcal meningitis immunization.

Meningococcal disease is rare. However, when it strikes, its flu-like symptoms make diagnosis difficult. Meningococcal disease can cause serious illness such as infection of the lining of the brain and spinal column (meningitis) or blood infections (sepsis). The disease strikes quickly and can lead to severe and permanent disabilities, such as hearing loss, brain damage, seizures, and limb amputation, in as many as one in five of those infected. Ten to 15 percent of those who get meningococcal disease will die.

Meningococcal disease can be easily spread from person-to-person by coughing, sharing beverages or eating utensils, kissing, or spending time in close contact with someone who is sick or who carries the bacteria. People can spread the bacteria that cause meningococcal disease even before they know they are sick.

Anyone can get meningococcal disease, but certain people are at increased risk including teens and young adults 16 – 23 years old and those with certain medical conditions that affect the immune system.

The single best way to prevent meningococcal disease is to be vaccinated. The meningococcal ACWY (MenACWY) vaccine protects against four major strains of bacteria, which cause about two-thirds of meningococcal disease in the United States. The Centers for Disease Control and Prevention (CDC) recommends a single dose of MenACWY vaccine at age 11 through 12 years with a booster dose given at age 16 years. The meningococcal B (MenB) vaccine protects against a fifth strain of meningococcal bacteria, which causes about one-third of meningococcal disease.

MENINGOCOCCAL DISEASE - INFORMATION LETTER (Continuation)

Young adults aged 16 through 23 years may be vaccinated with MenB vaccine and should discuss the MenB vaccine with a healthcare provider.

Information about the availability and cost of the vaccine can be obtained from your health care provider or your local health department. Oakcliff does not offer meningococcal immunization services.

I encourage you to carefully review the attached Meningococcal Disease Fact Sheet. It is also available on the New York State Department of Health website at <http://www.health.ny.gov/publications/2168.pdf>. **Please complete the Meningococcal Vaccination Response Form and return it via e-mail to training@oakcliffsailing.org or regular mail with the rest of your application, before the student's arrival to Oyster Bay.**

To learn more about meningitis and the vaccine, please consult your child's physician. You can also find information about the disease at the website of the Centers for Disease Control and Prevention: www.cdc.gov/vaccines/vpd-vac/mening/default.htm.